

Kroc Masters
FEBRUARY FLURRY MEET
(breakfast, ePostal and xc-ski too!)
Saturday & Sunday February 22-23, 2020

Date/Time:

Saturday Morning Breakfast 8am

Saturday Feb 22nd, Warm-up 10:00am-10:45am, Meet Starts at 11:00am,

Sunday Feb 23rd, Warm-up 8am, ePostal Starts 9am & 10:15am, X-C ski social noon

Location: Meet-The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815, **Breakfast-** The Cory residence 2161 E. Briarleaf Ave CDA, **X-C Ski social-** 4th of July pass exit on I-90 parking and trails

Eligibility: All Swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. Include a copy of your registration card if registered outside Inland NW Masters.

Rules: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. 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.

Conduct of the Meet: Participants are limited to five individual events and three relay events for the Saturday session. **This meet will be short course meters.** Sunday's one-hour ePostal is conducted under the rules of the 2020 USMS 1-hour ePostal National Championship. Registration for the ePostal occurs after you swim and is the responsibility of the swimmer, see the USMS registration site: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=12699&_ga=2.126553417.512709620.1578537060-285016222.1515468086

Check in: Positive check in is required for the 400 IM and 400 freestyle on Saturday and the e-postal on Sunday. Check in by 10:30am for the Saturday events and on Sunday at 8:30 am for the 9am swim and 9:45am for the 10:15am swim. Swim times on Sunday will be assigned based on the number of participants and will be emailed by Friday February 21.

Relays: Submit relay cards to the clerk of course before 12:00noon or the completion of Event 3, whichever is earlier. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

Awards: 1st-3rd place awards will be available for free.

Fees: \$35 for online entries completed by midnight (PST) on Wednesday, February 19th, 2020 (**ONLINE ENTRIES ARE REQUIRED**). Mailed entries and deck entries will not be accepted. Online meet registration is available at:
https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=12910

Sponsor: Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 350-S001

Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool:
From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

Note: Nourishment will not be provided to athletes. Concessions are available in the lobby. Please no food on the pool deck.

Questions: Contact Glenn Mabile 208-699-6201.

SOCIAL EVENTS:

There will be two social events for this meet! We will have breakfast at the Cory residence on Saturday morning (address above). Out of town swimmers are encouraged to attend, the Cory's are great hosts! Sunday after the swimming we will be meeting at 4th of July Pass for some easy and fun X-Country skiing. This event will include refreshments and snacks and possibly a warming hut with a roaring fire! We will facilitate rentals for anyone who needs skis and beginners are welcome and encouraged! Snowshoeing is great too!

Kroc Masters February Flurry Meet Sample Entry Form (online entry required)

Online entries:

https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=12910
SATURDAY & SUNDAY, FEBRUARY 22-23, 2020

Name _____ Male Female (Circle one)

Birthdate _____ Age _____ Email _____

Address _____

Phone _____ USMS# _____ LMSC/Club _____

I WILL NEED HELP WITH SKI/SNOWSHOE RENTALS AND/OR A RIDE TO THE SUNDAY SOCIAL _____ YES _____ N

**Kroc Masters
February Flurry Meet
Saturday Session
Maximum of 5 Individual and 3 Relay Entries
Warm-ups begin at 10:00am, Meet starts at 11:00am
*SHORT COURSE METERS TIMES***

EVENTS

ENTRY TIME

1- 400 M IM	_____
2- 400 M Freestyle	_____
3- 200 M Fly	_____

**Relay cards due
10-minute break**

4- 200 M Freestyle relay	
5- 200 M Mixed Freestyle relay	
6- 200 M Backstroke	_____
7- 100 M Breaststroke	_____
8- 50 M Butterfly	_____
9- 100 M Freestyle	_____

10-minute break

10- 200 M Medley Relay	
11- 200 M Mixed Medley Relay	
12- 50 M Breast	_____
13- 200 M Freestyle	_____
14- 100 M Butterfly	_____
15- 50 M Backstroke	_____
16- 100 M IM	_____

10-minute Break

17- 400 M Freestyle relay	
18- 400 M Mixed Freestyle relay	
19- 100 M Backstroke	_____
20- 200 M Breaststroke	_____
21- 50 M Freestyle	_____
22- 200 M IM	_____

**I PLAN TO SWIM THE ONE HOUR NATIONAL POSTAL SWIM ON
SUNDAY _____ YES _____ NO**