



2024 PPMS December Dash

December 7 & 8, 2024

USMS Sanction: TBC

DATES & TIMES

Friday, December 7 - Session 1: Warm-Up 12:30PM, Meet Start 1:00PM

Saturday, December 8 - Session 2: Warm-Up 9:00AM, Meet Start 9:30AM

FACILITY

Pikes Peak Athletics Training Center, 602 Elkton Dr, Colorado Springs, CO, 80907. 6 lanes SCY will be utilized for competition with 3 lanes open for warm up/cool down during 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.

SANCTION

Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc.) Sanction TBC

TIMING SYSTEM

The primary timing system will OMEGA Timing System. Times can be submitted for USMS records and USMS Top 10 consideration.

ELIGIBILITY

Only Masters Swimmers with 2024 USMS Registration or foreign equivalent may participate. Verification of your current (2024) USMS card or card from foreign master's equivalent must accompany your registration. Online USMS registration is available prior to the meet at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar with questions.

RULES

Current USMS Rules govern the competition, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. Age on 12/8/2024 determines competition age. Seeding will be done from slow to fast by time. Men and women will be seeded separately, and event results will be separated, with the exception of 400 IM, 1000 Freestyle and 500 Freestyle. 1000 Freestyle will be

limited to the first 18 athletes (3 heats). Be sure to enter Short Course Yards times on your registration. The meet will be capped at **100** swimmers. All events are timed finals. No paddles, kick boards, or pull buoys are allowed during warm-ups.

ENTRIES AND FEES

\$25 Flat Fee, plus \$5 per individual events. Relays will be unofficial (not eligible for USMS records or Top 10 consideration) and are free to enter at meet. Each swimmer will be limited to 4 individual events per day. No refunds. Only online entries submitted through Club Assistant will be accepted, paper entries are not available.

ENTRY DEADLINE

Meet will open on September 30 at 12:00AM and close on December 4th at 12:00PM (Noon) MST.

ON DECK ENTRIES

On deck entries and late entries will not be accepted.

SEEDING

Entries for all events will be seeded slowest to fastest, women's heats will swim before men's heats. 400 IM, 1000 Freestyle & 500 Freestyle will be swum as mixed events.

RELAYS

Unofficial/fun relays will be offered at this meet, entries are due 15 minutes prior to the start of the session. Relays are free to enter.

HEAT SHEETS

Will be posted around the pool deck and facility.

AWARDS

There will be no awards at this meet.

RESULTS

Results will be posted by the Meet Director at the swim meet as soon as possible after each event. Final results will be posted on the COMSA.org website

STORE

The PPATC retail store has goggles, caps and snacks for purchase.

INFORMATION

For more information regarding the 2024 PPMS December Dash (SCY), please contact Rory Grigull at RGrigull@PikesPeakAthletics.com

HOTELS

Please use the following links to book at one of our partner hotels:

[Plus Fillmore Inn/Executive Residency by Best Western | Hotel Rooms](#)

Pikes Peak Athletics Foundation

Please consider donating to the Pikes Peak Athletics Foundation when you register. The non-profit Pikes Peak Athletics Foundation was formed to reduce financial barriers that may inhibit those of all skill levels from achieving success as swimmers. Limited access to pools, swim lessons, and coaches has long been a deterrent preventing many of lower socio-economic status from participating in the sport of swimming. The foundation develops community outreach programming that includes the full continuum of the swimming experience. The PPA Foundation offers need-based scholarships for water safety education, swim lessons, training and competition. More information is available at pikespeakathleticsfoundation.org. (Donations to this 501(c)3 charitable foundation are tax deductible.)

Saturday, December 7, 2024 - Session 1 - Saturday Afternoon

Warm-ups start at 12:30 PM

Meet Session starts at 1:00 PM

Meet Session is estimated to end at 3:30 PM

Sex Event

- 1 Mixed 400 Y IM
- 2 Women 200 Y Free
- 3 Men 200 Y Free
- 4 Mixed 200 Y Medley Relay
- 5 Women 100 Y Back
- 6 Men 100 Y Back
- 7 Women 50 Y Breast
- 8 Men 50 Y Breast
- 9 Women 200 Y Fly
- 10 Men 200 Y Fly
- 11 Women 100 Y IM
- 12 Men 100 Y IM
- 13 Women 200 Y Breast
- 14 Men 200 Y Breast
- 15 Mixed 500 Y Free

Sunday, December 8, 2024 - Session 2 - Sunday Morning

Warm-ups start at 9:00 AM

Meet Session starts at 9:30 AM

Meet Session is estimated to end at 12:00 PM

Sex Event

- 16 Women 200 Y IM
- 17 Men 200 Y IM

#	Sex	Event
18	Women	100 Y Free
19	Men	100 Y Free
20	Women	200 Y Back
21	Men	200 Y Back
22	Women	50 Y Fly
23	Men	50 Y Fly
24	Women	100 Y Breast
25	Men	100 Y Breast
26	Mixed	200 Y Free Relay
27	Women	50 Y Back
28	Men	50 Y Back
29	Women	100 Y Fly
30	Men	100 Y Fly
31	Women	50 Y Free
32	Men	50 Y Free
33	Mixed	1000 Y Free