



Tri-Now Endurance Presents **FAR OUT 1000**

The 2nd annual FarOut 1000 is back at Oak Point Center in Plano, TX! This meet will be offering one event only, the 1000-yard Freestyle. We encourage our long-distance swimmers and triathletes from all US Masters Swimming Clubs to join us for a morning of peace, love, and swimming.

Sunday, January 26, 2025

Check-in: 7:45AM – 8:30AM

Warm-up: 8:00AM – 9:00M

Meet starts: 9:00AM

Pending the number of entrants, there is a slight chance the meet will be pushed up 1 hour. If this is the case, participants will be notified via email no later than 48 hours out from the start of the meet

MEET DIRECTOR: Frank Cortese [CoachFrank@tri-now.com]

MEET ADMIN: Jacky Merianos

HEAD REFEREE: TBD

LOCATION:

Oak Point Recreation Center [6000 Jupiter Rd, Plano, TX 75074]

ELIGIBILITY

Open to all USMS registered participants. Your USMS number will be collected upon registration. One day USMS event passes will be available for those who are not registered USMS registered participants. All competitors must be 18 years of age on or before January 26, 2025.

FACILITY

The Oak Point Recreational Center is home to a 50-meter by 25-yard lap pool. For this event, the pool will be arranged with bulk heads to create an 8 lane 25-yard competition pool. A minimum of 10 25-yard warmup/cool down lanes will be available during the duration of the competition. Bathrooms are available on both levels of the building. Men and women's locker rooms will be available for athletes on the pool deck level.

There are bleachers in the facility that will be open to athletes and spectators to use. Please feel free to bring your own blankets, cushions, etc. to make yourself more comfortable.

POOL LENGTH

The pool will be set up in Short Course Yards. 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

Hand timing, two timers per lane. Final times will be averaged. Guests and times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records. See Article 202.1.1A4c and Article 103.18.9.

MEET RULES

The 2025 USMS rules will govern the conduct of the meet.

AGE GROUPS

Individual age groups are as follows: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc. Age for the meet is determined by the age of the athlete on January 26, 2025. Competitors must be 18 years of age on or before January 26, 2025.

ENTRY FEE

There is a \$40 (\$45 after 1/9/25) entry fee for all USMS registered members. This will be collected upon registration. If you are a non-USMS member, there is an additional \$20 one-event registration pass required. The total entry fee for non-USMS participants is \$60 (\$65 after 1/9/25).

NORTH TEXAS LMSC: FIRST MEET FREE PROMOTION

If you have *never* entered a Masters meet, you can enter the meet for FREE! To enter you must be a registered member of North Texas LMSC for 2025. Email our LMSC Chair, Jacky Merianos (coachjackyswims@gmail.com) for verification of membership and to receive your entry coupon.

Cost for a one-year USMS Membership + free meet entry: \$70

Cost for meet entry for a non-USMS Member: \$60

ORDER OF EVENTS AND SEEDING

Event #	Gender	Event
1	Mixed	1,000-Yard Freestyle

The 1,000-yard Freestyle will be seeded slowest to fastest with men and women combined. All results will be broken up by gender and by age group, and awards will be handed out accordingly.

EVENT TIME LIMIT

Masters must be able to complete the 1000 Freestyle in under 30 minutes.

REGISTRATION

Meet registration will be accepted **ONLINE ONLY** via the following link:

<https://runsignup.com/Race/TX/Plano/FarOut1000> . Deck and mail entries will not be accepted.

All online entries will be confirmed by email from Run Sign-Up.

Important Run Sign-Up Information: When registering on Run Sign-up, the cost will initially show up as \$60. When master swimmers enter their USMS ID, the cost will drop to \$40.

This competition is limited to 70 entrants and will fill on a first-come-first-serve basis. Registration will automatically close once we hit our event capacity or on Friday, **January 24th at midnight** – whichever comes first.

POSITIVE CHECK-IN AND SCRATCHING

There will be no positive check-in for this meet. However, we highly encourage individuals to email the meet director and let us know if you are no longer able to attend. ***No fines or penalties will be handed out for swimmers who no show/scratch at the meet. No refunds given for scratches or no shows.***

HEAT SHEETS

Heat Sheets will be emailed out on the morning of Saturday, January 25th to all participants. They will also be available on the pool deck the day of the meet.

MEET RESULTS AND AWARDS

Themed awards given for individual 1st, 2nd and 3rd in the following age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-90, etc. Awards must be picked up at the meet.

GOODY BAGS/CONCESSIONS

Concessions will be provided complimentary to all swimmers. We will have water, Gatorade, coffee and snacks.

MEET T-SHIRTS

FarOut 1000 t-shirts will be available to purchase for a nominal fee with registration by January 10th. Limited quantities will be available for purchase at meet.