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

**Date & Time:** Saturday and Sunday, August 14 -15, 2021

**Saturday, August 14, 2021**

Session 1 - Warm-ups start at 7:30a.m. Meet session starts at 8:00a.m.
Session 2 - Warm-ups start at 9:30a.m. Meet session starts at 10:00a.m.

**Sunday, August 15, 2021**

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

**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 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 Masters Swimming governing body.

**Individual Events:** The 1500 M Free, 400 M IM and 400 M Free 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 fast to slow. **1500 M Free** swimmers must supply their own counter person and timer person for the meet.

**The 1500 M Free is limited to the first 32 entries (4 heats of 8 swimmers). The 400 M 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. **(Relays are subject to cancellation due to COVID restrictions)**

**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 **Wednesday, August 11, 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”.

**Scoring & Awards: Individual High Point** awards for 1st place in all age groups with a minimum of seven (7) individual events completed.  Scoring 9-7-6-5-4-3-2-1 for individuals.

**Heat sheet:** Will be emailed to all registered swimmers to print. **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

**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 at all times. Please bring your own masks.**

**Warmup Procedures**

**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.**

**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 household). Mask must stay on at all times. Any Spectator not adhering to the rules will have to leave the venue.**

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| **Saturday,** August **14, 2021- Session 1**Warm-ups start at 7:30 AMMeet Session starts at 8:00 AM |
|  |  |  |
| # | SEX | EVENT |
|  | MIXED | 1500M |
| **Saturday,** August **14, 2021- Session 2**Warm-ups start at 9:30 AMMeet Session starts at 10:00 AM |
|  | WOMEN | 200 M BACK |
|  | MEN | 200 M BACK |
|  | WOMEN | 50 M FREE |
|  | MEN | 50 M FREE |
|  | MIXED | 200 M MEDLEY RELAY |
|  | WOMEN | 100 M BREAST |
|  | MEN | 100 M BREAST |
|  | WOMEN | 200 M FLY |
|  | MEN | 200 M FLY |
|  | WOMEN | 50 M BACK |
|  | MEN | 50 M BACK |
|  | WOMEN | 200 M FREE |
|  | MEN | 200 M FREE |
|  | MIXED | 400 M IM |
|  | WOMEN | 200 M MEDLEY RELAY |
|  | MEN | 200 M MEDLEY RELAY |
| **Sunday,** August **15, 2021- Session 3**Warm-ups start at 7:00 AMMeet Session starts at 8:00 AM |
|  | MIXED | 400 M FREE |
|  | WOMEN | 200 M BREAST |
|  | MEN | 200 M BREAST |
|  | WOMEN | 100 M BACK |
|  | MEN | 100 M BACK |
|  | WOMEN | 50 M FLY |
|  | MEN | 50 M FLY |
|  | MIXED | 200 M FREE RELAY |
|  | WOMEN | 200 M IM |
|  | MEN | 200 M IM |
|  | WOMEN | 100 M FREE |
|  | MEN | 100 M FREE |
|  | WOMEN | 50 M BREAST |
|  | MEN | 50 M BREAST |
|  | WOMEN | 100 M FLY |
|  | MEN | 100 M FLY |
|  | WOMEN | 200 M FREE RELAY |
|  | MEN | 200 M FREE RELAY |