

Delaware Valley LMSC Master's Meet
La Salle University
Sunday, December 11, 2022
Warm-up 1: 10:00 am | 1000 Free: 10:30 am
Warm-up 2: 12:00 pm | Event #2 12:30 pm

SANCTIONING: Sanctioned by Delaware Valley LMSC for USMS Inc. Sanction Number 082-S004.

LIABILITY: In granting this recognition, it is understood and agreed that United States Masters Swimming, Inc., Delaware Valley LMSC, La Salle University and all meet officials, staff and volunteers shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

HOSTED BY: Delaware Valley Local Masters Swimming Committee (DV LMSC)

MEET DIRECTOR: Jeremy Gross, Chair, DV LMSC, dvchair@usms.org, 215-779-9366

LOCATION: La Salle University Kirk Pool, 1900 W Olney Ave, Philadelphia, PA 19141 [Map](#)

FACILITY:

- Kirk Pool is a 6-lane, 25 yard pool and is 5-feet deep at both ends.
- A separate diving well is available for Warm-up and warm-down
- Electronic timing and a 6-lane score board.
- Seating for up to 2000 spectators and swimmers with bleacher access directly to the pool deck.
- Parking is available in the lot in front of the pool entrance

ELIGIBILITY:

- This meet is open to all currently (2022-2023) USMS-registered athletes aged 18 and older. If you are not an active member, you may join at [USMS.org/join](https://usms.org/join). USMS Membership is verified upon online sign-up via Club Assistant.
- A swimmer's age for this meet will be determined by their age on the date of competition.

ATHLETES WITH DISABILITIES: Swimmers with a disability are welcome to enter this meet. The participant or coach must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please email dvchair@usms.org directly regarding any necessary accommodations.

RULES:

- This meet will be held in a short course yards (25-yard) pool and governed by 2022 [USMS rules](#).
- Events are pre-seeded slowest to fastest, independent of age or gender. All events will be timed final events (rule 102.10.1).
- The length of the competition course is on file with USMS and complies with USMS articles 105.1.7 and 106.2.1.
- Times from this competition will be eligible for USMS records and USMS Top-10 consideration in accordance USMS Rule 103.18.5 as an automatic primary timing system will be used with button and a minimum of one watch will be used for each lane.

ENTRIES FOR INDIVIDUAL EVENTS:

- A flat fee of \$40 covers meet entry and all individual events.
- Swimmers are limited to five (5) individual events.
- The 1000 will be limited to the first 18 entries (max 3 heats)
- Event fees are collected and processed via ClubAssistant.com upon registration and are non-refundable and non-transferrable. No deck entries.
- Please estimate your entry time for all events to allow for proper seeding.
- Online registration deadline is Wednesday, December 7, 11:59PM.

ENTRIES FOR RELAY EVENTS:

- There are two deck-entered relay events. Each relay event will include a men's, women's and mixed (2-men, 2-women) events. Swimmers may only compete in one relay per event (i.e. you cannot swim the 200-free mixed relay as well as the 200-free men's or women's relay.)
- Relays are \$10 each and may be paid via cash or check (to DV LMSC) at the meet.
- Relay cards will be available at the Announcer's table and must include swimmer's names and ages in the correct relay order as well as the team represented.
- Only USMS members registered with the same USMS team may compete in relays (no unattached relays). All relay participants must be registered for at least one individual event.
- Please enter relays and provide payment prior to the start of event #1 to allow time for seeding.

EVENT SEEDING: All events will be seeded slowest to fastest, regardless of age and sex.

GENDER AND AGE GROUPS:

- **Individual Events:** Male and Female, 18-24, 25-29, 30-34, 35-39, 40-44, etc., in 5-year increments.

- **Relay Events:** Male, Female and Mixed, 18+, 25+, 35+, 45+, 55+, 65+, 75+, etc. in 10-year increments. The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible. Example, if your team has swimmers aged 25, 35, 45 and 55 you must enter the 25+ age group.

Warm-Up:

- There will be two general warm-up sessions. The first from 10:00 to 10:30 am prior to the 1,000 free and a second from 12:00 to 12:30 prior to event #2.
- In addition, the diving well will be open for warm-up throughout the meet.
- Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up.
- Additional 10- to 15-minute warm-up sessions may be added during competition at the discretion of the meet director to manage the pace of the meet.

RESULTS:

- Results are posted on the USMS Website <http://www.dvmasters.org> under results tab usually within 2 weeks following the meet.
- A PDF of electronic results will also be e-mailed to all participants.
- Meet info will be available via SwimPhone, MeetMobile and posted to USMS.org.
- Separate results will be reported by gender and age group.

MEET NOTIFICATIONS: In the event of inclement weather, facility, or other issues, please check the Delaware Valley Masters Swimming Facebook page and/or website for immediate news. Every attempt will be made to communicate to all registered swimmers via email as well.