



Hosted by
Swim Lake City Legends



Held under the sanction of USA Swimming & United States Masters Swimming
Sanction # UT25-83
Friday, June 6 & Saturday, June 7, 2025

In granting this sanction, it is understood and agreed that USA Swimming and United States Masters Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Utah Swimming LSC, and SLC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location

Kearns Oquirrh Park Fitness Center
5624 S Cougar Ln.
Kearns, UT 84118

Emergency calls the day of the meet: (801) 946-4166

Session Date & Time

Friday, June 6, 2025 & Saturday June 7, 2025:
Warm Up @ 8:00am
Meet Starts @ 9:00am

Facility

Pool Specifications: Indoor 50-meter pool with eight (8) lanes
Start End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meter from wall
Turn End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meter from wall
Warmup lanes are available in a 25-yard outdoor pool adjacent to the competition pool.
Timing: Colorado Timing System with a horn start

Pool Certification: For USA Swimming, the host will ensure the required course dimensions. For USMS, 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.

The Kearns Oquirrh Park Fitness Center will provide CPR & First aid certified lifeguards on site. AED Devices are also readily available through the lifeguards. Paramedics are on call from the SLC Fire Department.



Meet Admin Team

Meet Director:	Mark Shveyd	(801) 946-4166	slclegends@gmail.com
Meet Referee	Mo Schiffman	(650) 464-6295	maureenschiffman@gmail.com
Meet Starter:	Michael Glissmeyer	(801) 906-1388	mglissmeyer@westminsteru.edu
Meet Admin Official:	Stephenie Glissmeyer	(801) 906-1888	sjgliss@yahoo.com

Eligibility and Rules

This meet is open to all swimmers that are 2025 USA Swimming/United States Masters Swimming athletes. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. For USA Swimming, the swimmer's age on the first day of the meet determines age group for the entire competition. For USMS swimmers, age group is determined as of December 31, 2025. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. USMS swimmers must comply with all USA Swimming rules, and no additional accommodations will be allowed that are typically permitted in USMS meets.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming MAAPP and understand that compliance with the MAAPP is a condition of participation in this competition.

Deck Registration

No deck registration will be accepted; swimmers must be registered members of USA Swimming / United States Masters Swimming at time of entry.

Entry Limits, Fees, & Deadlines

Individual swimmers may enter up to SEVEN (7) individual events, swimming no more than FOUR (4) individual events per session on Friday and no more than THREE (3) individual events on Saturday. No Times (NTs) are accepted for all events.

Surcharge per participating swimmer:	\$15.00
Individual Event Fee:	\$7.00

All fees must accompany entries and are nonrefundable. One team is check is requested.

Make checks payable to Swim Lake City Legends.

All entries must be emailed to slclegends@gmail.com by 12:00pm, Wednesday, June 4, 2025. If the meet is not full by the deadline, the meet director has the right to extend the deadline.

Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Entries are not accepted without said verification.

Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A Meet Host report of entries received will be used to resolve any entry issues.

A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.



Entry Rules

Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM.

Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.

The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.

Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent, or team representative certifies that the swimmer is a registered member of USA Swimming and that all times stated in the entry are true and correct.

The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification against SWIMS. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected prior to the scratch deadline for that event. It is understood that an automatic call before the review section shall be the result for third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

Meet Format, Check-In, & Scratches

This meet will be run as timed finals and each event will swim slowest to fastest. This meet is negative check-in, except for the 400 IM, 400 Free, and the 1500 Free. Time trials will not be offered. The meet director reserves the right to limit the 400 IM, 400 Free, and the 1500 Free events to comply with the 4-hour rule. There is no penalty for no shows.

Please submit scratches by 9:00pm, Thursday, June 5th via e-mail to slclegends@gmail.com.

Warm Up

USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.9 will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures.
- All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3
- Team lane assignments for warm-ups will be emailed prior to the meet. All lanes will be open for one-way dive starts 5 minutes before the end of the warm-up period, or when cleared by the referee or starter.
- There will be a 5-minute quiet pool time before the start of the meet.

Dive Certification

"Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement." 202.4.11D



Concussion

Any swimmer under the age of 18 entered in the meet must have a current (within the year); athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303

Restrictions

Deck changes are prohibited. 202.4.11I Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.11H Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. 202.4.11J

Adaptive Swimming

In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

Scoring

Speed Lake City 2025 will be scored using individual improvement rather than event placing. Swimmers can choose their events and will attempt to accumulate as many best times as possible and the largest improvement percentage. Most swimmers' best time entering the meet will be compared against their time from their Speed Lake City swims. For swimmers with no prior results, the first swim is the benchmark for future comparison and will not be applicable for scoring. Events that have not shown improvement will be included in the scoring calculations.

Swimmers are organized first by the number of best times achieved. The sum of all percentage improvements is then divided by the number of events to calculate each swimmer's average improvement percentage.

Awards

The three swimmers with the top improvement percentage in their gender and age group (10&un, 11-12, 13-14, 15-18) will win the Speed Lake City awards.

Results

Final results will be emailed to participating teams at the conclusion of the meet. Meet Results will also be available on the Utah Swimming website in a (HTML) printable format in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed. USMS swimmers times may be submitted for USMS records and Top 10 consideration.

Deck Access

Deck access is limited to swimmers, coaches, officials, and meet volunteers. Officials and coaches must check in and prove their credentials are up to date before being allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5

Hospitality

Food and drinks will be available for coaches, officials, and coaches. Breakfast will be provided by:
Friday: Saturday:



Officials

Officials that work one session will have one swimmer's fees waived. Officials that work both days will have all their swimmers' fees waived. The uniform for officials for the meet will be a white polo shirt, black shorts, skirt, or pants, black closed toed shoes. Please email slclegends@gmail.com to notify the meet director who will be available to officiate so surcharge fees can be deducted before the meet. Fees will be waived until there is a full deck of officials.

Timers

Lane assignments will be sent out prior to the meet.

Parking

Free parking is available across the street at Kearns High School.

Additional Information

For additional meet information, visit the Utah Swimming website at www.swimutah.com or email slclegends@gmail.com.

Event Lineup - Friday, June 6

	Distance & Stroke	Age & Gender
1	50 Freestyle	Open & Mixed
2	200 Backstroke	Open & Mixed
3	200 Freestyle	Open & Mixed
4	100 Butterfly	Open & Mixed
5	200 Breaststroke	Open & Mixed
6	50 Backstroke	Open & Mixed
7	400 Individual Medley*	Open & Mixed
16	1500 Freestyle*	Open & Mixed

Event Lineup - Saturday, June 7

	Distance & Stroke	Age & Gender
8	50 Butterfly	Open & Mixed
9	200 Individual Medley	Open & Mixed
10	100 Breaststroke	Open & Mixed
11	200 Butterfly	Open & Mixed
12	100 Freestyle	Open & Mixed
13	50 Breaststroke	Open & Mixed
14	100 Backstroke	Open & Mixed
15	400 Freestyle*	Open & Mixed

* Positive Check In

