

NEM'S SCY The Monster Meet
Hosted by New England Masters
Sanctioned by the New England LMSC for USMS, Inc.
Sanction Number is _____



DATE & TIME: Sunday, May 19, 2024
Pool Deck Open – 9:00 am
Warm Up – 9:15 am – 9:55 am
Meet Begins – 10:00 am

FACILITY: The Workout Club, Salem, NH 16 Pelham Road, Unit 4, Salem, NH 03079
8 lane, 25 yard indoor pool. All 8 lanes will be available for warm up. For all individual events EXCEPT the 500, lanes 2-7 will be used for competition with lanes 1 and 8 as continuous cool down/warm up. The 500 free may use all 8 lanes for competition.

POOL LENGTH CERTIFICATION: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

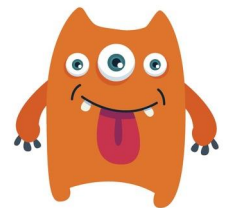
TIMING SYSTEM: The primary timing system will be watches. Individual event times may be submitted for USMS Top 10 consideration but not for USMS records.

ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older as of the day of the meet, and be currently registered members of U.S. Masters Swimming.

AGE DETERMINATION DATE: Age shall be determined by the age of the swimmer on May 19, 2024.

ENTRIES/ENTRY FEES: Entries will be accepted via Club Assistant online entry. Deck entries will not be accepted. There is a flat fee of \$40 for this meet. Entries are capped at 100 swimmers.

ONLINE ENTRIES: Online entries via Club Assistant.
Deadline for individual entries: Monday, May 13, 2024 at 11:59 pm. You will receive an immediate entry confirmation via email. No paper entries accepted - online entries only.



ENTRY LIMITS: Swimmers are encouraged to enter 1 Pentathlon event - either the Mini Monster (50s of stroke with 100 IM) or the Max Monster (100s of stroke with the 200 IM), or the Free Monster (all 5 freestyle events). You can also swim any combination of individual events if you do not wish to swim a Pentathlon, up to a maximum of 5 events. Please enter seed times if you can, or "No Time" for each of your events.

NONCONFORMING EVENT: The 25 free is a part of the Freestyle Pentathlon, but will not be eligible for USMS Top 10 times.

CHECK INS & SCRATCHES: There is no advance check-in required. There is no penalty for scratches. Scratches are non-refundable

TIMING: This meet will use manual timing. Times from this competition will be eligible for USMS Top 10 consideration, but not for USMS records.



SEEDING: Events will be seeded according to time, slowest to fastest. Men and women will be combined for all events..

AWARDS: A participation gift will be given to each swimmer who enters a Pentathlon event (Mini Monster, Max Monster or Free Monster). Pentathlon results (total times added together) for each gender and age group will be included with the final results.



SPECTATORS: Spectators will be allowed in the bleachers on deck or outside of the lobby windows. Swimmers may also use the bleachers or there is plenty of deck space for individual chairs as well.

MEET DIRECTORS: Tracy Grilli (tracyswims@mindspring.com) and Kysa Crusco (nmhswimming@aol.com)

WARM UPS: Entry into the pool must be feet first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be always obeyed.

ORDER OF EVENTS:

1. 500 free
2. 200 IM
3. 100 IM
4. 25 free
(10 min break)
5. 100 Butterfly
6. 50 Butterfly
7. 200 Free
8. 50 Backstroke
9. 100 Backstroke
(10 min break)
10. 50 Free
11. 100 Breaststroke
12. 50 Breaststroke
13. 100 Free

