

Frank Clark Memorial Swim Meet hosted by Triad Masters Swimming
Sunday March 1, 2015
GREENSBORO COLLEGE

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 135-s003

Meet Co-Directors: Andrew Richelson, arichelson@aol.com; [Chris](mailto:cdeinlein@triad.rr.com) Deinlein, cdeinlein@triad.rr.com

Facility: GREENSBORO COLLEGE, 815 W Market St, Greensboro, NC 27401

25 yard, 6 lane racing course will be used for competition. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

PLEASE NOTE THE NEW LOCATION

Parking: At Pool, street, and across the street at SECU

Eligibility: Swimmers *must* register with USMS as of the day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet. You must present a copy of your membership card at check-in. No one-day USMS registration.

Deadline: Entries must be received by **Sunday, February 22, 2015 at 11:59 PM...** **DECK ENTRIES ONLY IF SPACE ALLOWS.** Relays **must** be submitted by 9:30 am on the day of the meet.

All Entries will be ON-LINE ONLY through ClubAssistant.

Fees: \$20.00 flat fee. Swimmers may swim up to five (5) events plus relays. There are *no* relay charges. All deck entries will be an additional \$3.00 per event entered. *There will be no refunds, unless the meet date is changed or canceled in which case all fees, less a \$5.00 charge will be refunded.*

Seeding: All events will be seeded by sex and time, with the exception of the following events: **500 freestyle and 1000 freestyle, which will also require a Positive Check-in.** These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1000 freestyle which will be fast to slow. **The 1000 free is limited to the first 18 entries, and the 500 free is limited to the first 25 entries. SWIMMERS MAY NOT ENTER BOTH DISTANCE EVENTS.** "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. Event limit is five events.

Schedule: Warm-ups will begin at 8:00 am with the first event (1000 free) starting at 8:45 am. The second warm-up session will begin at the conclusion of the 500 free, with the meet continuing at approximately 11:00 am. Warm-up/warm-down lanes will be available during the meet. 5-10 minute breaks may be included in the event order per Meet Director.

**You must always enter the pool feet first (during warm-ups) except in sprint lanes.

**Frank Clark Meet Event Order
Sunday, March 1, 2015**

Women	Time	Event	Time	Men
1	_____	1000 Freestyle*	_____	2
3	_____	500 Freestyle*	_____	4
BREAK & WARM-UP				
200 Medley Relay				
7	_____	50 Freestyle	_____	8
9	_____	200 IM	_____	10
11	_____	50 Backstroke	_____	12
13	_____	100 Butterfly	_____	14
15	_____	100 Breaststroke	_____	16
17	_____	200 Freestyle	_____	18
19	_____	100 IM	_____	20
21	_____	50 Butterfly	_____	22
23	_____	100 Backstroke	_____	24
25	_____	50 Breaststroke	_____	26
27	_____	100 Freestyle	_____	28
200 Free Relay				

- Swimmers may swim either the 1000 or 500 Free, NOT both.

Meet Fee \$ 20.00 through ClubAssistant