

**Sanctioned by the Florida LMSC for USMS Inc.**  
**Date & Time: Saturday and Sunday, July 9–10, 2022**

**Saturday, July 9, 2022**

Warm-ups start at 9:00 a.m. Meet session starts at 10:00 a.m.

**Sunday, July 10, 2022**

Warm-ups start at 7:00 a.m. Meet session starts at 7:30 a.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. (Ten (10) lanes will be used for the 1500 M free on Sunday morning.) The primary timing system will be automatic timing (Colorado Timing Systems). The official times from this meet may be submitted for world records, USMS national records and USMS Top 10 times consideration. The length of the 50-meter 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. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters 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 men and women timed finals.

All events will be seeded from slow to fast. Those swimming the 1500 M free will need to supply their own counter person and timer.

**The 1500 M free is limited to the first 40 entries (4 heats of 10 swimmers). The 400 M free and the 400 M IM are limited to the first 40 entries (5 heats of 8 swimmers).**

**Split Requests:** 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. Other electronic splits may be requested in writing by the swimmer per USMS rules noted on the [USMS split notification form](#). Split requests must be submitted to the Meet Referee **PRIOR TO** the swim.

**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 \$35 for one day or \$65 for two days, which includes up to five (5) events per day. Swimmers may swim a maximum of five (5) individual events per day PLUS relays. Cost per relay is \$5.00. (Relay entry fees must be paid at the time of the team's relay entry is submitted.)

Online entries required. Online registrations paid with a credit card will reflect a charge from "STPETEMASTERS.ORG."

Any questions, contact the Meet Director, Brooke Bowman, at [spmswimmeets@gmail.com](mailto:spmswimmeets@gmail.com)

**Deadline:** Meet entries must be completed online by **11:59 p.m.** Eastern time on **Tuesday, July 5, 2022.** No late entries are accepted. **Meet entry fees are non-refundable, after the entry deadline, and non-transferable.** (Meet entry fees are refundable prior to the entry deadline, minus a \$6 service fee.)

**Scoring & Awards:** Individual High Point awards for 1st place in all age groups for those who swim at least 6 individual events. Scoring 9-7-6-5-4-3-2-1 for individuals.

**Warmups:** Except for lanes designated for one-way starts, you must enter the warmup lanes feet first (no diving from the side). No equipment (paddles, snorkels, fins, pull buoys, etc.) is allowed during warmups. On Sunday, there will be no break after the 1500 free; we will go right into the next event. This is because the small pool will be open and available for warmup on Sunday morning.

**Psych sheet:** Will be available on-line at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet.

**Heat sheet:** Will be available online at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet. **Please print before you arrive.** Heat sheets will be posted in designated areas for swimmers.

**Officials:**

**Meet Director:** Brooke Bowman, [SPMswimmeets@gmail.com](mailto:SPMswimmeets@gmail.com)

**Meet Referee:** Dan Nardozi

See the next page for the list of events.

**Saturday, July 9, 2022: Warm-ups start at 9:00 a.m. Meet starts at 10:00 a.m.**  
**All heats/all events will be run from slowest to fastest on Saturday.**

1. Mixed 400 free (40 swimmers; 5 heats)
2. Women 200 back
3. Men 200 back
4. Women 50 free
5. Men 50 free
- 10-minute break
6. Mixed 200 medley relay
- 10-minute break
7. Women 100 breast
8. Men 100 breast
9. Women 200 fly
10. Men 200 fly
11. Women 50 back
12. Men 50 back
13. Women 200 free
14. Men 200 free
15. Mixed 400 IM (40 swimmers; 5 heats)
- 10-minute break
16. Women 200 medley relay
17. Men 200 medley relay

**Sunday, July 10, 2022: Warm-ups start at 7:00 a.m. Meet starts at 7:30 a.m.**  
**All events/heats will be run from slowest to fastest.**

18. Mixed 1500 free (40 swimmers; 4 heats—10 lanes will be run)  
(There will be no break after the 1500 free; we will go right into the next event. This is because the small pool will be open and available Sunday morning.)
19. Women 200 breast
20. Men 200 breast
21. Women 100 back
22. Men 100 back
23. Women 50 fly
24. Men 50 fly
- 10-minute break
25. Mixed 200 free relay
- 10-minute break
26. Women 200 IM
27. Men 200 IM
28. Women 100 free
29. Men 100 free
30. Women 50 breast
31. Men 50 breast
32. Women 100 fly
33. Men 100 fly

10-minute break

34. Women 200 free relay

35. Men 200 free relay