



## **The Sweater Weather Meet at The St. James**

Hosted by The St. James Masters

Sanctioned by the Potomac Valley LMSC for USMS Inc. Sanction number: pending

### **The St. James Sports Complex**

**6805 Industrial Road, Springfield, VA 22151**

On Saturday, December 7th, 2024, St. James Masters will host a SCY Meet.

**WARM-UPS:** 8:00 am **MEET:** 9:00 am

**ENTRIES:** Swimmers may enter a maximum of 6 individual events plus relays.

Entries are due by the end of Thursday, December 5<sup>th</sup>, 2024. Entries are capped at 200 swimmers. **Relays** are deck entered. Please register for meet using Club Assistant.

**RULES:** Current USMS rules apply. All swimmers must be registered with USMS. If you are not registered with USMS you may register online at: <https://www.usms.org/join-usms/join-orrenew>

**SEEDING:** Events may be combined and will be seeded slowest to fastest regardless of age/gender. Please enter with a seed time in Short Course Yards. Coach's times accepted. "No time" entries are seeded last.

**RELAYS:** Relay entries close at 9:00am on meet day. Relay entries may be emailed in advance to Nancy Bailey at [Nancy.bailey@thestjames.com](mailto:Nancy.bailey@thestjames.com). Relays may consist of all women, all men, or two of each.

**FEES:** Meet Entry \$42.00 No charge for relays, but all swimmers must be entered in the meet.

**AWARDS AND RESULTS:** Meet patches for every swimmer! Results will be posted online at <https://pvmasters.org>

**FACILITY:** The St. James Sports Complex Pool is an indoor 25 yard, 10-lane Myrtha pool with nonturbulent lane lines, 8 lanes will be used for competition. The pool has full electronic timing.

Four lanes will be available for warm-up/cool down prior to and during the meet. One lane will be reserved for swimmers 65+. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

Locker rooms are available for use. Users should supply their own lock. Seating for spectators is available on the balcony level. There is limited space on deck. Chairs are permitted as space allows. The St. James Covid-19 and County Health Department requirements will be followed.

**CONCESSIONS:** Vim & Victor Restaurant is located on the upper level of the St. James.



**DIRECTIONS:** The St. James is located 15 miles south of Washington, D.C. in Springfield, VA. The

address is: 6805 Industrial Road, Springfield, VA 22151

**PARKING:** Free parking is available on site.

**QUESTIONS:**

Meet Director: Nancy Bailey: [nancy.bailey@thestjames.com](mailto:nancy.bailey@thestjames.com)

**EVENT SCHEDULE:**

Warm-ups begin at 8:00am in the competition pool. Meet starts at 9:00am. Four lanes in non-competition pool will be continuously available throughout the meet for warmup/cool-down.

**ORDER OF EVENTS:**

#	Sex	Event	
1	Women	100 Y	Fly
2	Men	100 Y	Fly
3	Women	50 Y	Back
4	Men	50 Y	Back
5	Women	50 Y	Breast
6	Men	50 Y	Breast
7	Women	500 Y	Free
8	Men	500 Y	Free
9	Women	100 Y	IM
10	Men	100 Y	IM
11	Women	100 Y	Free
12	Men	100 Y	Free

#	Sex	Event	
13	Women	200 Y	Breast
14	Men	200 Y	Breast
15	Women	400 Y	Free Relay
16	Men	400 Y	Free Relay
17	Mixed	400 Y	Free Relay
18	Women	100 Y	Back
19	Men	100 Y	Back
20	Women	200 Y	Fly
21	Men	200 Y	Fly
22	Women	200 Y	Free Relay
23	Men	200 Y	Free Relay
24	Mixed	200 Y	Free Relay

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## SWIMMING

### MASTERS

#	Sex	Event	
25	Women	200 Y	IM
26	Men	200 Y	IM
27	Women	50 Y	Free
28	Men	50 Y	Free
29	Women	100 Y	Breast
30	Men	100 Y	Breast
31	Women	200 Y	Free
32	Men	200 Y	Free
33	Women	50 Y	Fly

#	Sex	Event	
34	Men	50 Y	Fly
35	Women	200 Y	Back
36	Men	200 Y	Back
37	Women	200 Y	Medley Relay
38	Men	200 Y	Medley Relay
39	Mixed	200 Y	Medley Relay