

2026 Colonies Zone Short Course Yards Championship & Fundraiser Meet

Friday, April 10 - Sunday, April 12, 2026

Potomac Valley LMSC Meets

Swim Meet Registration



**COLONIES
ZONE**



Registration Schedule

It is now 2:25:42 PM Eastern Time (EST) on Saturday, January 24, 2026.

	Open	Close
Individual Registration	Sun, Feb 1, 2026 06:00 AM	Sun, Apr 5, 2026 11:59 PM
Relay Team Registration	Mon, Apr 6, 2026 03:00 PM	Sun, Apr 12, 2026 09:30 AM

**This competition is limited to the first 500 entrants.
Currently there are 1 entrants.**

Online Registration is in 'Test' Mode.
More Information Coming Soon...

Order of Events
New

SwimPhone

Weather

Map



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COLONIES ZONE SHORT COURSE YARDS CHAMPIONSHIP & FUNDRAISER MEET APRIL 10-12, 2026

Hosted by and for the benefit of George Mason University Swimming & Diving

Co-hosted by Potomac Valley Local Masters Swimming Committee

George Mason University Aquatic & Fitness Center, 4520 Patriot Circle, Fairfax, VA 22030

Sanctioned by [Potomac Valley LMSC](#) for USMS Inc., **Sanction Pending**

MEET DOCUMENTS

Forms:

[Split Request Form](#)

Records & Rankings:

[Colonies Zone Records](#)

[USMS National Records](#)

[USMS Top 10 Times \(official\)](#)

MEET SCHEDULE HIGHLIGHTS (Eastern Daylight Time)

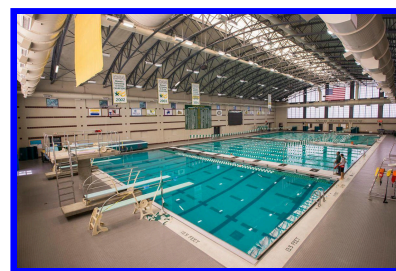
- **Sunday, April 5:** Individual event entries close
- **Monday, April 6:** Online relay entries open at 3:00 PM
- **Thursday, April 9:**
 - 12:00 PM – Online check-in opens for the 1000 & 1650 Free
 - 12:00 PM – Online scratches open for all other events
- **Friday, April 10:**
 - 2:30 PM – Building entry opens
 - 3:00 PM – Warmup opens
 - 3:30 PM – 1000 & 1650 Free check-in closes
 - 4:00 PM – Session starts
- **Saturday, April 11:**
 - 8:30 AM – Building entry opens
 - 9:00 AM – Warmup opens
 - 9:30 AM – Saturday scratches & 500 Free check-in close
 - 10:00 AM – Session starts, Saturday relay entries close
 - 30-minute warmup break after the 500 Free
 - 10-minute break after the 100 Breast
- **Sunday, April 12:**
 - 8:30 AM – Building entry opens
 - 9:00 AM – Warmup opens, scratches close
 - 9:30 AM – Relay entries close
 - 10:00 AM – Session starts
 - 10-minute break after the Mixed 200 Free Relay
 - 10-minute break after the 400 IM

VENUE INFORMATION

FACILITY: Situated in the George Mason University Aquatic & Fitness Center, Jim McKay Natatorium houses a 52-meter by 25-yard competition pool, a separate six-lane, 25-yard recreation pool, and a whirlpool and sauna. The competition pool has a UV-treated filtration system, two movable bulkheads, 9-foot-wide deep-water lanes, overflow gutters, non-turbulent lane lines, and starting blocks with (for the bulkhead course only) adjustable track start wedges and backstroke start ledges. The water temperature is kept at 79 degrees in the competition pool and 84 degrees in the recreation pool. There is bleacher seating for over 500 people on deck and 500 in the stands, and wheelchair access to all public spaces, including the stands, pool deck, and locker rooms. The Colonies Zone SCY championship meets held here annually before the COVID-19 pandemic averaged over 450 swimmers.

POOL SETUP: We plan to configure the competition pool as two 8-lane, 25-yard competition courses and use the recreation pool for continuous warmup and cooldown. The depth of the fixed wall to fixed wall ("fixed-wall") course ranges from 9 feet to 13.5 feet at both ends. The depth of the fixed wall to bulkhead ("bulkhead") course is 7 feet at the start end and 9 feet at the turn end. We may use a 9th or 10th lane in the fixed-wall course and/or use just one competition course for any session or event as entries warrant.

POOL LENGTH CERTIFICATION & TIMING SYSTEM: The lengths of both competition courses are in compliance and on file with USMS in accordance with Articles 105.1.7 and 106.2.1, but the bulkhead course is subject to length confirmation. The primary timing system will be automatic Colorado Time Systems electronic timing with touchpads and an alphanumeric scoreboard. Times recorded in the fixed-wall course will be eligible for [USMS record](#) and [Top 10](#) consideration; the eligibility of times recorded in the bulkhead course will be contingent on verification of bulkhead placement.



MEET CONTACTS

Meet Co-Director & Entry Coordinator: Douglas Sayles | douglas.sayles@usms.org | (401) 633-5756
Meet Co-Director: Jeffrey Strahota | pvchair@usms.org | (240) 472-1481
Meet Co-Director: James Greenwood | greenw@gmu.edu | (804) 937-5571
Meet Referee: TBD

MEET INFORMATION

ELIGIBILITY: Members age 18 or older of [U.S. Masters Swimming](#) or another [World Aquatics member federation](#). To join USMS or renew, [click here](#). To view your USMS membership number and club affiliation, log into your [USMS account](#), use the [lookup tool](#), or search the

[membership directory](#). International Masters swimmers must email the entry coordinator proof of membership in their national governing body before the non-USMS meet entry pathway will be enabled.

COLLEGE CLUB SWIMMERS: Members of [College Club Swimming](#) are automatic [USMS bridge members](#) and may enter this meet with their bridge member ID. Bridge members are affiliated with their college club in the national CCS LMSC. To affiliate with a different club in another LMSC, they must purchase a standard USMS membership.

INDIVIDUAL ENTRIES:

- **Online Entry Only:** <https://bit.ly/colonies-scychamps26>
- **Order of Events:** [Scroll](#) to the bottom of this page or see [SwimPhone](#).
- **Entries Open:** Sunday, February 1, 2026.
- **Entry Deadline:** Sunday, April 5, 11:59 PM. We may close events early if needed to manage the meet timeline.
- **Entry Limits:** Friday: 1 individual event. Saturday: 6 individual events + relays. Sunday: 6 individual events + relays.
- **Event Caps:** 1000 free ~ 112 entries, 1650 free ~ 72 entries. We may add or adjust event entry caps. Check back for updates.
- **Entry Fees:**
 - Individual entries — \$50 flat fee for swimmers age 18 to 24. \$50 + \$10 per event for swimmers age 25 & older.
 - Relay entries — No fee for relay teams in the 18-24 age group. \$10 per relay team for all other age groups. See the relay entry instructions below.
 - Entry fees are nonrefundable. Credit cards will be charged by "POTOMAC VALLEY LMSC."
- **CCS Club Invoicing:** CCS clubs that prefer one team invoice can use the \$50 coupon code **BRIDGE50** for their individual entries. We may scratch swimmers who use this code without their club's permission.
- **Change Events:** You cannot change events after submitting your entry.
- **Add Events:** You can add individual events while entries are open for a fee of \$5 + \$10 per event (if applicable) by emailing your seed times to douglas.sayles@usms.org. We will charge your credit card or add the fee to your CCS club's invoice.
- **Seed Times:** Please help make each heat as competitive as possible by entering accurate seed times. Updating seed times is free.

DISTANCE FREESTYLE EVENTS:

- Swimmers may enter one Friday event, either the 1000 Free or 1650 Free.
- If the 1000 or 1650 Free reach the entrant cap listed above, up to six additional swimmers per event will be waitlisted and entered if there are scratches.
- Entrants in the 1000 or 1650 Free **must notify the entry coordinator** as soon as they decide to scratch so a waitlisted swimmer can take their place.
- For the 500, 1000 & 1650 Free, plastic lap counters will be available but swimmers are responsible for finding someone to count for them.
- Positive check-in required. See the deadlines below.

CHECK-IN & SCRATCHES:

- Online check-in and scratches via [SwimPhone](#) open Thursday, April 9, at 12 noon.
- Swimmers must check in for the 500, 1000 & 1650 Free or else they will be scratched from those events. All other events will be auto-seeded after the scratch deadlines below, excluding scratched swimmers.
- **Check-in deadlines:** 1000 & 1650 Free by 3:30 PM Friday, 500 Free by 9:30 AM Saturday.
- **Scratch deadlines:** 9:30 AM on Saturday, 9:00 AM on Sunday.
- Swimmers are strongly encouraged to scratch events they do not intend to swim by the deadlines listed above. Any seeded swimmer that fails to report to the proper lane in the correct heat will be recorded as a "no show," which creates an empty lane and affects other swimmers.

SEEDING:

- Timed finals, deck seeded each session from entry seed times. We will not accept entries without seed times.
- On Friday, the 1000 & 1650 Free events will be seeded **fastest to slowest**, men and women combined, and will run concurrently in separate courses. We anticipate seeding the 1000 in the fixed-wall course and the 1650 in the bulkhead course.
- Saturday & Sunday events will be seeded **slowest to fastest**, men and women in separate courses. On Saturday, women will swim in the bulkhead course and men in the fixed-wall course. On Sunday, women will swim in the fixed-wall course and men in the bulkhead course.
- Mixed relay events (2 men + 2 women per relay) will be swum consecutively in the same course.
- The meet director or referee can change seed times that are obviously incorrect based on prior performances.
- The meet organizers may alter the above seeding plan to combine heats and/or use a single competition course for any or all events as entries warrant.

RELAY ENTRIES:

- Relay entries open Monday, April 6, at 3:00 PM, and must be submitted online per the instructions below.
- **Relay entry deadlines:** Saturday relays close at 10:00 AM; Sunday relays close at 9:30 AM.
- Entry fee: No fee for relay teams in the 18 to 24 age group. \$10 per relay team for all other age groups.
- Relay swimmers must be entered in at least one individual event and should indicate their relay availability (non-binding) during individual event registration.
- All four swimmers on a relay team must be affiliated with the same club in their USMS member records.

Online Relay Entry Procedure: Each club should designate one **Relay Captain** to enter all of the club's relay teams. The Relay Captain must be a current USMS-registered member of that club. A valid credit card is required to enter and update relay entries. The card on file will be **charged the week after the meet** for the number of relay teams entered and seeded in the heat sheets (excluding any entries in the 18-24 age group) regardless of how many times entries were updated.

1. After online relay entries open, click the blue "[Register Relays Online Now!](#)" button at the top of this webpage.
2. Input your USMS membership credentials.
3. Confirm your biographical information (editing should not be necessary).
4. Click on a relay event to view your club's eligible swimmers and create a relay entry. Multiple entries will automatically be labeled A, B, C, etc.
5. Enter an estimated relay seed time and select four swimmers in the order they will swim.
6. Repeat for each relay event and relay team.
7. Proceed to the review page and, when ready, click **Submit**.
8. You will be asked for a valid credit card, which will not be charged until the week after the meet and will not be charged for relay entries in the 18-24 age group.
9. Upon successful submission, you should receive an automated email confirmation.

There are enough swimmers of each sex to create a maximum of 1 relay for this event

Time Conversion Utility

Relay Name	Time			Position	Minimum Age	Age Group	Sex	Clear Data
	mins	secs	hours					
1 Auto (SCY time)				1 Select Swimmer				
				2 Select Swimmer				
				3 Select Swimmer				
				4 Select Swimmer				

Changing Relay Entries: Before relay entries close, entries may be added or modified online using the procedure described above. After relay entries close, changes to swimmer names or swim order must be reported to the head timer and clearly indicated on the lane timer slip before the heat begins. Failure to do so will result in disqualification.

SWIMMERS WITH DISABILITIES: Please provide advance notice to the meet director and meet referee of any desired reasonable accommodation. The athlete or their coach is responsible for notifying the referee of any disability before the race.

RULES: [2026 USMS Rules & Regulations](#) apply. We may use dive-over starting when deemed appropriate by the referee. If you want more time to exit the pool, notify the deck referee before your heat.

AGE GROUPS: The age determining date for this meet is April 12, 2026. Swimmers entering as 18-year-olds must turn 18 and join USMS on or before April 9, 2026. The individual event age groups are 18-24, 25-29, 30-34, 35-39, etc. in five-year increments. The relay event age groups are 18+, 25+, 35+, 45+, etc. in 10-year increments, determined by the youngest relay member's age.

TEAM AFFILIATION: Your meet entry must match your club affiliation in your USMS member record. For instructions on how to change the club affiliation in your USMS member record in real time, [click here](#). (Exception: Bridge members cannot change their college club affiliation without first purchasing a standard USMS membership.) After completing your first event you cannot change your club affiliation for the remainder of the meet. For help, contact douglas.sayles@usms.org.

WARMUP/COOLDOWN: Warmup in the **competition pool** courses opens Friday at 3:00 PM and Saturday and Sunday at 9:00 AM, closes 5 to 10 minutes before each day's first event, reopens Saturday for ~30 minutes after the 500 Free and for ~10 minutes after the 100 Breast, and reopens Sunday for ~10 minutes after the Mixed 200 Free Relay and again after the 400 IM. If events end early in one of the competition courses, that course may reopen for warmup/cooldown until the session ends. Warmup in the **recreation pool** opens Friday at ~3:50 PM and Saturday and Sunday at ~9:50 AM and closes after the last event ends or when a competition course converts to warmup/cooldown lanes for the remainder of the session. The recreation pool's open and/or close times may change.

No Diving: Swimmers must enter warm-up lanes FEET FIRST except when diving in designated one-way sprint lanes.

SPLIT REQUESTS: Official split requests must be submitted to the meet administration table using the [Split Request Form](#). For individual backstroke events and relay leadoff splits, the form must be submitted after the heat sheet is posted and before the swimmer competes in the event. For other individual events, the form must be submitted before the end of the meet. Meet staff will notify the meet referee of each split request in compliance with USMS Rule 103.18.1(B)(1).

RECORD-BREAKING SWIMS: Swimmers who may break a [USMS record](#) should notify the meet referee before that event so an additional backup watch can be assigned to your lane.

SCORING: The first 16 places in each age group and sex will be scored 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points for individual events and double for relays.

PSYCH SHEETS: Psych sheets, entry lists, and an estimated meet timeline will be posted to this website, [SwimPhone](#), and Meet Mobile.

HEAT SHEETS: Heat sheets will be posted onsite and uploaded to [SwimPhone](#) and Meet Mobile after that day's events have been seeded.

RESULTS: Results will be posted onsite and uploaded to this website, [SwimPhone](#), and Meet Mobile. Recorded times are not official until they are posted to the USMS meet results database.

AWARDS:

- Brief ceremony after Sunday's final event to bestow the following awards:
 - Top-two scoring teams in the Large, Medium, Small, and Squad divisions. (Team sizes TBD.)
 - Top-three scoring CCS teams. (TBD if there will be team size divisions.)
 - Team(s) exhibiting the most team spirit.
 - Top female and male scorer in each age group.
 - Top-three female and male scorers in the 18 to 24 age group.
- Available for pickup at the awards table:
 - Medals for the first-place female and male finishers in each event by age group.
 - Ribbons for the second- and third-place female and male finishers in each event by age group.
 - Win your heat, claim a rubber duck. Quack!
 - Swim a personal best time, win a mini duck.
 - Athlete certificates with event results stickers for each individual and relay event.
- Team & individual results, points, and record-breaking swims will be posted on the meet website.

WI-FI: Wi-Fi access will be available onsite.

TEAM BANNERS: You are encouraged to bring your team's banner. Please use painter's tape or Command hooks to hang your banners. Do not use duct tape or any other adhesive that will leave residue on the walls.

FOOD & DRINK: Meet staff and officials will be afforded complimentary food and beverages in a hospitality area. Non-alcoholic drinks in non-glass containers are allowed on the pool deck. Food is not allowed on deck. On Saturday and Sunday, packaged snacks and beverages may be for sale in an adjacent room. Venmo or cash payment only.

T-SHIRTS: Meet t-shirts can be purchased (\$20/each) during online registration for pickup at the meet. A limited quantity may also be for sale at the meet. Cash and Venmo accepted onsite. We will not mail t-shirts or provide refunds.

DIRECTIONS & PARKING: [George Mason University Aquatic & Fitness Center, 4520 Patriot Circle, Fairfax, VA 22030](#)

- **From the West:** Take I-66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in [Lot C](#).
- **From the South:** Take I-95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in [Lot C](#).
- **From the North:** Take I-95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 5 miles to Sideburn, right on Sideburn, park in [Lot C](#).

POOL ENTRANCE: Swimmers may enter the building 30 minutes before warmup opens. All swimmers must enter through the side door (closest to Parking Lot C). This door will open at 2:30 PM on Friday and 8:30 AM on Saturday and Sunday. If you get dropped off at the front entrance, walk down the outside stairs to the side door.

CONDITIONS: Every participant must sign the [USMS Participant Waiver](#) built into the online meet registration process. By entering this meet, you give U.S. Masters Swimming and its subordinates and assignees permission to use your name and image, including photo and video recordings, for promotional purposes and in any broadcast or other accounts of this event.

EVENT SCHEDULE: See the order of events below. **Scheduled breaks:** Saturday 30 minutes after the 500 Free and 10 minutes after the 100 Breast; Sunday 10 minutes after the Mixed 200 Free Relay and 10 minutes after the 400 IM. An estimated meet timeline based on event seed times will be posted to this website after check-in closes. ***The meet may run faster or slower than the estimated timeline.***

Meet Course: 25 Yards

Friday, April 10, 2026 - Session 1 - Distance Day

Warm-ups start at 3:00 PM
Meet Session starts at 4:00 PM

#	Sex	Event	
101	Mixed	1000 Y	Free
103	Mixed	1650 Y	Free

Saturday, April 11, 2026 - Session 2 - Breaks after 202 & 214

Warm-ups start at 9:00 AM
Meet Session starts at 10:00 AM

#	Sex	Event	
201	Women	500 Y	Free
202	Men	500 Y	Free

#	Sex		Event
203	Mixed	400 Y	Free Relay
205	Mixed	200 Y	Medley Relay
207	Women	200 Y	IM
208	Men	200 Y	IM
209	Women	50 Y	Fly
210	Men	50 Y	Fly
211	Women	200 Y	Back
212	Men	200 Y	Back
213	Women	100 Y	Breast
214	Men	100 Y	Breast
215	Women	400 Y	Medley Relay
216	Men	400 Y	Medley Relay
217	Women	100 Y	Free
218	Men	100 Y	Free
219	Women	200 Y	Fly
220	Men	200 Y	Fly
221	Women	50 Y	Back
222	Men	50 Y	Back
223	Women	200 Y	Free Relay
224	Men	200 Y	Free Relay
225	Women	800 Y	Free Relay
226	Men	800 Y	Free Relay

Sunday, April 12, 2026 - Session 3 - Breaks after 307 & 316

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

#	Sex		Event
301	Women	200 Y	Free
302	Men	200 Y	Free
303	Women	100 Y	IM
304	Men	100 Y	IM
305	Mixed	400 Y	Medley Relay
307	Mixed	200 Y	Free Relay
309	Mixed	800 Y	Free Relay
311	Women	100 Y	Fly
312	Men	100 Y	Fly
313	Women	50 Y	Breast
314	Men	50 Y	Breast
315	Women	400 Y	IM
316	Men	400 Y	IM
317	Women	400 Y	Free Relay
318	Men	400 Y	Free Relay
319	Women	100 Y	Back
320	Men	100 Y	Back

#	Sex		Event
321	Women	200 Y	Breast
322	Men	200 Y	Breast
323	Women	50 Y	Free
324	Men	50 Y	Free
325	Women	200 Y	Medley Relay
326	Men	200 Y	Medley Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "POTOMAC VALLEY LMSC."

Online Registration is in 'Test' Mode.

[Problem with this registration?](#)

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Upcoming New England LMSC Swim Competition Schedule

[Sunday, February 8, 2026 - 2026 Phillips Exeter Mini Meet](#)

[Saturday, March 14, 2026 - 2026 New England LMSC Short Course Yards Championship](#)

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