

## **2023 Pikes Peak Masters December Dash**

December 9 & 10, 2023

USMS Sanction:

### **DATES & TIMES**

Saturday, December 9 – Session 1: Warm-Up 12:30PM, Meet Start 1:00PM

Sunday, December 10 - Session 2: Warm-Up 8:00AM, Meet Start 8:30AM

### **FACILITY**

Pikes Peak Athletics Training Center, 602 Elkton Dr, Colorado Springs, CO, 80907. 8 lanes SCY will be utilized for competition with 2 lanes open for warm up/cool down during meet.

### **POOL LENGTH CERTIFICATION**

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.

### **SANCTION**

Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc.)

### **TIMING SYSTEM**

The primary timing system will OMEGA Timing System. Times can be submitted for USMS records and USMS Top 10 consideration.

### **ELIGIBILITY**

Only Masters Swimmers with 2023 USMS Registration or foreign equivalent may participate. Verification of your current (2023) USMS card or card from foreign master's equivalent must accompany your registration. Online USMS registration is available prior to the meet at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar with questions.

### **RULES**

Current USMS Rules govern the competition, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. Age on 10/01/2023 determines competition age. Seeding will be done from slow to fast by time. Men and women will be seeded separately, and event results will be separated, with the exception of 400 IM and 500 Freestyle. Be sure to enter Short Course Yards times on your registration. The meet will be capped at **100** swimmers. All events are timed finals. No paddles, kick boards, or pull buoys are allowed during warm-ups.

### **ENTRIES AND FEES**

\$30 Flat Fee, plus \$5 per individual events. Relays will be free to enter at meet. Each swimmer will be limited to 4 individual events per day. No refunds. Only online entries submitted through Club Assistant will be accepted, paper entries are not available.

### **ENTRY DEADLINE**

Meet will open on October 16th at 12:00AM and close on December 4th at 11:59PM.

## **ON DECK ENTRIES**

On deck entries and late entries will not be accepted.

## **SEEDING**

Entries for all events will be seeded slowest to fastest, women's heats will swim before men's heats. 400 IM & 500 Freestyle will be swum as mixed events.

## **RELAYS**

Relays will be offered at this meet, entries will be completed on-deck during the meet.

## **HEAT SHEETS**

Will be posted around the pool deck and facility.

## **AWARDS**

There will be no awards at this meet.

## **RESULTS**

Results will be posted by the Meet Director at the swim meet as soon as possible after each event. Final results will be posted on the COMSA.org websites.

## **STORE**

The PPATC retail store has goggles, caps and snacks for purchase.

## **INFORMATION**

For more information regarding the 2023 Pikes Peak Masters December Dash (SCY), please contact Rory Grigull at [RGrigull@PikesPeakAthletics.com](mailto:RGrigull@PikesPeakAthletics.com)

## **HOTELS**

Please use the following links to book at one of our partner hotels:  
[Plus Fillmore Inn/Executive Residency by Best Western | Hotel Rooms](#)  
[Book Your Group/Corporate Rate | Marriott International](#)

## **Pikes Peak Athletics Foundation**

Please consider donating to the Pikes Peak Athletics Foundation when you register. The non-profit Pikes Peak Athletics Foundation was formed to reduce financial barriers that may inhibit those of all skill levels from achieving success as swimmers. Limited access to pools, swim lessons, and coaches has long been a deterrent preventing many of lower socio-economic status from participating in the sport of swimming. The foundation develops community outreach programming that includes the full continuum of the swimming experience. The PPA Foundation offers need-based scholarships for water safety education, swim lessons, training and competition. More information is available at [pikespeakathleticsfoundation.org](http://pikespeakathleticsfoundation.org). (Donations to this 501(c)3 charitable foundation are tax deductible.)

## **MEET SCHEDULE**

Saturday, December 9, 2023 - Session 1 - Saturday Afternoon  
Warm-ups start at 12:30 PM  
Meet Session starts at 1:00 PM

#	Sex	Event	
1	Women	200 Y	IM
2	Men	200 Y	IM
3	Women	100 Y	Free
4	Men	100 Y	Free
5	Women	50 Y	Breast
6	Men	50 Y	Breast
7	Women	200 Y	Fly
8	Men	200 Y	Fly
9	Mixed	200 Y	Free Relay
10	Women	100 Y	Back
11	Men	100 Y	Back
12	Women	200 Y	Breast
13	Men	200 Y	Breast
14	Women	50 Y	Fly
15	Men	50 Y	Fly
16	Mixed	500 Y	Free
17	Mixed	400 Y	Medley Relay

Sunday, December 10, 2023 - Session 2 - Sunday Morning

Warm-ups start at 8:00 AM

Meet Session starts at 8:30 AM

#	Sex	Event	
18	Women	200 Y	Free
19	Men	200 Y	Free
20	Women	100 Y	IM
21	Men	100 Y	IM

#	Sex	Event	
22	Women	50 Y	Back
23	Men	50 Y	Back
24	Mixed	200 Y	Medley Relay
25	Women	100 Y	Breast
26	Men	100 Y	Breast
27	Women	100 Y	Fly
28	Men	100 Y	Fly
29	Women	200 Y	Back
30	Men	200 Y	Back
31	Women	50 Y	Free
32	Men	50 Y	Free
33	Mixed	400 Y	IM
34	Mixed	400 Y	Free Relay