

A Few of My Favorite Things

Masters Swim Meet

Sanctioned by Inland Northwest LMSC for USMS, Inc., Sanction #xxx-xxx

DATE: Saturday, November 1, 2025

TIME: 12:30 PM meet start

11:45 AM warm-ups

11:15 AM facility opens

HOST: Inland Northwest YMCA Aquatic Masters (INAM)

LOCATION: Megan Thompson Aquatic Center, Whitworth University, 300 W Hawthorne Ave., Spokane, WA 99251

FACILITY: Short-course yards meet. The pool is an indoor 25 yard course with a bulkhead at the turn end. Events will be seeded in four (4) of the pool's six (6) lanes with one lane open for continuous warm-up throughout the meet. Additionally, there will be multiple lanes available in the 15 yard warm-up/cool down area on the non-racing side of the bulkhead.

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.

The primary timing system will be semi-automatic timing.
(article 103.18.6).

REGISTRATION: Online entries only at inlandnwmasters.org.

Cost: \$45

Deadline to enter: Wednesday, October 29, 2025 11:59 PM PDT

RULES & ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming or another World Aquatics federation. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body. USMS 'One Event Membership' is not available.

AGE DETERMINATION DATE: November 1, 2025

AGE GROUPS FOR INDIVIDUAL EVENTS: 18-24, 25-29, ...in 5-yr increments as high as needed.

AGE GROUPS FOR RELAYS: Relay age group is determined by the age of the youngest relay member: 18+, 25+, 35+, 45+, and up in 10 year increments as high as needed.

EVENT LIMIT: Swimmers are limited to 6 individual events

SEEDING: Events will be seeded slow to fast by seed time. All heats except for relays will be mixed.

CHECK-IN: check-in is required for the 1,000 yard freestyle which will be deck seeded. The check-in deadline is 12:00 p.m.

Bring someone to count your laps for the 1,000 free. Volunteer backup timers are welcome. Please check in with the head timer prior to 12:15 PM.

Ribbons will be available for 1st through 3rd place swims. Custom event t-shirts will be provided to each participant

ORDER OF EVENTS

Event 1: 1000 Y Free, limited to 2 heats

Event 2: 50 Y Fly

Event 3: 200 Y Breast

Break - 10 min

Event 4, 5, 6: 400 Y Free Relay - Mixed, Women, Men

Event 7: 200 Y Back

Event 8: 100 Y Free

Event 9, 10, 11: 400 Y Medley Relay - Mixed, Women, Men

Event 12: 50 Y Breast

Event 13: 400 Y IM

Break - 10 min

Event 14, 15, 16: 200 Y Medley Relay - Mixed, Women, Men

Event 17: 50 Y Free

Event 18: 200 Y Fly

Event 19: 50 Y Back

Event 20: 100 Y IM

Break - 10 min

Event 21, 22, 23: 200 yd Free Relay - Mixed, Women, Men

MEET DIRECTOR: Daryn Maughan, dmaughan@ymcainw.org

MEET REFEREE: Keith Lambert,

MEET REGISTRAR: Lessly Field, lesslyfield@gmail.com