



The 1st Annual MAC Masters Meters Meet

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Hosted by: Middlesex Aquatics Club and the Connecticut LMSC

Sanctioned by: Connecticut LMSC for USMS Inc. Sanction Number: Sanction Pending

All profits from entry fees will go to help the Middlesex Aquatics Club (USA Swimming).

FACILITY The meet will be held at the Webster Family Pool in the Freeman Athletics Center at Wesleyan University, 161 Cross St. Middletown, CT 06457. The pool is an eight-8 lane fixed wall 50 meter pool. There will be 6 lanes used for competition and at least 1 lanes for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 106.2.1.

TIMING SYSTEM: The primary timing system will be automatic. (Colorado Timing Systems, System 6 Touch pads and starter, with one- 1 back up plunger and at least one-1 stop watch as manual back up.) Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

WARMUP Feet first entry into the pool in a cautious and controlled manner during warm-

up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).

CONTINUOUS WARM-UP AND WARM-DOWN SPACE The pool is an eight-8 lane fixed wall 50 meter pool. There will be 6 lanes used for competition and at least 1 lanes for constant warmup/warm down. FEET FIRST ENTRIES are required in the continuous warm-up/ warm-down lane(s).

ELIGIBILITY All participants must be USMS registered swimmers age 18 and older and registered members of USMS. Age determining date for this meet is December 31, 2024.

SCHEDULE Friday May 31, 2024 11:30am Warm-up 12:00pm Start.

Saturday June 1, 2022 5:00pm Warm-up 5:30pm Start.

Sunday June 2, 2022 5:00pm Warm-up 5:30pm Start.

It is extremely important that all Masters Competitors be out of the locker rooms by 4:30pm Friday, as a USA Swim meet warmup will be starting at 5:00pm and we cannot have any adults in the locker rooms per Safe-Sport guidelines. Likewise Masters Competitors will not be allowed into the locker rooms on Saturday or Sunday until the last of the USA swimmers under 18 have vacated them.

ENTRIES No deck entries will be accepted. Positive Check In required for the 800m Freestyle, 400m IM and 400m Freestyle.

SEEDING Events will be run in heats, slowest to fastest, regardless of age or sex.

EVENT LIMIT

- Swimmers are permitted to enter a MAXIMUM of One-1 Individual Event and One-1 Relay on Friday May 31, 2024.
- Swimmers are permitted to enter a MAXIMUM of Four - 4 Individual Events and One- 1 Relay on Saturday June 1, 2024.
- Swimmers are permitted to enter a MAXIMUM of Four- 4 Individual Events and One- 1 Relay on Sunday June 2, 2024

RELAY ENTRIES Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men. Mixed, Men's and Women's relays maybe run in the same heat. Relay age group is determined by the aggregate age of the four relay team members: 72-99, 100-119, 120-159, 160-199, 200-239, and up in 40-year increments as high as necessary. Age of each team member is age as of December 31 of the current year.

POSITIVE CHECK-IN AND SCRATCHES Positive Check-in will be required for the 800m Freestyle, 400m Individual Medley and 400m Freestyle. All persons not checked in will be scratched.

RECORD TIMES A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official PRIOR TO YOUR EVENT.

ENTRY FEES Entry fees are a \$30 Meet Surcharge and \$8 per events up to 9 individual events (There is no charge for relays, but all relay swimmers must be registered for at least one-1 individual event.) All entries will be processed online. ENTRIES MUST BE RECEIVED BY May 29, 2024, AT 11:59pm. Entry fees are non-refundable and non-transferrable.

ONLINE ENTRY Register at "Club Assistant Link". Credit card will reflect a charge by "Connecticut Aquatic Events". Entries close 11:59 pm, May 29, 2024.

ENTRY TIMES Enter Long Course Meter (LCM) times for all events.

QUESTIONS Direct inquiries to Meet Director Rob Duguay at bobbydoogs@gmail.com

--Age determining date for this meet is December 31, 2024.

--ALL EVENTS WILL BE SWUM SLOWEST TO FASTEST.

ORDER OF EVENTS

Friday May 31, 2024 - Session 1

Warm-ups start at 11:30 AM

Meet Session starts at 12:00 PM

Event #1 Mixed 800m Freestyle

Break: 5 Minutes:

Event # 2 Women 800m Freestyle Relay

Event # 3 Men 800m Freestyle Relay

Event # 4 Mixed 800m Freestyle Relay

Saturday June 1, 2024 - Session 2

Warm-ups start at 5:00PM

Meet Session starts at 5:30PM

Event #5 Mixed 400m Individual Medley

Event # 6Mixed50m Backstroke
Event # 7Mixed 100m Breaststroke
Event # 8 Mixed 200m Freestyle
Event # 9 Mixed 100m Butterfly
Event #10 Mixed 200m Backstroke
Event #11 Mixed 100m Freestyle
Event #12 Women's 400m Medley Relay
Event #13 Men's 400m Medley Relay
Event #14 Mixed 400m Medley Relay

Sunday June 2, 2024 - Session 3

Warm-ups start at 5:00PM

Meet Session starts at 5:30PM

Event # 15 Mixed 400m Freestyle
Event # 16 Mixed 50m Butterfly
Event # 17Mixed 100m Backstroke
Event # 18 Mixed 200m Breaststroke
Event #19 Mixed 50m Freestyle
Event # 20 Mixed 200m Butterfly
Event # 21 Mixed 50m Breaststroke
Event # 22 Mixed 200m Individual Medley
Event # 23 Women's 400m Freestyle Relay
Event # 24 Men's 400m Freestyle Relay
Event # 25 Mixed 400m Freestyle Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "CONNECTICUT AQUATIC EVENTS."