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

**Date & Time:** Sunday, February 14, 2021
Session 1 - Warm-ups start at 7:300am. Meet session starts at 8:30am.

**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:  No In person check in required. 500 Free limited to first 16 entries**

**Relays: None**

# COVID-19 SCREENING FORM

**All attendees (swimmers, officials, volunteers, etc.) must complete and submit a**[**COVID-19 Screening Form**](https://www.clubassistant.com/c/7022294/file/usms_covid19_attendee_screening_form.pdf)**.  If possible, please print and fill out this form before approaching the pool entrance.  Forms will be collected as you enter the facility.  NOTE that the form asks for your temperature.  Please take your temperature before you arrive at the facility.  Please do not attend the event if you have an elevated temperature or are experiencing any COVID-19 symptoms.**

# SOCIAL DISTANCING PROCEDURES

**MASKS must be worn on the pool deck. Please bring your own masks.**

# Warmup Procedures

**Two swimmers per lane.**

**SPLIT the lane (do not circle swim).**

**Enter the lane on the right-hand side.**

# Race Procedures

**Swimmers in the next heat should remain behind the timer chairs until after the timers have pushed buttons and returned to their chairs.**

**In-water swimmers should exit the pool to the side. DO NOT hoist yourself up onto the bulkhead after your race.**

**Food and Drinks**

 **Please bring your own water. Bring your own nutrition.**

**Family Individual Showers Open only. ALL locker rooms are closed**

# Maintain social distance on the deck at all times.

**Spectators**

**Spectators are allowed. They must sit in the stand in the location marked with an X (even if you are in the same house hold). Mask must stay on at all times. Any Spectator not adhering to the rules will have to leave the venue.**

**Entries:**  Cost for the meet is $25 which includes up to 10 events. Swimmers may swim a maximum of five (5) individual events.   **Online entries required.**  Any questions, contact Tora Williams spmasterswim@gmail.com

**Deadline:**Meet entries must be completed **online** by midnight eastern time on **Wednesday February 10, 2021.**  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”.

**Psych sheet:**Will be emailed to all participates. Please print prior to arriving at the meet.

**Heat sheet:** Will be emailed to all participates. **Please Print before you arrive.**

**Officials:** Meet Referee:  Dan Nardozzi

Sunday, February 14, 2021 - Session 1

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

|  |  |  |
| --- | --- | --- |
|  | Mixed | 200 IM |
|  | Mixed | 200 Free |
|  | Mixed | 200 Breast |
|  | Mixed | 200 Back |
|  |
|  | Mixed | 200 Fly |
|  | Mixed | 100 IM |
|  | Mixed | 100 Free |
|  | Mixed | 100 Breast |
|  | Mixed | 100 Back |
|  10-minute break |
|  | Mixed | 100 Fly |
|  | Mixed | 50 Free |
|  | Mixed | 50 Breast |
|  | Mixed | 50 Back |
|  | Mixed | 50 Fly |
|  |
|  |  | 500 Free |