**Date & Time:** Saturday and Sunday, July 13-14, 2019

**Saturday, July 13, 2019**

Session 1 - Warm-ups start at 7:30am. Meet session starts at 8:00am.
Session 2 - Warm-ups start at 10:30am. Meet session starts at 11:00am

**Sunday, July 14, 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 1500 M Free, 400 M IM and 400 M Free.  These **3 events** will be mixed M & W, timed finals and seeded Fast to Slow.  The 800 M Free split will be submitted for every swimmer completing the 1500 M Free and recording an electronic split at the 800 M mark.  All other events will be timed finals and seeded Slow to Fast. **800 M Free** and **500 yd Free** must supply their own counter person and timer person for the meet.
 **The 1500 M free is limited to the first 24 entries (3 heats of 8 swimmers). The 400 M free is limited to the first 32 entries (4 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
 **Deadline**: Meet entries must be completed **online** by midnight eastern time on **Sunday, July 7, 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 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, July 13, 2019 - Session 1 - 1500m Free**

Warm-ups start at 7:30 AM

Meet Session starts at 8:00 AM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 1 | Mixed | 1500 M | Free  |

**Saturday, July 13, 2019 - Session 2**

Warm-ups start at 10:30 AM

Meet Session starts at 11:00 AM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 2 | Women | 200 M | Back  |
| 3 | Men | 200 M | Back  |
| 4 | Women | 50 M | Free  |
| 5 | Men | 50 M | Free  |
| 6 | Mixed | 200 M | Medley Relay  |
| 7 | Women | 100 M | Breast  |
| 8 | Men | 100 M | Breast  |
| 9 | Women | 200 M | Fly  |
| 10 | Men | 200 M | Fly  |
| 11 | Women | 50 M | Back  |
| 12 | Men | 50 M | Back  |
| 13 | Women | 200 M | Free  |
| 14 | Men | 200 M | Free  |
| 15 | Mixed | 400 M | IM  |
| 16 | Women | 200 M | Medley Relay  |
| 17 | Men | 200 M | Medley Relay  |
|  |  |  |  |

**Sunday, July 14, 2019 - Session 3**

Warm-ups start at 7:30AM

Meet Session starts at 8:00 AM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 18 | Mixed | 400 M | Free  |
| 19 | Women | 200 M | Breast  |
| 20 | Men | 200 M | Breast  |
| 21 | Women | 100 M | Back  |
| 22 | Men | 100 M | Back  |
| 23 | Women | 50 M | Fly  |
| 24 | Men | 50 M | Fly  |
| 25 | Mixed | 200 M | Free Relay  |
| 26 | Women | 200 M | IM  |
| 27 | Men | 200 M | IM  |
| 28 | Women | 100 M | Free  |
| 29 | Men | 100 M | Free  |
| 30 | Women | 50 M | Breast  |
| 31 | Men | 50 M | Breast  |
| 32 | Women | 100 M | Fly  |
| 33 | Men | 100 M | Fly  |
| 34 | Women | 200 M | Free Relay  |
| 35 | Men | 200 M | Free Relay  |