

**11th Annual Snag Holmes Masters Invitational**  
**Hosted by Palm Beach Masters**  
**March 14-16th, 2025**  
**Sanctioned by the Florida Gold Coast LMSC for USMS, Inc**  
**Sanction #: 505-S002**

**DATES & TIMES:**

Friday, March 14th: Session 1 Warm-up 5:00pm; Meet begins at 5:45pm

Saturday, March 15th: Session 2 Warm-up 10:00am; Meet begins at 11:00am

Sunday, March 16th: Session 3 Warm-up 10:00am; Meet begins at 11:00am

**MEET DIRECTORS:** Linda Irish Bostic, 561-373-1440, palmbeachmasters@gmail.com & George Quigley.

**FACILITY:** North County Aquatic Complex, 801 Toney Penna Dr., Jupiter, FL, 33458. [Google Map](#)  
Ten (10) 25-yard lanes on Friday night and eight (8) 25-yard lanes on Saturday and Sunday will be provided for the competition. Eight (8) 25-meter lanes will be available for warm-up and down.

**POOL LENGTH CERTIFICATION:** 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.

**TIMING SYSTEM:** The primary time system will be Daktronics automatic timing with touchpads. Times from this competition will be eligible for USMS record and USMS Top 10 consideration.

**ELIGIBILITY & RULES:** Current 2025 USMS rules will govern the meet. All participants must be age 18 or older 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. The swimmer's age group is determined by their age on the last day of the meet, March 16, 2025.

**ENTRIES:** Online Registration preferred. (URL to be added here.) All entries must be received by Tuesday, March 11th. Entry fee of \$40 plus \$5 per event. Swimmers may enter a maximum of five (5) individual events per day. All entry & event fees are non-refundable. Entries include a meet recognition gift.

**SEEDING:** All events will be swum in numerical order, seeded slow to fast, except for the 1650 Free, which will be swum fast to slow and mixed gender.

**DISTANCE EVENTS:** The 1650 freestyle on Friday night will be limited to 30 swimmers (3 heats of 10 lanes). A blanket 1000 Split Request will be submitted. Positive check-in is required for the 1650 free, 400 IM, & 500 free & will be deck seeded.

**DECK ENTRIES:** Deck entries will be accepted each day of the meet during warm-up for an added charge. Entries are only permitted into open lanes. No new heats will be added. \$60 Entry Fee, if not already entered in meet & \$10 per event.

**RELAYS:** Relay entries will be accepted on the deck up to 60 minutes prior to the start of the relay. There is NO additional charge for relay entries. Only team members registered online for the meet may participate. There is a "relay-only" registration option for "relay-only" swimmers to enter the meet.

**BREAKS:** There will be a 10-minute break prior to all relays and a 5-minute break after relays

**HEAT SHEETS:** Heat sheets will be available online on Meet Mobile and will be emailed to all entrants prior to the meet. Please print and bring with you.

**RESULTS:** Results will be emailed to all entrants, available online at PalmBeachMasters.org, updated on Meet Mobile app, on southeastzone.org and on USMS.org.

**HOSPITALITY:** Will be provided to Meet Officials, Coaches, and Volunteers only. There will be no concessions.

**Friday, March 14, 2025:**

**Session 1**

<b><u>F/M/Mixed:</u></b>	<b><u>Event:</u></b>
1	1650 Free
3/4/5	800 Free Relay

**Saturday, March 15, 2025:**

**Session 2**

<b><u>F/M/Mixed:</u></b>	<b><u>Event:</u></b>
7/8	200 Free
9/10	50 breast
11/12	100 back
13/14	100 fly
15/16/17	200 Medley Relay
19/20	100 IM
21/22	200 Breast
23/24	50 Free
25/26	400 IM
27/28/29	400 Free Relay

**Sunday, March 16, 2025:**

**Session 3**

<b><u>F/M/Mixed:</u></b>	<b><u>Event:</u></b>
31/32	500 Free
33/34	200 Fly
35/36	50 Back
37/38	100 Free
39/40/41	200 Free Relay
43/44	200 Back
45/46	100 Breast
47/48	50 Fly
49/50	200 IM
51/52/53	400 Medley Relay