



Sweater Weather Sprint Meet

Hosted by The St. James Masters

Sanctioned by the Potomac Valley LMSC for USMS Inc. Sanction number: Pending

The St. James Sports Complex

6805 Industrial Road, Springfield, VA 22151

On Saturday, December 3, 2022, St. James Masters will host a SCY Sprint Meet.

WARM-UPS: 9:00am **MEET:** 10:00am

ENTRIES: Swimmers may enter a maximum of 6 events (4 individual and 2 relays). Entries are due by the end of Thursday, December 1st. Entries are capped at 150 swimmers. Relays are deck entered. Please register using Club Assistant.

RULES: Current USMS rules apply. All swimmers must be registered with USMS. If you are not registered with USMS you may register online at: <https://www.usms.org/join-usms/join-or-renew>

SEEDING: Events will be seeded slowest to fastest regardless of age/gender. Please enter with a seed time in Short Course Yards. Coach's times accepted. "No time" entries are seeded last.

RELAYS:

- Relay entries close at 9:30am.
- Relay entries may be emailed in advance to Nancy Bailey
Nancy.bailey@thestjames.com
- Relays may consist of all women, all men, or two of each.

FEES: \$7 per event plus a \$10 meet entry fee. No charge for relays, but all swimmers must be entered in the meet.

AWARDS AND RESULTS: No awards presented. Results will be posted online at <https://pvmasters.org>.

FACILITY: The St. James Sports Complex Pool is an indoor 25 yard, 10-lane pool with non-turbulent lane lines, 8 lanes will be used for competition. The pool has full electronic timing. Four lanes will be available for warm-up/cool down prior to and during the meet. The length of the competition course is 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. Locker rooms are available for use. Users should supply their own lock. Seating for spectators is available on the balcony level. There is limited space on deck. Chairs are permitted as space allows. The St. James Covid-19 and County Health Department requirements will be followed.

CONCESSIONS: [Vim & Victor](#) Restaurant is located on the upper level of the St. James.

DIRECTIONS: The St. James is located 15 miles south of Washington, D.C. in Springfield, VA. The address is: 6805 Industrial Road, Springfield, VA 22151

PARKING: Free parking is available on site.

QUESTIONS:

Meet Director: Nancy Bailey: nancy.bailey@thestjames.com

EVENT SCHEDULE:

- 10-minute break between events 6 and 7
- Warm-ups begin at 9:00am in the competition pool. Meet starts at 10:00am. Four lanes in non-competition pool will be continuously available throughout the meet for warm-up/cool-down.

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