

**Coastal Masters Invitational**

**Date**: Saturday, March, 23, 2019

**Sanctioned**: North Carolina LMSC for USMS, Inc

**USMS Sanction #:** TBA

**Location**: Dinah E. Gore Fitness and Aquatic Center

 At Brunswick Community College

 210 College Dr.

 Bolivia, NC 28422

**Meet Directors:** Kristen Jeno - kbs1011@gmail.com, (252) 412-5453,

 Alicia Uhl - auhl@ec.rr.com, (910) 547-7575

**Meet Referee:**  Bill Luse - wclswim@ec.rr.com. (910) 376-1575

**Course**: 8 lane indoor heated pool, 25 yards, 6 competition lanes to be used except during the 500 all 8 lanes will be in use. The Colorado System 6 will be used along with stopwatch timing with two watches per lane. *The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS articles 105.1.7 and 107.2.1*.

**Schedule:**  Warm-ups start at 7:30am. Meet session starts at 8:45am. No swimming equipment (paddles, kickboard, etc.) will be allowed during warm-up. The conclusion of the 500 will be around 9:45am.

**Rules**: USMS rules will govern this meet. A current USMS card is required. Swimmers must be registered with USMS for 2019. One day USMS registration will be available. When warming up, you must enter the pool feet first except in sprint lanes. No paddles or kickboards are allowed. **NO DIVING will be allowed during ANY breaks.**

One-event registration is strictly for insurance coverage for the event. *One-event participants are not eligible for Event Rankings, Top 10, USMS records, or other honors (either individual or relay) achieved in that event. Per Article 301.3.1 of the USMS Rule Book*.

**Additional Information:** The 25’s will start from the blocks and be hand timed. The times recorded from the 25’s are not eligible for USMS records.

**Entries:**  **Online entries only by 11:59pm EST Tuesday March 19th, 2019**. No paper entries will be accepted, and no deck entries will be accepted at the meet.

**Fees:** $35.00 flat fee which includes a FREE USMS cap and sticker. No extra charge for relays. There will be no refunds unless the meet is cancelled, in which case $20.00 of the fee paid will be retained and $15.00 will be refunded. If inclement weather occurs, the staff at BCC will determine by 2:00 pm Friday March 22, if the center will or will not open the following morning. If it opens, the meet will be held.

**Seeding:** All events will be seeded by time from slow to fast. The 500 will be capped at 56 swimmers and will include a positive check-in which will close at 8:00am.

**Scoring:** Points will be awarded as follows:

Individuals: 9-7-6-5-4-3-2-1

Relays: 22-18-16-14-12-10-8-6-4-2

All team awards must be picked up from Clerk of Course the day of the meet.   No awards will be mailed.

**Limit and Order of Events:** Limit is eight individual events and 2 relay events.

W M Event Seed Time
1 1 500y Free

**15 Minute Break**
2 2 200y IM
3 3 50y Breast
4 4 100y Fly
5 5 50y Free

6 6 100y Back
7 7 100 Breast
8 8 200y Free
9 9 100y IM

10 10 200y Back

11 11 50y Fly
12 12 100y Free

13 13 200y Breast
14 14 50y Back

**10 Minute Break**
15 15 25y Breast
16 16 25y Fly
17 17 25y Back
18 18 25y Free
 **10 Minute Break**

19 19 100 Medley Relay

 **5 Minute Break**

20 20 100 Free Relay

 **10 Minute Break**

21 21 Floaty Relay

 