

High Ridge Dolphins Masters Meet
Sunday, March 16, 2014
Sanction by ILMSA for USMS #214-S004

- Time:** Warm-ups 7-8am. Competition begins at 8am.
All swimmers must check in by 7:30am.
- Location:** High Ridge YMCA, 2424 W. Touhy Ave., Chicago, IL, 60645.
The Y is located at the intersection of Touhy and Western Ave.
Enter the parking lot off of Western, just north of the intersection.
- Facility:** 5-lane, 25 yard pool with Kiefer Advantage I lane lines and new S.R. Smith Legacy starting platforms. The meet will be run using 4 lanes, with lane 5 open for warm-up/cool-down throughout the duration of the meet. 3 watch times will be used for timing in all lanes. 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.
- Meet Conduct:** 2014 USMS Rules will govern the conduct of this meet. All events will be timed finals. All events will be mixed, and swum slowest to fastest.
- Officials:** John Imperial, Debby Hamp, Ken Ayers
- Eligibility:** Must be over 18 years of age and a 2014 USMS member. In accordance with USMS rules, a photocopy of your USMS card must be provided with your entry and waiver. The ILMSA Consolidated Entry Card must be used to enter the meet. To download the form, go to <http://ilmsa.com/files/meets/ConsolidatedEntryCard.pdf>.
- Entries:** \$25 flat entry fee for advanced entries. Swimmers may enter up to 5 individual events, plus relays. There will be a \$5 surcharge for deck entries. Deck entries will be accepted until 7:30am the day of the meet.
- Checks payable to High Ridge YMCA.
- Individual event entries must be received by March 8, 2014, and should be mailed with signed Consolidated Entry Form, entry fee, and copy of 2014 USMS card to:
Amy Goodwin
5781 N. Rogers Ave.
Chicago, IL 60646
- Email entries must be received by March 13, 2014, and should be sent with signed Consolidated Entry Form and copy of 2014 USMS card attached to the email to:
Amy Goodwin
fish3@hotmail.com
Entry fee will be due at check in by 7:30am the day of the meet.
- Relays:** Relay entries will be due by 8am for the Medley Relay and before the 100 Fly for the Free Relay. All relays will be deck seeded. There is no entry fee for relays.
- Order of Events:**
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| 1. 100 IM | 7. 100 Fly |
| 2. 50 Fly | 8. 50 Back |
| 3. 100 Back | 9. 100 Breast |
| 4. 50 Breast | 10. 50 Free |
| 5. 100 Free | 11. 200 IM |
| 6. 200 Mixed Medley Relay | 12. 200 Mixed Free Relay |
- Questions:** Contact Amy Goodwin, Meet Director
Email: fish3@hotmail.com
Phone: 773-343-7705