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Sunday November 10, 2024

Hosted by: Flying Fish Heads

Sanctioned by the Allegheny Mountain LMSC for USMS, Inc.

TYPE OF MEET: 25-yard timed finals.

DATE & TIME: Sunday November 10, 2024

Warm-up: 7:30 am

Meet Start: 8:30 am

FACILITY: Fox Chapel High School, 611 Field Club Road, Pittsburgh, PA 15238. 8-lane, 25-yard pool. 3.5' to 12' deep. Six lanes will be used for the meet, with one buffer lane and one lane available for warm-up during the meet.

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: Daktronics timing system and one stopwatch per lane as backup. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older on the day of the meet and be currently-registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

WAIVER: The [USMS Participant Liability Release form](#) must be completed to compete. If registering online, you will need to agree to the release to finalize registration. If you are deck entering, please print the form linked above and bring a signed copy of it on the day of competition.

AGE: Age of competitors on November 10, 2024 will determine the competitor's age group. Age groups are: 18-24, 25-29, 30-34, 35-39, ..., 80-84, 85-89, etc. For relays age group is determined by the age of the youngest swimmer: 18+, 25+, 35+, 45+, etc in ten year increments.

ENTRY FEES: \$30 for all swimmers if registering online, \$40 for deck entries.

DECK ENTRIES: Deck entries will be permitted. Please bring proof of USMS membership and a check for \$40 made out to Allegheny Mountain LMSC and hand to Meet Director, Wynne Kirchner.

ENTRY LIMITS: Swimmers are limited to 4 individual events and are allowed one entry for each relay event.

Entries for the 1650 Freestyle will be limited to 12 swimmers. Depending on the meet timeline and pool availability, we will offer a waitlist if we are able to add more swimmers closer to the meet date.

MEET DIRECTOR: Wynne Kirchner: Contact at coachwynnek@gmail.com or (410) 564-4039

CHECK-IN: Swimmers are considered checked in for all individual events, except for the 1650 freestyle. If swimming the 1650 freestyle, positive check-in at the computer table is required by 10:00 AM, otherwise you will be scratched from the event.

SEEDING: Times will be seeded Short Course Yards with no conversions by meet management. Please enter times for SCY. Entries with No Time are not permitted, please provide an estimated time if you do not have one.

SCRATCHES: No penalty for scratching on the block.

RELAY ENTRIES: Relay entries will be deck-entered and due by 8:00 AM the morning of the meet.

Men's, Women's, and Mixed relays may be entered and will be combined.

For a relay to count toward USMS Top 10 times, it must meet the following criteria:

- No swimmer can swim more than one leg of a relay
- Mixed relays must be two men and two women.
- All swimmers must be registered with the same club/team.

If lane space and time permits, relays that do not meet the criteria above will be allowed as an exhibition swim.

RESULTS: Results will be posted during the meet for swimmer review, with final results emailed within a day or two to participants and will be available on USMS.org once they have cleared the Top Ten review process.

ENTRY DEADLINE: All individual entries must be submitted online by November 7, 2024 at 11:59 PM. Individual deck entries are due by 7:30 AM the morning of the meet.

SEEDING: Heats will be formed by submitted times, regardless of age or sex, and will progress from slowest to fastest.

ORDER OF EVENTS:
Event 1: 400 Medley Relay (Men, Women, and Mixed)
Event 2: 200 Individual Medley (Mixed)
Event 3: 100 Breaststroke (Mixed)
Event 4: 50 Freestyle (Mixed)
Event 5: 200 Backstroke (Mixed)
— 10 minute break after Event 5 —
Event 6: 800 Freestyle Relay (Men, Women, and Mixed)
Event 7: 100 Butterfly (Mixed)
Event 8: 50 Backstroke (Mixed)
Event 9: 100 Individual Medley (Mixed)
Event 10: 200 Breaststroke (Mixed)
— 10 minute break after Event 10 —
Event 11: 400 Freestyle Relay (Men, Women, and Mixed)
Event 12: 100 Backstroke (Mixed)
Event 13: 50 Butterfly (Mixed)
Event 14: 200 Freestyle (Mixed)
— 5 minute break after Event 14 —
Event 15: (Choose the Order) 100 Individual Medley (Mixed)
Event 16: 100 Freestyle (Mixed)
Event 17: 200 Butterfly (Mixed)
Event 18: 50 Breaststroke (Mixed)
Event 19: 1650 Freestyle (Mixed) 12 SWIMMER LIMIT