

**2024 First Annual Cougar Fall Classic
Masters Swimming Meet
Saturday, September 28, 2024
U.S. Masters Swimming Sanction Number:**

Hosted by:	Milky Way Masters & Cedar Rapids Kennedy High School Women's Swim Team
Location:	Kennedy High School, 4545 Wenig Road NE, Cedar Rapids, IA 52402
Date & Time:	Saturday, September 28, 2024. Warm-ups: 4:00 pm – Meet: 5:00 pm
Sanction:	Sanctioned by USMS, LMSC, Iowa Masters Swimming
Pool:	Six lanes, 25 yards, non-turbulent lane markers, backstroke flags, electronic timing system with back-up stop watches, and generous spectator seating.
Rules:	2024 USMS rules prevail. Individual competition in age groups: 18-24, 25-29, 30-34, 35-39, etc. Age as of September 28, 2024 determines age for the meet.
Eligibility:	Open to all swimmers with current U.S. Masters swimming cards. Participants must be registered USMS athletes. Although registrations can be completed the day of the meet, it is strongly recommended that swimmers complete their 2024 USMS registration prior to entering the meet. Registration may be done by visiting the USMS website: WWW.usms.org
Event Limit:	Six individual events.
Entry Fees:	\$29.00 entry fee + \$1.00 splash fee = \$30.00. (A late fee of \$5.00 will be added to all entries not received by Thursday, September 26,, 2024). Make check payable to: Kennedy HS Women's Swim Team. The Splash Fee is for the promotion of Masters Swimming in Iowa.
Entry Deadline:	Thursday, September 26, 2024 Entries received without payment will not be processed. Late entries will be accepted until 4:45 pm on Saturday, September 28, 2024. Late entries will be assessed an additional \$5.00 late fee.
Seed Times:	Submit latest times for 25 yard course. Enter NT for no time.
Scratches:	Swimmers not reporting for events will be scratched. No refunds.

Entries Submission: Entries will be accepted by mail or email. If submitting by mail, make sure payment by check is sent with your entry. All checks should be payable to: Kennedy HS Women's Swim Team.

Mail entries: Nick Gearhart, 608 Washington Street, Kalona, IA 52247

You may submit entries by email. Please send electronic entries to nickgearhart@hotmail.com

Format: This is an official USMS sanctioned masters swimming meet with a full schedule of events EXCEPT the 1000 free. 1650 free only.

Dinner: After the meet and we should be done by 4:00 pm, we are going to adjourn to a local Pizzeria and you are all invited before departing for home.

Meet Director: Nick Gearhart, nickgearhart@hotmail.com 319.538.8493