**Sanctioned by Florida LMSC for USMS Inc.**

**Date & Time:** Saturday and Sunday, March 23-24, 2019

**Saturday, March 23, 2019**

Session 1 - Warm-ups start at 7:30am. Meet session starts at 8:00am.  
Session 2 - Warm-ups start at 9:30am. Meet session starts at 10:00am  
  
**Sunday, March 24, 2019**

Session 3 - Warm-ups start at 7:00am. Meet session starts at 8:00am.

**Facilities:** North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL.  A maximum of 8 lanes will be seeded for all events. The primary timing system will be automatic timing (Colorado Timing Systems). The official times from this meet may be submitted for USMS national records and USMS Top 10 times for consideration.  
  
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 106.2.1.  
  
**Eligibility & Rules:**Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of  U.S. Maters Swimming. Foreign swimmers must provide proof of current membership in their country's Master Swimming governing body.  
  
**Individual Events:  In person check in required** (no text or email check in) 30 mins in advance for the 1650 yd Free, 400 yd IM and 500 yd Free.  These **3 events** will be mixed M & W, timed finals and seeded Fast to Slow.  The 1000 yd Free split will be submitted for every swimmer completing the 1650 yd Free and recording an electronic split at the 1000 yd mark.  All other events will be timed finals and seeded Slow to Fast. **1650 yd Free** and **500 yd Free** must supply their own counter person and timer person for the meet.

**The 1650 yd free is limited to the first 24 entries (3 heats of 8 swimmers). The 500 yd free is limited to the first 40 entries (5 heats of 8 swimmers).**  
  
**Relays:** Relays will be deck entered and seeded prior to each race.  All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver).  Mixed relays consist of 2 Women and 2 Men.  
  
**Entries:**  Cost for the meet is $40 which includes up to 10 events. Swimmers may swim a maximum of five (5) individual events per day PLUS relays.   Cost per relay is $5.00.  **Online entries required.**  Any questions, contact Tora Williams [spmasterswim@gmail.com](mailto:spmasterswim@gmail.com)  
  
**Deadline:**Meet entries must be completed **online** by midnight eastern time on **Sunday, March 17, 2019.**  No late entries are accepted. **Meet entry fees are non-refundable and non-transferable.**  Online registrations paid with a credit card will reflect a charge from “ClubAssistant.com Event Billing”.  
  
**Scoring & Awards: Individual High Point** awards for 1st place in all age groups with a minimum of seven (7) events completed.  Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.  
  
**Psych sheet:**Will be available on-line at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet.

**Heat sheet:** Will be available on-line at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet. **Please Print before you arrive.** Printed copies available for Coaches ONLY. Heat sheets will be posted in designated areas for swimmers.

**Officials:** Meet Referee:  Dan Nardozzi

**Saturday, March 23, 2019 - Session 1**

Warm-ups start at 7:30 AM Meet Session starts at 8:00 AM

| **#** | **Sex** | **Event** | |
| --- | --- | --- | --- |
| 1 | Mixed  **Saturday, March 23, 2019 - Session 2**  Warm-ups start at 9:30 AM Meet Session starts at 10:00 AM | 1650 Y | Free | |
| 2 | Women | 200 Y | Back | |
| 3 | Men | 200 Y | Back | |
| 4 | Women | 50 Y | Free | |
| 5 | Men | 50 Y | Free | |
| 6 | Mixed | 200 Y | Medley Relay | |
| 7 | Women | 100 Y | Breast | |
| 8 | Men | 100 Y | Breast | |
| 9 | Women | 200 Y | Fly | |
| 10 | Men | 200 Y | Fly | |
| 11 | Women | 100 Y | IM | |
| 12 | Men | 100 Y | IM | |
| 13 | Women | 50 Y | Back | |
| 14 | Men | 50 Y | Back | |
| 15 | Women | 200 Y | Free | |
| 16 | Men | 200 Y | Free | |
| 17 | Women | 200 Y | Medley Relay | |
| 18 | Men | 200 Y | Medley Relay | |
| 19 | Mixed | 400 Y | IM | |
|  |  |  |  | |
|  |  |  |  | |

**Sunday, March 24, 2019 - Session 3**

Warm-ups start at 7:30 AM

Meet Session starts at 8:00 AM

| **#** | **Sex** | **Event** | |
| --- | --- | --- | --- |
| 20 | Mixed | 500 Y | Free |
| 21 | Women | 200 Y | Breast |
| 22 | Men | 200 Y | Breast |
| 23 | Women | 100 Y | Back |
| 24 | Men | 100 Y | Back |
| 25 | Women | 50 Y | Fly |
| 26 | Men | 50 Y | Fly |
| 27 | Mixed | 200 Y | Free Relay |
| 28 | Women | 200 Y | IM |
| 29 | Men | 200 Y | IM |
| 30 | Women | 100 Y | Free |
| 31 | Men | 100 Y | Free |
| 32 | Women | 50 Y | Breast |
| 33 | Men | 50 Y | Breast |
| 34 | Women | 100 Y | Fly |
| 35 | Men | 100 Y | Fly |
| 36 | Women | 200 Y | Free Relay |
| 37 | Men | 200 Y | Free Relay |

Sunday, March 24, 2019 - Session 4

Warm-ups start at 9:30 AM

Meet Session starts at 10:00 AM