**Frank Clark Memorial Swim Meet hosted by Triad Masters Swimming**

**Sunday March 11, 2018**

**UNCG Kaplan Center**

**Sanction:** Sanction by LMSC for NC for USMS, Inc. Sanction #

**Meet Co-Directors:** Tom Guthrie, tguthrie@guilford.edu, Chris Deinlein, cdeinlein@triad.rr.com

**Facility: UNCG Kaplan Wellness Center 1301 West Gate City Blvd (formerly Lee Street)., Greensboro, NC 27401 a** 25 yard, 6 lane racing course will be used for competition. Warm-up lanes and a sauna will be available.

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"

The primary timing system will be automatic timing (Colorado Timing System). Times may be submitted for USMS records and USMS Top 10 consideration.

**Parking:** At the Pool, and across Gate City Blvd.in a gravel lot on the north side of the street.

**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 may be requested to present a copy of your membership card at check-in. No one-day USMS registration.

**Deadline:** Entries must be received by Tuesday March 6, 2018 **at 11:59 PM**. Relays **must** be submitted by 9:30 am on the day of the meet.

**All Entries will be ON-LINE ONLY through ClubAssistant.**

**Fees:** $30.00 flat fee. Swimmers may swim up to five (5) events plus relays. There are *no* relay charges. All deck entries will be an additional $5.00 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 24 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 11, 2018**

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 $ 30.00 through ClubAssistant**