

2025 FAST Masters Long Course Invitational & Relay Swimming Meet

WHEN: June 28th Warm up 1:00pm, Meet start 2:00pm

WHERE: Edora Pool and Ice Center (EPIC) 1801 Riverside Ave. Fort Collins, Colorado

SANCTION: Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc) Sanction Number: 325-S_____

FACILITY DETAILS: The pool is 50M x 25YD and will be set up with 6 x 50 meter long course competition lanes. Colorado electronic timing system with backup timing and scoreboard readout will be used. 2 x 50 meter warm up lanes will be available once competition starts. On-deck seating space will be available. We recommend bringing your own chairs if you plan to make use of on-deck seating areas.

ELIGIBILITY: Masters Swimmers with 2025 USMS Registration or foreign equivalent may participate. Online USMS registration is available at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar at COMembership@usmastersswimming.org with questions.

FEES/ENTRY DEADLINES: Early registration by 11:59 pm MST Friday, June 13th. \$50 surcharge per swimmer (max 5 events). **NO DECK ENTRIES**

Late registration by 11:59 pm MST Sunday, June 22nd - **\$75 surcharge** per swimmer, (max 5 events) **NO DECK ENTRIES**

REFUND/CANCELLATION POLICY: Meet registrations are non-refundable and non-transferable.

ENTRY CONFIRMATIONS: All entries will receive an email confirmation from Club Assistant.

RULES: Current USMS Rules govern the competition, including a *NO FALSE START RULE*, and whistle alerts announcing the start of each race. Age on 12/31/2025 determines competition age. Seeding will be done from slow to fast by time. **Men and women will be seeded together**, and event results will be separated. Be sure to enter long-course 50-meter times on your registration. No

Time entries will not be accepted. All events are timed finals. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

WARM UP: Swimmers must enter the pool feet first in a cautious and controlled manner. Swim equipment such as pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools. Diving and backstroke starts are only allowed in designated one-way sprint lanes during the pre-meet warm-ups in the competition pool. 2 x 50m continuous warm up lane will be available once the meet has started.

RESULTS: Results will be posted by the meet director at the swim meet as soon as possible after each event. Final results will be emailed to participants and posted on the COMSA.org website.

POSITIVE CHECK IN REQUIRED FOR 400 FREE and 400 IM

Positive check in, in person the day of the meet. Check in opens at 1:00pm

PSYCH SHEETS: Will be emailed to participants 2-3 days before the event.

HEAT SHEETS AND LANE ASSIGNMENTS: Will be posted at multiple locations around the pool and a QR code provided. Lane assignments may be changed at any time, at the discretion of the meet officials. If you are registered but need to scratch an event ahead of time, please let us know so we have the option to reseed heats.

RELAYS: We are adding the 400 medley, 400 free and 800 free relays to this year's program. Relay age groups for long course are determined by combining the ages of the 4 swimmers. Here are the age groups: 72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399

Coaches: if you have relays ready ahead of time please send to sarah@fortcollinsareaswimteam.org in Google sheet or Excel format.

Relay entry cards will be available at the timing table on the pool deck. Relay entry deadline for the 400 Medley will be 1:30. Deadlines for the 800 free and 400 free will be announced as the day progresses. All members of a relay team must be individually registered for the meet. Relay team members must be from the same club, but can mix workout groups.

MEET SCHEDULE

Warm up 1:00pm, Meet start 2:00pm. This may adjust later due to the swim meet before us. All participants will be emailed if times need to be changed.

ORDER OF EVENTS: **Men and women will be seeded together. Slow to Fast**

Events

1. 400 Medley Relay Women, - **New in 2025**
2. 400 Medley Relay Men - **New in 2025**
3. 400 Medley Relay Mixed - **New in 2025**
4. 400 Free (Limit 48 swimmers)
5. 100 Back
6. 200 Fly
7. 200 Breast
8. 100 Free
9. 400 IM
10. 800 Free Relay Women - **New in 2025**
11. 800 Free Relay Men - **New in 2025**
12. 800 Free Relay Mixed- **New in 2025**
13. 200 Back
14. 100 Fly
15. 100 Breast
16. 200 Free
17. 200 IM
18. 400 Free Relay Women - **New in 2025**
19. 400 Free Relay Men - **New in 2025**
20. 400 Free Relay Mixed - **New in 2025**

Questions Please contact:

Eric Neilsen FAST Masters Head Coach/Meet Organizer

eric@fortcollinsareaswimteam.org