



March Masters St Patricks Day Last Chance Meet

The Egan Center
411 Unquity Rd
Milton, Ma 02186
3/17 -3/19 2023



COME CELEBRATE
ST PATRICKS DAY WEEKEND
WITH SHAMROCK!

ALL ARE ENCOURAGED
TO WEAR YOUR SHAMROCKS WITH PRIDE!
THE CRAZIER THE BETTER!

MEMORIES TO
SHARE FOREVER!!

SESSION 1 FRIDAY 3/17/2023

(PIZZA PARTY AT CONCLUSION OF EVENTS)

GENERAL WARM UP

5:30 PM – 6:00 PM

6:05 PM START

400 IM

1650 FREE

SESSION 2 SATURDAY 3/18/2023

**(OPEN SWIM AT THE CONCLUSION OF EVENTS
INCLUDING ROPE CLIMB AND INFLATABLE SLIDE)**

GENERAL WARM UP

10:00 AM – 11:00 AM

11:05 AM START

200 FREE

50 BREAST

100 FLY

1000 FREE

200 IM

50 BACK

200 FLY

100 FREE

SESSION 3 SUNDAY 3/19/2023

(TAKE HOME A SPECIAL ST PATRICKS DAY COOKIE!)

GENERAL WARM UP

10:00 AM – 11:00 AM

11:05 AM START

200 BACK

100 BREAST

50 FLY

500 FREE

100 IM

200 BREAST

100 BACK

50 FREE

The Meet Director reserves the right to modify session times once entries are received. **All updated meet info will be available at shamrockswim.com**

WAIVERS:	<ul style="list-style-type: none"><i>SHAMROCK SWIM CLUB has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting <u>THE EGAN CENTER</u>. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</i>
IMPORTANT DEADLINES	First date of entry:02/01/2023 Final date of entry:03/13/2023

SITE	The Egan Center Competition Pool is a 6-lane, 25-yard with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a full-automatic Colorado electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 12'10" deep; the turn end of the pool is 3'10" deep. Directions may be found later in this document. 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 106.2.1. Times achieved will be eligible for USMS top ten and records.
FORMAT:	<ul style="list-style-type: none"> • The meet will be swum as timed finals. • All events will be swum mixed gender and slowest to fastest. • All events will be seeded by time and not age groups • No events will swim with more than one swimmer per lane
SEEDING	ALL SEEDING WILL BE DONE 15 MINUTES AFTER THE START OF THE WARM UP. CHECK IN IS REQUIRED
COURSE	SCY
ELIGIBILITY	<ul style="list-style-type: none"> • All swimmers must be currently registered as athlete members of USMS • ALL SWIMMERS MUST COMPLETE THE USMS LIABILITY WAIVER
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.
TIME TRIALS	<ul style="list-style-type: none"> • Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	Each swimmer will be charged a flat rate of \$30 regardless of quantity of events
SAFETY	<ul style="list-style-type: none"> • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> • Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time • A warm up lane or lanes may be available depending on entries. The meet director will send out a brief with all info regarding warm up lanes: During competition, when entering the warm-up/warm-down area, a "sit and slide"/"three-point" entry is required at all times
FACILITY RULES	There are no spectators or swimmers in any other part of the facility other than locker rooms for swimmers, pool deck, and hallway restrooms.
DIRECTIONS	<ul style="list-style-type: none"> • The Egan Center is located at 411 Unquity Rd in Milton, MA. GPS will say you have arrived but you will see just forest. Continue until you see a sign for Shamrock
WAIVERS	<ul style="list-style-type: none"> • USMS and Shamrock Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.