



**2024 "Splish Splash" SCY Masters Meet  
at Union College, Schenectady, New York**

**Adirondack–Local Masters Swimming Committee/United States Masters Swimming  
Saturday, May 4, 2024  
Warm-up at 9:00 a.m. Meet starts at 10:15 a.m.**

**Hosted by:** Union College Swimming and Diving Team

**Sanctioned by:** Adirondack LMSC for United States Masters Swimming in accordance with Article 202.1.1. Precautions related to Covid will be determined as necessary closer to race date, as per USMS, NYS DOH, and guidelines of the host.

**Location:** Union College Alumni Gym Pool, 807 Union Street, Schenectady, NY 12308.

Short Course 25 Yard Pool with 8 lanes. Water Depth: 13ft at the start end and 6ft and 6 inches at the turn end. The length of the competition course is in compliance with a bulkhead and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Given the pool's bulkhead, the length of the course will be confirmed by measuring the two outside lanes and a middle lane prior to the start of the meet and at the conclusion of the meet.

**Meet Directors:**, Molly Chamberlain, Union College Head Men's and Women's Swimming and Diving Coach/Aquatics Director, [chamberm@union.edu](mailto:chamberm@union.edu) and Tim Sinnenberg, AD-LMSC Meet Director, [tsinnenberg@gmail.com](mailto:tsinnenberg@gmail.com). 518-577-8756.

**Eligibility:** Open to all swimmers, 18 & older, as of May 4, 2024. All swimmers must be registered with USMS (or the equivalent FINA organization). When registering for the meet, USMS membership will be verified. If you need to join or renew USMS membership, please visit [www.adms.org](http://www.adms.org) and follow the instructions. The age of a swimmer is his or her age on May 4, 2024.

**Events:** This is a pre-seeded meet with each event being swum slowest to fastest. A swimmer may enter up to six individual events. Swimmers entered in the 500 free and all relays must check in by 9:30 a.m. Swimmers entered in the 1000 must check in by 10:30 am. Additional breaks will be inserted at the discretion of the meet referee.

**Nonconforming Events:** 25 Freestyle, 25 Backstroke, 25 Breaststroke, 25 Butterfly, 100 Kick, 100 IM w/Flippers, 200 Pull

**Relays:** Participants in any relay must be registered for the meet and swimming in at least one individual event. The relays will be by deck entry on race day. All relays may be Men's, Women's, or Mixed (two men and two women). Swimmers planning to swim in any relay must check in by 9:30 a.m. There is no charge for relays.

**Important Relay Reminder** – As per USMS Article 102.9.1, relay teams must be composed of USMS members of the same club (i.e. Adirondack Masters ADMS, Binghamton University Masters BUMS, Rochester Area Masters Swimming ROCH, New England Masters Swim Club NEM, etc), and that club must be a member of USMS. USMS/LMSC members who are unattached to a club (UC) may not swim in relays. Please direct questions related to relay teams to the meet director in advance of the meet.

**Rules:** Current USMS rules govern this meet. This includes no diving or backstroke starts in warm-up or cool down lanes except in the one-way designated sprint lanes. The diving pool will be available throughout the meet for continuous warm-up and cool-down.

**Results:** Results will be posted at [www.adms.org](http://www.adms.org) and will be emailed to participants by way of Club Assistant. Official times will be submitted for USMS records and Top Ten consideration.

**Awards:** Winners of each heat will be able to choose a "Splish Splash" rubber duck from the awards table. Snacks will also be available for all participants and volunteers. A social gathering will be sponsored by ADMS at a site to be determined immediately following the meet.

**Timing:** Colorado touchpads with Superior Swim Timing will be the primary timing system with backup manual timing.

**Entries:** Payment and registration must be completed online through Club Assistant. "[www.adms.org](http://www.adms.org)" will be the charge on your credit card statement. Entry fee is \$6 per individual event plus a \$6 per swimmer surcharge. All meet proceeds will be donated to the facility host team. No charge for relays. No deck entries for individual events will be accepted on race day. No paper entries. Submit entries online through Club Assistant by Monday, April 29, 2024, 11:59 pm. The USMS waiver for participating in this event will be signed as part of the online entry through Club Assistant.



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**Additional breaks will be inserted at the discretion of the meet referee. Check-in deadline for 500 Free and all relays is 9:30 a.m. Check-in deadline for 1000 Free is 10:30 a.m.**

**EVENT LIST**

#	Sex	Distance	Event	Notes	Entry Time
1	Mixed	500 Y	Freestyle	9:30 Check In	
2	M-W-X	400 Y	Medley Relay	9:30 Check In	Entry time on deck
3	Mixed	100 Y	Backstroke		
4	Mixed	100 Y	Ind. Medley		
5	Mixed	100 Y	Butterfly		
6	Mixed	50 Y	Breaststroke		
7	Mixed	25 Y	Freestyle	Non-conforming event	
				5 Minute Break	
8	M-W-X	200 Y	Freestyle Relay	9:30 Check In	Entry time on deck
9	Mixed	25 Y	Backstroke		
10	Mixed	100 Y	Ind. Medley w/Flippers	Non-conforming event Fly or Free Kick for Breaststroke-Start in water	
11	Mixed	50Y	Freestyle		
12	Mixed	50Y	Butterfly		
13	Mixed	100Y	Breaststroke		

14	Mixed	200 Y	Ind. Medley		
				5 Minute Break	
15	M-W-X	400 Y	Freestyle Relay	9:30 Check In	Entry time on deck
16	Mixed	50 Y	Backstroke		
17	Mixed	200 Y	Freestyle		
18	Mixed	200 Y	Breaststroke		
19	Mixed	25 Y	Butterfly		
20	Mixed	200 Y	Freestyle Pull	Non-conforming event Start in water	
				5 Minute Break	
21	M-W-X	200 Y	Medley Relay	9:30 Check In	Entry time on deck
22	Mixed	200 Y	Backstroke		
23	Mixed	25 Y	Breaststroke		
24	Mixed	100 Y	Freestyle		
25	Mixed	100 Y	Kick	Non-conforming event Kick any stroke- Swim from flags to wall permitted	
				5 Minute Break	
26	M-W-X	800 Y	Freestyle Relay	9:30 Check In	Entry time on deck
27	Mixed	1000 Y	Freestyle	10:30 Check In	