



RED RIVER MASTERS
Spring Invitational
Short Course Yards



Date: Saturday and Sunday March 22-23, 2025

Times: Saturday March 22, 2025
Warm-up 12:00 p.m.
Meet Start 1:00 p.m.

Sunday March 23, 2025
Warm-up 9:00 a.m.
Meet Start 10:00 a.m.

Sanction: Sanctioned by Southern Masters Swimming for USMS Inc. (#TBD)

Location: BHP Billiton Branch of the YMCA of Northwest Louisiana
3455 Knight Street, Shreveport, LA 71105

Facility: Indoor, 8-lane 25 yard course with non-turbulent lane lines, lane width 8 feet, depth 9 feet at starting end, 4'4" at turning end. 25 yard warm up pool available in the adjacent course during the meet each day. Showers and lockers will be available. 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, 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.

Timing: Colorado Timing System with touchpads, 2 electronic starters, scoreboard, starting block wedges, and Colorado backstroke start devices.

Parking: Plenty of free parking is available at the YMCA.

Rules: Current United States Masters Swimming technical rules and code of regulations will govern this meet. This meet is conducted at a YMCA. The YMCA asks that all swimmers, coaches, and spectators comply with the facility regulations.

Eligibility: All participants must be registered with United States Masters Swimming for 2025. If you are not currently a USMS member, you will need to register with USMS. You can register online here: <https://www.usms.org/join-usms/join-or-renew>
As entries open in 2024, but the meet occurs in 2025, a 2025 USMS membership will be required to register!

Entry Deadline and Fees:

Full Meet Online entries by Monday, March 17 11:59 PM	\$30
1-Day only (Saturday or Sunday) Online by March 17 11:59 PM	\$15
Relay ONLY Online participants by March 17 11:59 PM	\$10
Deck entries at the meet (for open lanes only)	\$40

- Entries:** Swimmers may enter a maximum of five individual events per day, plus relays. Online registration is via Club Assistant at https://www.clubassistant.com/club/meet_information.cfm?c=2691&smid=19011
Additional links are available at:
www.southernmastersswimming.com, or
www.usms.org/events.
- Deck Entry (for open lanes only) with current USMS Card, Entry Form, & signed Participant Waiver. The deck entry registration fee of \$40.00 may be paid via cash or check.
- Seeding:** Enter the meet using your best short course yards time. An entry time of no-time (NT) will be permitted. If an event is comprised of multiple heats, the slower heats will be contested first. All no-time (NT) entries shall be placed in the slower heats. The Meet Director may also elect to run six (6) lanes for the meet to facilitate swimmers' rest intervals. All events will be timed finals; women and men will be seeded together by time only - results will be scored separately by gender and age group.
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 18+, 25+, 35+, 45+, etc. (the age of the youngest relay member determines the age group)
- Scoring:** Individual events: 9-7-6-5-4-3-2-1. Relays are double points.
- Results:** Results, including splits, will be posted at the venue, and online at the following websites:
www.southernmastersswimming.com, and
www.usms.org/comp/meets/meetlist
- Photography:** USMS does not allow cameras or other recording devices behind the starting platform during the start of the race and during intermediate relay exchanges. The sanctioning LMSC, meet host, and the referee may further impose restrictions.
- Meet Director:** Eddie Adams, Email: Eadams@ymcanwla.org
- Meet Referee:** Lukas Drozdz, Email: Ldrozdz@gmail.com
- Social:** Saturday, March 22 at 6pm at Flying Heart Brewing and Pub
700 Barksdale Blvd, Bossier City, LA 71111
flyingheartbrewing.com
- Lodging:** Hilton Garden Inn Shreveport Bossier City
2015 Old Minden Rd.
Bossier City, LA 71111
318-759-1950

A number of other nearby hotels are also available.

Meet Course: 25 Yards

Saturday, March 22, 2025 - Session 1

Warm-ups start at 12:00 PM

Meet Session starts at 1:00 PM

#	Sex	Event
1	Women	200 Medley Relay
2	Men	200 Medley Relay
3	Mixed	1650 Free
4	Mixed	50 Fly
5	Mixed	200 Back
6	Mixed	100 Breast
7	Mixed	200 IM
8	Mixed	50 Back
9	Mixed	100 Free
10	Mixed	200 Fly
11	Mixed	500 Free
12	Women	200 Free Relay
13	Men	200 Free Relay

Sunday, March 23, 2025 - Session 2

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

#	Sex	Event
14	Mixed	200 Medley Relay
15	Mixed	1000 Free
16	Mixed	100 Back
17	Mixed	50 Free
18	Mixed	200 Breast
19	Mixed	100 IM
20	Mixed	200 Free
21	Mixed	100 Fly
22	Mixed	50 Breast
23	Mixed	400 IM
24	Mixed	200 Free Relay