



**2025 "Splish Splash" SCY Masters Meet
at Union College, Schenectady, New York**

**Adirondack–Local Masters Swimming Committee/United States Masters Swimming
Sunday, May 4, 2025 Warm-up at 9:00 a.m. Meet starts at 10:15 a.m.**

Hosted by: Union College Swimming and Diving Team

Sanctioned by: Adirondack LMSC for United States Masters Swimming in accordance with Article 202.1.1.

Location: Union College Alumni Gym Pool, 807 Union Street, Schenectady, NY 12308.

Short Course 25 Yard Pool with 8 lanes. Water Depth: 13ft at the start end and 6ft and 6 inches at the turn end. The length of the competition course is in compliance with a bulkhead and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Given the pool's bulkhead, the length of the course will be confirmed by measuring the two outside lanes and a middle lane prior to the start of the meet and at the conclusion of the meet.

Meet Directors: Molly Chamberlain, Union College Head Men's and Women's Swimming and Diving Coach/Aquatics Director, chamberm@union.edu and Tim Sinnenberg, AD-LMSC Meet Director, tsinnenberg@gmail.com. 518-577-8756.

Eligibility: Open to all swimmers, 18 & older, as of May 4, 2025. All swimmers must be registered with USMS (or the equivalent FINA organization). When registering for the meet, USMS membership will be verified. If you need to join or renew USMS membership, please visit www.adms.org and follow the instructions. The age of a swimmer is his or her age on May 4, 2025.

Events: This is a pre-seeded meet with each event being swum slowest to fastest. A swimmer may enter up to six individual events (the six event total includes non-conforming/exhibition events). Swimmers entered in the 500 free and all relays must check in by 9:30 a.m. Swimmers entered in the 1000 must check in by 10:30 am. Additional breaks will be inserted at the discretion of the referee.

Nonconforming/Exhibition Events: 25 Freestyle, 25 Backstroke, 25 Breaststroke, 25 Butterfly, 100 Kick, 100 IM w/Flippers, 200 Pull. **Nonconforming/Exhibition events are included in the USMS regulation of a total of six individual events per swimmer.**

Relays: Participants in any relay must be registered for the meet and swimming in at least one individual event. The relays will be by deck entry on race day. All relays may be Men's, Women's, or Mixed (two men and two women). Swimmers planning to swim in any relay must check in by 9:30 a.m. There is no charge for relays.

Important Relay Reminder – As per USMS Article 102.9.1, relay teams must be composed of USMS members of the same club (i.e. Adirondack Masters ADMS, Binghamton University Masters BUMS, Rochester Area Masters Swimming ROCH, New England Masters Swim Club NEM, etc), and that club must be a member of USMS. USMS/LMSC members who are unattached to a club (UC) may not swim in relays. Please direct questions related to relay teams to the meet director in advance of the meet.

Rules: Current USMS rules govern this meet. This includes no diving or backstroke starts in warm-up or cool down lanes except in the one-way designated sprint lanes. The diving pool will be available throughout the meet for continuous warm-up and cool-down.

Split Requests: A swimmer must notify the referee of the intent to record an initial split time prior to the conclusion of the meet using the USMS Split Notification Form. A request for relay leadoff split times and initial backstroke split times in individual backstroke events must be made prior to the event using the USMS Split Notification Form. Split times will be taken from the automatic timing system and will only be taken from backup times (minimum of two stopwatches) if the swimmer made arrangements for this with the meet director and referee in advance of the event.

Results: Results will be posted at www.adms.org and will be emailed to participants by way of Club Assistant. Official times will be submitted for USMS records and Top Ten consideration.

Awards: Winners of each heat will be able to choose a "Splish Splash" rubber duck as an award.

Timing: Colorado touchpads with Superior Swim Timing will be the primary timing system with backup manual timing.

Entries: Payment and registration must be completed online through Club Assistant. "www.adms.org" will be the charge on your credit card statement. Entry fee is \$30 per swimmer, which includes up to six individual events and any relays of interest. All meet proceeds will be donated to the facility host team. No charge for relays. No deck entries for individual events will be accepted on race day. No paper entries. Submit entries online through Club Assistant by Tuesday, April 29, 2025, 11:59 pm. The USMS waiver for participating in this event will be signed as part of the online entry through Club Assistant. A time must be entered for each individual event that a swimmer is registering for. NT (No Time) is not allowed.

\$30 Entry Fee Includes: Registration in up to six individual events (standard events and non-conforming/exhibition), complimentary refreshments throughout the meet, and a complimentary post-meet social sponsored by AD-LMSC at an area restaurant immediately following the meet.



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Additional breaks will be inserted at the discretion of the meet referee. Check-in deadline for 500 Free and all relays is 9:30 a.m. Check-in deadline for 1000 Free is 10:30 a.m.

#	Sex	Distance	Event	Notes	Entry Time
1	Mixed	500 Y	Freestyle	9:30 Check In	
2	M-W-X	400 Y	Medley Relay	9:30 Check In	Entry time on deck
3	Mixed	100 Y	Backstroke		
4	Mixed	100 Y	Ind. Medley		
5	Mixed	100 Y	Butterfly		
6	Mixed	50 Y	Breaststroke		
7	Mixed	25 Y	Any stroke	Exhibition	
				5 Minute Break	
8	M-W-X	200 Y	Freestyle Relay	9:30 Check In	Entry time on deck
9	Mixed	25 Y	Backstroke		
10	Mixed	100 Y	Ind. Medley w/Flippers	Exhibition	
11	Mixed	50Y	Freestyle		

12	Mixed	50Y	Butterfly		
13	Mixed	100Y	Breaststroke		
14	Mixed	200 Y	Ind. Medley		
				5 Minute Break	Please delete this break!
15	M-W-X	400 Y	Freestyle Relay	9:30 Check In	Entry time on deck
16	Mixed	50 Y	Backstroke		
17	Mixed	200 Y	Freestyle		
18	Mixed	200 Y	Breaststroke		
19	Mixed	25 Y	Butterfly		
20	Mixed	200 Y	Freestyle Pull Start in water	Exhibition	
				5 Minute Break	
21	M-W-X	200 Y	Medley Relay	9:30 Check In	Entry time on deck
22	Mixed	200 Y	Backstroke		
23	Mixed	25 Y	Breaststroke		
24	Mixed	100 Y	Freestyle		
25	Mixed	100 Y	Kick – Any Stroke	Exhibition	
				5 Minute Break	Please delete this break.

26	M-W-X	800 Y	Freestyle Relay	9:30 Check In	Entry time on deck
27	Mixed	1000 Y	Freestyle	10:30 Check In	