

Delaware Valley LMSC Master's Meet
Souderton Area High School
Sunday, November 3, 2024
Warm-up: 8:15 am | Event 1: 9:00 am | End: Approx 12:30 pm

SANCTIONING: Sanctioned by Delaware Valley LMSC for USMS Inc. in accordance with article 108.1.1 A (1), 203.3.3B).

LIABILITY: In granting this recognition, it is understood and agreed that United States Masters Swimming, Inc., Delaware Valley LMSC, Souderton Area School District, Souderton Area Community Aquatic Club and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

HOSTED BY: Delaware Valley Local Masters Swimming Committee (DV LMSC)

MEET DIRECTOR: Jeremy Gross, Chair, DV LMSC, dvchair@usms.org, 215-779-9366

LOCATION: Souderton Area High School (SAHS), 625 Lower Road, Souderton PA 18964 [Google Map](#).

FACILITY:

- Souderton Area High School Natatorium (opened in 2011).
- 25 yd, 8-lane pool with non-turbulent lane lines.
- Electronic timing system with 8-lane display.
- Water depth is 8-12 feet at the start end and is 4 feet at the turn end.
- The pool will be configured for 25-yards short course competition a 2-lane 25-yard warm-up/warm-down area available throughout competition.
- Bleacher seating for approximately 200 spectators/swimmers. No seating is provided on deck, your deck chairs are welcome.
- Free parking in lots behind Souderton Area High School closest to the Natatorium entrance.

ELIGIBILITY:

- This meet is open to all current USMS-registered athletes aged 18 and older. If you are not an active member, you may join at [USMS.org/join](https://usms.org/join). Note that if you are not a current USMS member you can join for the remainder of this year and all of next year at a reduced rate.
- USMS Membership is verified upon online sign-up via Club Assistant.
- A swimmer's age for this meet will be determined by their age on the date of competition.

ATHLETES WITH DISABILITIES: Swimmers with a disability are welcome to enter this meet. The participant or coach must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is

submitted. Please email dvchair@usms.org directly regarding any necessary accommodations.

RULES:

- This meet will be held in a short course yards (25-yard) pool and governed by 2023 [USMS rules](#).
- Events are pre-seeded slowest to fastest, independent of age or gender. All events will be timed final events (102.10.1).
- The length of the competition course is on file with USMS and complies with USMS articles 105.1.7 and 106.2.1.
- Times from this competition will be eligible for USMS records and USMS Top-10 consideration in accordance USMS Rule 103.18.5 as an automatic primary timing system will be used with button and a minimum of one watch will be used for each lane.

ENTRIES FOR INDIVIDUAL EVENTS:

- A flat fee of \$40 covers meet entry and all individual events.
- Swimmers are limited to five (5) individual events.
- Event fees are collected and processed via ClubAssistant.com upon registration and are non-refundable and non-transferrable.
- Entries must be submitted using the Club Assistant online entry form, no deck entries.
- You must estimate your entry time for all events to allow for proper seeding.
- 500 free & 400 IM are limited to 3 heats (18 entries).
- Online registration deadline is Thursday, October 31, 11:59PM.

ENTRIES FOR RELAY EVENTS:

- There are three (3) deck-entered relay events. Each relay event will include a men's, women's and mixed (2-men, 2-women) events. Swimmers may only compete in one relay per event (i.e. you cannot swim the 200-free mixed relay as well as the 200-free men's or women's relay.)
- Relay entries are free.
- Relay cards will be available at the Announcer's table and must include swimmer's names and ages in the correct relay order as well as the team represented.
- Only USMS members registered with the same USMS team may compete in relays (no unattached relays). All relay participants must be pre-registered for at least one individual event.
- Please enter relay event #4 prior to event #1, enter relay event #10 prior to event #5 and enter relay event #19 prior to event #11 to allow time for seeding.

GENDER AND AGE GROUPS:

- **Individual Events:** Male and Female, 18-24, 25-29, 30-34, 35-39, 40-44, etc., in 5-year increments as needed to accommodate all swimmers.
- **Relay Events:** Male, Female and Mixed, 18+, 25+, 35+, 45+, 55+, 65+, 75+, etc. in 10-year increments. The age of the youngest relay team member shall determine the age group.

Warm-Up: The pool will be available for warm-up from 8:15 to 9:00am. At least one warm-up/warm-down lane will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up. Additional 10- to 15-minute warm-up sessions may be added during competition at the discretion of the meet director to manage the pace of the meet.

RESULTS: Results are posted on the USMS Website <http://www.dvmasters.org> under results tab usually within 2 weeks following the meet. A PDF of electronic results will also be e-mailed to all participants. Meet info will be available via SwimPhone, MeetMobile and posted to USMS.org as quickly as possible. Separate results will be reported by gender and age group.

MEET NOTIFICATIONS: In the event of inclement weather, facility, or other issues, please check the Delaware Valley Masters Swimming Facebook page and/or website for immediate news. Every attempt will be made to communicate via email as well.

FACILITY RULES: Feet first entry only for all warm-up/warm-down. Deck chairs, yoga mats and other seating items are welcome.

Warm-ups start at 8:15 am
Meet starts at 9 am
Meet is estimated to end at 1pm

| # | Sex | Event |
|-----------|------------------------|-------------------------|
| 1 | Mixed | 100 IM |
| 2 | Mixed | 100 Free |
| 3 | Mixed | 200 Breast |
| 4 | Mixed-Men-Women | 200 Free Relay |
| 5 | Mixed | 200 Back |
| 6 | Mixed | 50 Fly |
| 7 | Mixed | 500 Free |
| 8 | Mixed | 100 Fly |
| 9 | Mixed | 200 IM |
| 10 | Mixed-Men-Women | 400 Free Relay |
| 11 | Mixed | 50 Breast |
| 12 | Mixed | 100 Back |
| 13 | Mixed | 200 Fly |
| 14 | Mixed | 50 Free |
| 15 | Mixed | 400 IM |
| 16 | Mixed | 50 Back |
| 17 | Mixed | 100 Breast |
| 18 | Mixed | 200 Free |
| 19 | Mixed-Men-Women | 200 Medley Relay |