



**2024 Spring Fling SCY Masters Swim Meet
At Skidmore College in Saratoga Springs, NY**

**Adirondack–Local Masters Swimming Committee/United States Masters Swimming
Saturday, April 13, 2024
Warm-up at 9:45. Meet starts at 11:00.**

Hosted by: Skidmore 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: Skidmore College, 815 N Broadway, Saratoga Springs, NY. Short Course 25 Yard Pool, 6 lanes, with bulkhead to separate the diving well. Water Depth: 4 feet at 1 meter out, 4 feet 4 inches at 5 meters out, and 10 feet 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 after the conclusion of the meet.

Meet Directors: Jill Greenleaf, jgreenle@skidmore.edu, 518-580-5368; and Mike Taetzsch, mike.taetzsch@gmail.com, 858-967-1010.

Eligibility: Open to all swimmers, 18 & older, as of April 13, 2024. All swimmers must be registered with USMS (or the equivalent FINA organization). When registering for the meet, your USMS membership will be verified. If you need to join or renew USMS membership, please visit www.usms.org and follow the instructions. The age of a swimmer is his or her age on April 13, 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/or the 400 Individual Medley and all relays must check in by 10:15. A swimmer may compete in the 1000 freestyle OR the 1650 freestyle, but NOT both. Swimmers entered in the 1000 free or the 1650 free must check in by 11:45. The 1000 free and the 1650 free may be run concurrently. Additional breaks will be inserted at the discretion of the meet referee.

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 10:15..

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 and will be emailed to participants by way of Club Assistant. Official times will be submitted for USMS records and Top Ten consideration.

Timing: Colorado automatic timing with touch pads will be the primary timing system with backup manual timing.

Entries: Payment and registration must be completed online through Club Assistant. "www.adms.org" will be the charge on your credit card statement. Entry fee is \$6.00 per individual event plus a \$6.00 meet surcharge. 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 8, 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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Warm-up starts at 9:45. Meet starts at 11:00.

Additional breaks will be inserted at the discretion of the meet referee. Check-in deadline for 500 Free, 400 Individual Medley, and all relays is 10:15 a.m. Check in for 1000 Free and 1650 Freestyle is by 11:45.

EVENT LIST

#	Sex	Distance	Event	Notes	Entry Times
1	Mixed	500 Y	Freestyle	10:15 Check in	

2	Mixed	100 Y	Ind. Medley		
3	Mixed	50 Y	Freestyle		
4	Mixed	50 Y	Breaststroke		
5	Mixed	100 Y	Backstroke		
6	Mixed	100 Y	Butterfly		
7	M-W-X	200 Y	Freestyle Relay	10:15 Check In	Entry time on deck
				5 minute break	
8	M-W-X	400 Y	Medley Relay	10:15 Check in	Entry time on deck
9	Mixed	50 Y	Butterfly		
10	Mixed	100 Y	Breaststroke		
11	Mixed	400 Y	Ind. Medley	10:15 Check In	
				5 minute break	
12	M-W-X	400 Y	Freestyle Relay	10:15 Check in	Entry time on deck
13	Mixed	200 Y	Ind. Medley		
14	Mixed	50 Y	Backstroke		
15	Mixed	200 Y	Freestyle		
16	Mixed	200 Y	Breaststroke		
				5 minute break	
17	M-W-X	200 Y	Medley Relay	10:15 Check in	Entry time on deck
18	Mixed	200 Y	Backstroke		
19	Mixed	200 Y	Butterfly		
20	Mixed	100 Y	Freestyle		
				5 minute break	
21	M-W-X	800 Y	Freestyle Relay	10:15 Check in	Entry time on deck
22	Mixed	1000 Y	Freestyle	11:45 Check In	
23	Mixed	1650 Y	Freestyle	11:45 Check In	