

Sponsored By: Club Tribe (1693)  
for USMS, Inc. # 125-S001  
Meet Director : Kyle Ahlgren (clubtribealumni@gmail.com)  
Meet Referee: [TBD]

Sanctioned By: LMSC for Va.

**Location:** College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. This is an 8-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Meet Schedule:** Warm-ups are from 2:00 to 2:55 PM. The meet will begin at 3:00 PM. There are no scheduled breaks, although Lanes 1 and 8 will be available throughout the meet for continuous warm-up and warm-down. This meet typically has a ~3.5-hour run time, finishing at approximately 6:30 PM.

**Parking:** Parking is available in the large parking lot across Compton Drive. Please adhere to all posted parking regulations.

**How to Enter the Meet:** **Online entries are strongly encouraged, and there will be no meet-day registration.** To enter online, go to [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the left side of the Club Assistant home page by date.

**Entry Deadline and Cost:** The deadline for online entries is **Wednesday, March 19, 2025**. The cost is \$8.00 per individual event, plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost.

**Deck Entries:** Relays will be deck-entered at no cost. Deck entry is not available for individual events.

**Relay Entry Deadlines and Seed Times:** Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM. For the 100 Medley Relay, enter a seed time as if it were a 200 Medley Relay. Please use reasonable guesstimates for relay seed times.

**1,000 Freestyle Entry Limit, Check-In and Wait List:** The 1,000 Free will be limited to the first twelve (12) entries received. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who were unable to enter the 1,000 Free because the entry limit was reached may place themselves on a first-come, first-served wait list upon arriving at the meet. We will post the final 1,000 Free heat sheet by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

**Rules:** Current USMS rules for Masters swimming will apply. Women and Men will swim separately in all individual events except the 1,000 Free and 400 IM, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events. Swimmers are limited to 5 individual events.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming. The age determination date will be 3/22/25. Times from this competition will be eligible for USMS records and Top 10 considerations, but not for world records.

**Awards:** All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Meet Results and Heat Sheets:** Meet Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants prior to the start of the meet and will be posted at multiple locations on the pool deck. A meet recap will also be posted to Club Tribe's website ([www.clubtribemasters.org](http://www.clubtribemasters.org)).

**Williamsburg Info and Lodging:** There are many hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: [www.colonialwilliamsburg.com/stay](http://www.colonialwilliamsburg.com/stay) and [www.bandbwilliamsburg.com/](http://www.bandbwilliamsburg.com/).

**Meet Sponsorship:** At checkout, you will be given the option to be a Meet Sponsor by donating any amount that you wish. 100% of your Meet Sponsorship will go directly to William & Mary Swimming, and is therefore tax deductible. We greatly appreciate sponsorships at any level, and we view it as a way to thank these student-athletes for devoting a Saturday afternoon to help us have a great meet.

**Note on the 100 Medley Relay:** The 100 Medley Relay is a non-conforming event pursuant to Articles 102.5.3 and 202.1.1G(3) of the USMS Rules and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants, and a list of meet records by age group for the 100 Medley Relay can be found at [www.clubtribemasters.org](http://www.clubtribemasters.org). Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the meet records and the pewter Jefferson Cups!

**Honoring Katie Grauman Grier:** We hold this meet to honor our Club Tribe teammate and dear friend, Katie Grauman Grier, who died of cancer in 2021 at age 43. In addition to being an incredible mom, daughter, sister, aunt, friend, and teammate, Katie was named the USMS Pool All-Star for Women 40-44 in 2019, earned National #1 rankings 17 times in individual events and 20 times on relays, and currently holds 7 USMS national relay records. Katie was Club Tribe's center of gravity, and she made incalculable contributions to Club Tribe and this meet. Your participation in this meet helps us honor Katie -- thank you.

**Questions:** If you have questions, please feel free to contact Meet Director Kyle Ahlgren at [\(202\) 957-3936](tel:202-957-3936) or [ClubTribeAlumni@gmail.com](mailto:ClubTribeAlumni@gmail.com).