

14<sup>th</sup> Annual Gladstone Masters Meet - Meet Information  
Saturday November 9th, 2024, 2:00 - 6:30pm  
Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction # TBD  
Short Course Yards (SCY)

**Location:** Gladstone Community Center, 6901 N. Holmes, Gladstone, Mo. 64118

**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 automatic timing. Times from this competition will be eligible for USMS record and USMS Top 10 consideration.

**Register online:** TBD

**Time:** Check-in begins at 1:00 pm. Deck entries close firmly at 1:30. First warm-up is 1:00 – 1:50 pm. Events 1 and 2 (1000/1650) start at 2:00 pm. **If you are not swimming the distance events, you can come for 2<sup>nd</sup> warm-up.**

**2<sup>nd</sup> Warm-up:** Immediately following the 1000/1650 till 3:30. Additional warm-up and cool down will be available in the diving well (20 yards) throughout the meet. The meet should conclude by approximately 6:30 pm.

**Eligibility:** This is a USMS sanctioned meet, therefore you must be a member of USMS to swim in the meet. If you are not currently registered, you may register ONLINE (preferred!) at [www.usms.org](http://www.usms.org). ***If you are not currently registered for USMS, we recommend waiting till November 1*** so you can enjoy USMS member benefits through the end of 2025. If you live between Columbia, Mo. and the western border of Ks., please register as **MOVY** for your “Club”.

**Rules:** The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Men and women of all ages will swim mixed. You might swim next to someone older or younger, man or woman, of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 etc.). Relays may be all men, all women or mixed (two men, two women).

**NOTE: Your age for this meet is your age on 11/9/2024.**

**Entry Fees:** USMS Members \$50

Full-time Student - \$20 - Requires proof of Full Time Student and USMS registration. **For the Full-Time Student rate, you MUST contact the meet director in advance at [dhayden141@gmail.com](mailto:dhayden141@gmail.com) for a discount code.**

All late and deck entries are \$65.00 and must be entered at check-in prior to 1:30pm. Credit cards are charged to "MISSOURI MASTERS" for this meet.

**Limits:** Swimmers may swim up to six events, plus relays. Please be aware that this meet will run fast. If you enter back-to-back events, your rest time will be very short (or nonexistent).

\*\*\* You may swim either the 1000 or 1650, not both. These events will be limited to the first 16 swimmers to register online and might be combined (the distance events fill up fast).

**Deadline:** Register online by midnight Thursday, November 7th, 2024 for the early entry fee.  
Late and deck entries will be accepted 1:00-1:30 at the \$65.00 rate.

**Meet Director:** Questions, please contact Doug Hayden, 816-560-4887, [dhayden141@gmail.com](mailto:dhayden141@gmail.com)

**Order of Events – 14<sup>th</sup> Annual Gladstone Masters Meet**  
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6901 N. Holmes, Gladstone, Mo. 64118  
Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction # TBD  
Short Course Yards (SCY)

Register online: TBD

Online meet registrations are paid by credit card. Credit cards are charged to "MISSOURI MASTERS" for this meet.

Order of events: (please enter a goal time for proper seeding)

Event		Goal Time
1	***1650 Free	
2	***1000 Free	
2 <sup>nd</sup> Warmup		
3	50 Breast	
4	200 Free	
5	100 IM	
6	200 Back	
7	400 IM	
10-minute break		
8	100 Breast	
9	200 Fly	
10	50 Free	
11	500 Free	
12	100 Fly	

Event		Goal Time
13	50 Back	
14	200 IM	
10-minute break		
15	50 Fly	
16	100 Back	
17	200 Breast	
18	100 Free	
10-minute break		
Relays Swum as Men, Women or Mixed		
19	200 Medley Relay	Enter at meet
20	200 Free Relay	Enter at meet
21	400 Medley Relay	Enter at meet
22	400 Free Relay	Enter at meet
23	800 Free Relay	Enter at meet

There are no scratch deadlines.

Release from Liability: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR

ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ DOB: \_\_\_\_\_

Doug Hayden

6379 N Myrtle Ave.

Gladstone, Mo. 64119

Hello [[First Name]],

It's time to get our 2023/2024 SCY (Short Course Yards) Season started!

As usual, MOVY Masters will host several SCY, SCM & LCM meets,

The first MOVY Meet this season will again be hosted by Gladstone Masters on November 11th. This is a great meet for beginners, well-seasoned competitive swimmers, triathletes, recreational swimmers... and everything in between! It's good to get wet and see where you're starting the season! Registration is open! If you already have your USMS membership, you can register for the meet now!

You can find the meet info on the USMS Event Calendar

here: <https://www.usms.org/events>. Or, go directly to the registration page here:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1603&smid=17761](https://www.ClubAssistant.com/club/meet_information.cfm?c=1603&smid=17761)

HOPE TO SEE YOU THERE!

You will need to get your USMS Membership to participate in meets (\$70/yr). **If you're not already registered with USMS, at this point, you should wait till November 1st to register so you can participate in meets through 2024.**

Our 2<sup>nd</sup> meet of the season is already posted as well, 2023 MOVY Masters SCM at LSR7, December 16<sup>th</sup>. You can register here:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1603&smid=16577](https://www.ClubAssistant.com/club/meet_information.cfm?c=1603&smid=16577)

We don't have final confirmation yet, but we will likely host 1 or 2 meets from December-June. We will likely host the Breadbasket Zone Championships (Mo, Ks, Ia, Ne, Co. SD, ND, Mn) in May or June as a final tune up before USMS Nationals in Indianapolis.

We would like to encourage anyone who wants to compete at the USMS Spring (SCY) Nationals being held this year in Indianapolis, IN to join us in June this year... right after Olympic Trials. There are qualifying times (QT) for USMS Nationals if you want to swim more than 3 events, BUT... ANYONE and EVERYONE can go to USMS Nationals and swim up to 3 events, even if you don't meet the QTs! It's going to be a BLAST!

Thank you,

Doug Hayden

Missouri Valley LMSC Chair

Hello [[First Name]],

It's that time... yes, Happy Halloween... but tomorrow is November 1st!

That means it's time to register/renew your USMS Membership. Then you can sign up for the 13th Annual Gladstone Masters Meet by midnight on November 9th! I have added all relays to the end of the meet. Relays may be swum as All Men, All Women of Mixed (2 men, 2 women) After the meet we'll go to a local establishment for good eats, drinks, and camaraderie!

For your convenience you can renew/register for USMS and sign up for the meet from our Meet Info/Registration

page: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1603&smid=17761](https://www.ClubAssistant.com/club/meet_information.cfm?c=1603&smid=17761)

Once you're registered/renewed, you can also sign up for our December Short Course Meters Meet at LSR7 which is already posted, Thanks

Bill! [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1603&smid=16577](https://www.ClubAssistant.com/club/meet_information.cfm?c=1603&smid=16577)

We are also working toward the January Neil Salkind Invitational in Lawrence and a Cinco de Mayo (Swimmo de Mayo!) Pentathlon FUN event at Gladstone... do I hear Taco Truck?

Is your "Workout Group" (WG) listed under Club Finder on the USMS website? MOVY Masters is a Regional Club, so we like the groups to be WGs under the MOVY Club umbrella instead of individual Clubs. Currently, only KC Wave and Gladstone Masters are listed. If your workout group is not listed, your missing out on prospective swimmers who go there to find a group to swim with. Plus, it puts your group on our radar for support. If you have questions, please reach out to me.

Thank you,  
Doug Hayden  
mvchair@usms.org  
Missouri Valley LMSC Chair