

**WISCONSIN MASTERS
SHORT COURSE YARDS SWIM MEET**

Sunday, March 5, 2017

Sponsored by: The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No.

Location: Whitefish Bay High School
1200 East Fairmont, Whitefish Bay, WI 53217

Facilities: 6-lane, 25-yard pool with a bulkhead, pool depth at starting end is 5-7 feet; turn end is 12-1/2 feet. There are separate warm-up/cool down areas within the same pool. Six lanes used for competition. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Please note that the bulkhead measurement has always meet pool length requirements in the past and is expected to again meet pool measurement requirements at the meet.

Time: Sunday, Mar. 5, 2017. Warm-up 8:30 A.M.; meet starts at 9:30 A.M, doors open 8am.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card **MUST** be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be time finals. *Fins:* Any style single foot fins (no Monofins) either water start or sitting deck start any stroke or kick no 15m rule. Fins is not a USMS submitted race.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonable, accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 6 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-5 will be for circle swimming only – **NO DIVING STARTS** from the blocks or the deck in lanes 1-5. Swimmers must enter the pool feet first in a cautious manner in lanes 1-5. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period. The downstairs pool (4 Lanes) will be open 8:30-9:30am as well as the main pool.

Area behind the bulkhead will be the designated lane for warm-up/warm down during the meet. Side areas of pool will be available for seniors to warm-up/warm down. No jumping, diving or socializing in warm down while the meet is in progress.

Facility User Fee: \$15.00 per person

Entry Fee: \$5.00 per individual event, plus a \$15.00 Facility User Fee for entries received up to the deadline. No charge for relays. Fees must accompany the paper entry form. Please make checks payable to WFB Masters/Dave Clark. On-line entry is by credit card. Entries will close Thursday March 2nd at 11:59pm

