

Big Kahuna Masters Classic

Date: June 18th, 2022

Location: Princess Anne YMCA, 2121 Landstown Road, Virginia Beach, VA 23456.

Facility: Outdoor, 9-lane Myrtha 50-meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From I-64E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Road. Left on Princess Anne, then a right onto Dam Neck Rd. Turn left onto Landstown Rd.

Meet Directors: Jason Rodriguez, coachjason@tideswimming.com

Sanctioned by: LMSC for VIRGINIA for USMS, INC.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in metric pools, your age is your age on December 31, 2018. All swimmers must be registered with USMS.

Tips for new swimmers: Forms are available at www.vaswim.org and will also be available at the pool.

ORDER OF EVENTS. Warm-up starts at 08:00 am. First heat of 1500 begins at 08:45 am. There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 2 will start no earlier than 11:30. There will be one heat of each relay. No charge for relays.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. Deck entries will only be accepted for relays. Swimmers may enter a total of 6 individual events and 2 relays.

Entry Deadline: Online entries close on Monday, June 13th.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest.

Warm-up/Warm down procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving and backstroke starts will be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets will be emailed out to registrants with a valid email address. Meet Results will be posted at www.vaswim.org and will also be sent by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Medals will be awards for 1st through 3rd, ribbons for 4th through 8th.

Important Notes: Make it a full swimming weekend in Virginia Beach! On Sunday, as part of the 2022 Virginia Beach Ocean Swim Series, the Virginia Beach Lifeguard Services is hosting a 1-mile open water swim at the beautiful Virginia Beach oceanfront. More information can be found at www.vblavbva.wixsite.com/vbla.