

Inland NW LMSC Championship Swim Meet

Saturday, March 24, 2018

Date/Times: Saturday, March 24th, 2018 – warm-up starts at 11:00am; meet starts at 12:00 pm.

Sponsor: Moscow Chinooks Masters Swim Club.
Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 358-S002.

Facility: University of Idaho Swim Center (1040 Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for continuous warm-up/-down. Locker rooms adjacent to pool. Spectator balcony. Snacks/drinks for swimmers and volunteers provided.

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.

Directions: **1a.** From ID Hwy 95 come into Moscow & head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2018 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present.

Deadlines: [Online entries](#) must be complete by **Monday, March 19 at 11:59pm PDT**. Contact the meet director if you are not able to enter online and need an alternative method.

Fees: \$30 for entries. [Online registrations](#) will be charged to a credit card. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

Conduct of the meet: Short course yards events will be seeded slowest to fastest. Participants may swim up to six events, plus four relay events. **The 1650 Free will be limited to the first 16 entrants.**

Relays: Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group.

*The entries for Mixed Relays, Women's Relays and Men's Relays will be swum in combined heats.

Awards: First-Third place ribbons will be available.

Saturday Evening Social: 5:30pm at Rants & Raves, 308 N. Jackson St. in Moscow. Cost is \$10 per person. Sign up & pay online. The Inland NW Masters Swimming Committee (LMSC) annual membership meeting & awards will follow dinner.

LMSC Awards: The Inland NW Masters Swimming Committee recognizes the "Model Master" and "Volunteer of the Year" each year. Send your nominations to Matt Bronson (IWChair@usms.org) so we can recognize those who make a difference in and out of the pool.

Accommodations: H.O.S.T. (House Our Swimmers Tonight) available. Moscow Chinooks are happy to house you for the night. Contact the Meet Director. RVs at Latah Co. Fairgrounds.

QUESTIONS: Contact Meet Director Paige Buehler at (208) 892-1328 before 9pm PT or email swim@gnorth.net.

HOW TO ENTER

https://www.clubassistant.com/club/meet_information.cfm?c=1858

Or find the link at inlandnwmasters.org

Contact the meet director if you are not able to enter online and need an alternative method.

Saturday, March 24th

11:00am warmup, meet starts at Noon

1. 400 Y Individual Medley
2. 200 Y Free
3. 50 Y Breast
4. 100 Y Fly
5. 200 Y Mixed/W/M* Medley Relay
- 10 minute BREAK**
8. 200 Y Individual Medley
9. 200 Y Back
10. 100 Y Breast
11. 200 Y W/M Free Relay
- 10 minute BREAK**
13. 50 Y Fly
14. 1650 Y Free
15. 200 Y Breast
16. 50 Y Free
17. 100 Y Back
18. 100 Y Individual Medley
19. 400 Y Mixed/W/M* Free Relay
- 10 minute BREAK**
22. 500 Y Free
23. 50 Y Back
24. 200 Y Fly
25. 100 Y Free
26. 200 Y Mixed Free Relay