

SANCTIONING: Sanctioned by Delaware Valley LMSC for USMS Inc.

LIABILITY: In granting this recognition, it is understood and agreed that United States Masters Swimming, Inc., Delaware Valley LMSC, Upper Dublin School District 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 and post-meet social.

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

MEET DIRECTOR: Jeremy Gross, Chair, DV LMSC, jeremy144@gmail.com, 215-779-9366

LOCATION: Upper Dublin High School, 800 Loch Alsh Ave, Fort Washington, PA 19034 [Google Map](#)

FACILITY DESCRIPTION:

- Upper Dublin High School Natatorium.
- 40 yd, 10-lane pool with movable bulkhead, non-turbulent lane lines. Do not swim under the bulkhead!
- Water depth is 13 feet at the start end and is 7 feet at the turn end. Pool will be configured for 25-yards short course with a 4-lane 25-yard warm-up/warm-down area available throughout competition.
- Electronic timing will be used with a 10-lane display.
- Seating for up to 400 spectators and swimmers, there is no direct access to the pool deck from the bleachers. Participants may bring chairs if they would like to sit on the deck. There is limited bleacher seating on the deck.
- Parking is available in the lot in front of the pool entrance.

ELIGIBILITY:

- This meet is open to all currently (2024) 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.
- If you would like to participate in relays you MUST be affiliated with a USMS registered club or workout group. Unattached swimmers may not participate in relays. If you would like to switch your club affiliation, please complete [this form](#) and submit to USMS (address on form) at least one week prior to the meet. Note, in order to transfer clubs, USMS does not allow you to have competed with a different club for 60-days prior to the .

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](#).
- **Seeding:** All events are 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 a button back-up and a minimum of one stopwatch per lane.

ENTRIES FOR INDIVIDUAL EVENTS:

- A flat fee of \$30 for DV LMSC Members covers meet entry, all individual events and a free towel with meet logo.
- A flat fee of \$40 for USMS members NOT registered with DV LMSC covers meet entry and all individual events. An optional charge of \$15 will be offered at sign-up for a meet towel.
- Swimmers are limited to five (5) individual events.
- 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 Tuesday, March 5, 11:59PM. THERE WILL BE NO EXTENSIONS.

ENTRIES FOR RELAY EVENTS:

- There are three 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.)
- There will be no charge for relays.
- 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.
- To allow time for event seeding:
 - Enter relay events #5 prior to the start of event #1
 - Enter relay events #10 prior to the start of event #6 (before end of Break 1)
 - Enter relay events #19 prior to the start of event #15 (before end of Break 3)

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, 45, 55 and 65 you must enter the 25+ age group.

WARM-UP & COMPETITION:

- The pool area & lockers will open to swimmers at 9:30. The local age group swim team will be practicing before the meet. **NO USMS SWIMMERS WILL BE ALLOWED IN THE LOCKER ROOMS UNTIL ALL OF THE KIDS HAVE EXITED.** There will be no exceptions of this rule, any USMS swimmers entering the locker rooms prior to the kids exiting will be removed from the meet.
- Warm-up will be from 9:45 am to 10:30 am in the main competition course. The pool will be cleared 5 minutes before the start of the meet.
- Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up.
- In addition, lanes will be open for continuous warm-up/down throughout the meet.
- 10 minute breaks will be held after events 5 (200 Medley Relay), 10 (800 Free Relay) and 14 (50 Fly) to allow our volunteers a break and allow swimmer additional warm-up/down time in the main pool.
- **Flyover Starts:** In order to manage the length of the meet & allow breaks for the volunteers, we will use “flyover starts” for all events except backstroke and relays. Swimmers from the previous heat will remain in the pool while the current heat starts and then exit the pool in their lane or cross over to a ladder in an outside lane as needed.

General Warm-up Main Pool 9:45 am to 10:30 am			
1	Mixed	200 Y	Free
2	Mixed	100 Y	Breast
3	Mixed	50 Y	Back
4	Mixed	400 Y	IM
5	Mixed	200 Y	Medley Relay
Break 1: 10 Min – 2023 Outstanding Female Swimmer Award Presentation			
6	Mixed	50 Y	Free
7	Mixed	200 Y	Fly
8	Mixed	100 Y	Back
9	Mixed	50 Y	Breast
10	Mixed	800 Y	Free Relay
Break 2: 10 Min – 2023 Outstanding Male Swimmer Award Presentation			

11	Mixed	200 Y	IM
12	Mixed	100 Y	Fly
13	Mixed	500 Y	Free
14	Mixed	50 Y	Fly
Break 3: 10 Min – 2023 Outstanding Open Water Swimmer Award Presentation			
15	Mixed	200 Y	Back
16	Mixed	100 Y	Free
17	Mixed	200 Y	Breast
18	Mixed	100 Y	IM
19	Mixed	200 Y	Free Relay
Social in Lobby with Team Award Presentation			

DELAWARE VALLEY LMSC SCY CHAMPIONSHIP SCORING:

- To provide a more balanced competition across teams of all sizes the following scoring system will be used. The **top-12 point scorers from each team** (men & women combined), **plus the top 2 relay finishes** from the three relay events will be totaled. The DV LMSC team with the highest point total will be crowned DV LMSC Champion!
- Swimmers and clubs from outside of DV LMSC are welcome to compete, but only teams from DV LMSC will be scored for championship points.
- Points will be awarded as follows; individual places 1-8 scored as follows: 20, 17, 16, 15, 14, 13, 12, 11. Places 9-16 score: 9, 7, 6, 5, 4, 3, 2, 1. Relays are scored double the individual events. As noted above, relay scoring is limited to **top 2** relay finishes per team for each relay event (200 Medley, 800 Free, 200 Free).

AWARDS:

- Teams are competing for the annual Delaware Valley LMSC SCY Champions Title. Teams will be awarded with plaques for 1st, 2nd, and 3rd place. Encourage your fellow swimmers to sign-up and support the Delaware Valley LMSC and your TEAM!

RESULTS:

- Team scoring results for the meet will be announced at the social following the meet (held in the lobby outside the pool area).
- Results are posted on the [USMS Website](#) and the [DV website](#) within 1 week.
- A PDF of the results will also be e-mailed to all participants.
- Meet info will be available via SwimPhone as well.
- 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.

SOCIAL: We host a post-meet pizza social for all participants in the lobby after the meet. If you are interested, please select the appropriate radio button (yes/no) when registering so we can get an approximate count for pizza, drinks, salad & cake.