

Delaware Valley LMSC Master's Meet
Upper Perkiomen Valley YMCA
Sunday, February 4, 2024
Warm-up 1: 9:00 am | Event #1 9:45 am | End by 2:00 pm

SANCTIONING: Sanctioned by Delaware Valley LMSC for USMS Inc. in accordance with article 108.1.1 A (1), 203.3.3B).

LIABILITY: In granting this recognition, it is understood and agreed that United States Masters Swimming, Inc., Delaware Valley LMSC, the Greater Philadelphia YMCA, Upper Perkiomen Valley YMCA and all meet officials, staff and volunteers shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

HOSTED BY: Delaware Valley Local Masters Swimming Committee (DV LMSC)

MEET DIRECTOR: Jeremy Gross, Chair, DV LMSC, dvchair@usms.org, 215-779-9366

LOCATION: Upper Perkiomen Valley YMCA, 1399 Quakertown Rd, Pennsburg, PA 18073
[Map](#)

FACILITY:

- 6-lane, 25 yard pool measuring 9 ft 6 in at the starting end and 3 ft 6 in at the shallow end.
- A separate, 2-lane warm-up pool will be available throughout the meet.
- Electronic timing and a 6-lane score board.
- Seating for up to 175 spectators and swimmers with bleacher access directly to the pool deck. Please do not bring chairs onto the pool deck. Yoga mats are acceptable.
- Parking is available at the YMCA

ELIGIBILITY:

- This meet is open to all 2024 USMS-registered athletes aged 18 and older. If you are not an active member, you may join at [USMS.org/join](https://usms.org/join).
- USMS Membership is verified upon online sign-up via Club Assistant.
- A swimmer's age for this meet will be determined by their age on the date of competition.

ATHLETES WITH DISABILITIES: Swimmers with a disability are welcome to enter this meet. The participant or coach must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please email dvchair@usms.org directly regarding any necessary

accommodations.

RULES:

- This meet will be held in a short course yards (25-yard) pool and governed by 2023 [USMS rules](#).
- Events are pre-seeded slowest to fastest, independent of age or gender. All events will be timed final events (102.10.1).
- The length of the competition course is on file with USMS and complies with USMS articles 105.1.7 and 106.2.1.
- Times from this competition will be eligible for USMS records and USMS Top-10 consideration in accordance USMS Rule 103.18.5 as an automatic primary timing system will be used with button and a minimum of one watch will be used for each lane.

ENTRIES FOR INDIVIDUAL EVENTS:

- A flat fee of \$20 covers meet entry and all individual events.
- Swimmers are limited to five (5) individual events.
- Event fees are collected and processed via ClubAssistant.com upon registration and are non-refundable and non-transferrable.
- Entries must be submitted using the Club Assistant online entry form, no deck entries.
- You must estimate your entry time for all events to allow for proper seeding.
- 500 free & 400 IM are limited to 3 heats (18 entries).
- Online registration deadline is Wednesday, January 31, 11:59PM.

ENTRIES FOR RELAY EVENTS:

- There are three (2) deck-entered relay events. Each relay event will include a men's, women's and mixed (2-men, 2-women) events. Swimmers may only compete in one relay per event (i.e. you cannot swim the 200-free mixed relay as well as the 200-free men's or women's relay.)
- Relay entries are free.
- Relay cards will be available at the Announcer's table and must include swimmer's names and ages in the correct relay order as well as the team represented.
- Only USMS members registered with the same USMS team may compete in relays (no unattached relays). All relay participants must be pre-registered for at least one individual event.
- Please enter relay event #10 prior to event #1, enter relay event #18 prior to event #11 to allow time for seeding.

GENDER AND AGE GROUPS:

- **Individual Events:** Male and Female, 18-24, 25-29, 30-34, 35-39, 40-44, etc., in 5-year increments.
- **Relay Events:** Male, Female and Mixed, 18+, 25+, 35+, 45+, 55+, 65+, 75+, etc. in 10-year increments. The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible. Example, if your team has swimmers aged 25, 35, 45 and 55 you must enter the 25+ age group.

Warm-Up:

- A 45-min warm-up will begin at 9:00am
- In addition, the 2-lane shallow (3'-6") pool will be open for warm-up throughout the meet.
- Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up.
- Additional 10- to 15-minute warm-up sessions may be added during competition at the discretion of the meet director to manage the pace of the meet.

RESULTS:

- Results are posted on the USMS Website <http://www.dvmasters.org> under results tab usually within 2 weeks following the meet.
- A PDF of electronic results will also be e-mailed to all participants.
- Meet info will be available via SwimPhone, MeetMobile and posted to USMS.org.
- Separate results will be reported by gender and age group.

MEET NOTIFICATIONS: In the event of inclement weather, facility, or other issues, please check the Delaware Valley Masters Swimming Facebook page and/or website for immediate news. Every attempt will be made to communicate to all registered swimmers via email as well.

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

18	50 Breast
19	200 Medley Relay