

2022 Coral Springs LCM Meet

Sanction # 502-S00x

DATES & TIMES:

Saturday, August 20: Warm-up 9:30 AM, meet begins at 10:30 AM

Sunday, August 21: Warm-up 9:30 AM, meet begins at 10:30 AM

FACILITY: The Coral Springs Aquatic Complex, 12441 Royal Palm Blvd, Coral Springs, FL, 33065. Competition will be held in our 50-m by 25-yd 8-lane outdoor pool. Lanes for warmup/warmdown will be available. Daktronics timing system will be used for competition. [Aquatic Complex – This world-renowned facility is home to national and international swimming, water polo, synchronized swimming and diving competitions.](#)

ELIGIBILITY: Current USMS rules will govern. Age determined as of December 31, 2022. All athletes must be 18 years of age or older as of August 20, 2022 and registered with U.S. Masters Swimming. Members of foreign (non-USMS) swimming federations may participate but must provide proof of membership in their country's swimming federation.

SEEDING: All events will be swum in numerical order, slow to fast. Women's heats will swim before men's heats. The 400 Free, 400 IM, and 800 Free will swim mixed gender. The 800 free will be limited to the first 24 entries.

ENTRIES & FEES: ONLINE ENTRIES ONLY. Entry fee of \$15 meet surcharge plus \$5 per event. Swimmers may enter a maximum of five individual events per day. The online entry system will close on Tuesday, August 16, 2022, at 11:59pm. No refunds for inclement weather. No Deck Entries or Late Entries will be allowed. Enter at:
https://www.clubassistant.com/club/meet_information.cfm?c=2236&smid=15184

RELAYS: Relay teams will be deck entered at the meet on Saturday and Sunday. There is a \$10 charge per relay. Only team members registered for the meet may participate. Men's, Women's, and Mixed relays may be swum in combined heats. All relay entries must be submitted by 10:15 am on the day the relay will be swum. Coaches may email their relay entries to Barb Protzman (swimbarb@hotmail.com) prior to 6 pm on Friday, August 19.

POOL LENGTH CERTIFICATION: 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,

TIMING SYSTEM: The primary timing system will be Daktronics automatic timing. Times can be submitted for world records, USMS records, and USMS Top 10 consideration.

BREAKS in the meet will be taken at the discretion of the meet referee.

INFORMATION: Barb Protzman, Meet Director, (954) 675-1833, swimbarb@hotmail.com

SATURDAY, AUGUST 20

400 Free (Mixed)
100 Breast
400 Free Relay
400 Mixed Free Relay
200 Fly
50 Breast
100 Free
200 Back
50 Fly
400 IM (Mixed)
200 Free Relay
200 Mixed Free Relay

SUNDAY, AUGUST 21

200 Free
100 Back
200 Medley Relay
200 Mixed Medley Relay
200 Breast
50 Free
100 Fly
200 IM
50 Back
400 Medley Relay
400 Mixed Medley Relay
800 Free (Mixed) – limit 24