



DSMY MASTERS LCM INVITATIONAL

Sunday, July 9, 2023

U.S. Masters Swimming Sanction Number: XXXXXXXXX

Host: DSMY Marlins Masters

Location: Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309

Date: Sunday, July 9, 2023

Sanction: Sanctioned by USMS Inc. and Iowa Masters Swimming.

Timeline

10:30 am	Pool doors open
11:00 am	Warm-ups begin
11:05 pm	Officials meeting (wet classroom)
11:30 pm	Lanes open for starts & one-way swims
11:45 pm	Timers meeting by Admin table
11:50 pm	Pool cleared
11:56 pm	National Anthem
12:00 pm	Competition begins

Rules

The 2023 USMS rules prevail. Individual competition is divided by age groups 18-24, 25-29, 30-34, 35-39, et al. Age group is determined by athlete's age as of December 31, 2023.

Cost

Meet Fee	\$35.00
Late Fee (added to all entries received after July 5, 2023)	\$10.00

Pool

The Prairie Meadows Pool (competition pool) is an 8 lane 50-meter long course pool. Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado backstroke starting devices will be used in all configurations.

The 4 lane, 25 yard program pool may be made available for warm-up and cool down.

The competition course has been certified in accordance with Rule 104.2.2C (4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Eligibility and USMS Registration

This meet is open to all swimmers with current United States Masters Swimming (USMS) memberships. It is strongly recommended that you complete your 2023 USMS registration prior to entering the meet. You may do so at [USMS.org](https://usms.org) or by following this [LINK](#). Please attach a photocopy of your 2023 USMS card with entry form and check.

Entry Deadline and Meet Minimum Participation

Entries should be received by **Wednesday, July 5, 2023**. After this date, deck entries will be accepted, but will be assessed a \$10.00 late fee. **Late/deck entries must be received by 11:45 am on the day of the meet.**

A minimum of 40 swimmers are needed to host the meet. If the number of swimmers is less than 40 at the July 5 entry deadline, the meet will be canceled, and all entry fees will be returned.

Event Limit

Swimmers may enter a maximum of six (6) individual events. Individual events only. No relays will be held.

Entry Instructions

Return completed entry form, signed waiver, copy of USMS membership card, and check (payable to Greater Des Moines YMCA) for applicable meet fees to:

Greater Des Moines YMCA
attn: John Van Meter
501 Grand Avenue
Des Moines, IA 50309

Entries will not be processed unless they are accompanied by a check. Meet host will not accept illegible entries and meet fees will be returned to sender.

Late Entries

Late/deck entries will be accepted **until 11:45 am on the day of the meet**. A \$10.00 late fee will be added to the meet and splash fee. Swimmers with late entries must submit a complete entry sheet. Checks should be made out to Greater Des Moines YMCA. While checks are preferred, cash will be accepted. Change *will not* be available.

Team

Unless part of a defined team or practice group, use your city or town as your team on your registration form.

Distance Events

The distance events will be deck-seeded and positive check-in is required. All distance swimmers must check in at the official admin table to confirm their entry in the event.

Seed Times

Submit latest times for 50-meter course. If you do not have applicable times, enter "NT."

Warm-ups

Lanes will open at 11:00 am for circle swim warm-ups. Lanes for starts and one-way swim will open at 11:30 am. The Prairie Meadows pool will close at 11:50 to prepare for competition. The program pool will be available during the competition for warmup/cooldown.

Awards

No awards will be presented at this meet.

Scratches

Swimmers not reporting for events will be scratched. No refunds will be issued for missed events.

Meet Director	James Lawson james.lawson@dmymca.org 515-229-0677
Meet Referee	John Van Meter John.VanMeter@dmymca.org 515-471-8560
YMCA Aquatics Director	Lindsey Phelps Lindsey.Phelps@dmymca.org 515-471-8511
YMCA Aquatic Events Administrative Assistant	Crystal Brugman Crystal.Brugman@dmymca.org 515-471-8546

Directions to the Wellmark YMCA

Take exit #8A off I235 towards the Iowa Events Center, 5th Avenue south towards downtown. The Wellmark YMCA is on the corner of 5th and Grand Avenues.

Parking at the Wellmark YMCA

Located at 5th and Grand in downtown Des Moines the Wellmark YMCA does not have a dedicated parking lot or garage. However, it is connected via the skywalk to several parking structures. Parking in downtown Des Moines, in both city owned ramps and on the street, is free on Sundays. Please visit our [parking at Wellmark YMCA](#) page for more information.