



4th Annual Stephens Family YMCA HEAT Masters

Urbana Short Course Meters Meet

Sunday, October 8, 2017

Sanctioned by ILMSA for USMS, Inc. #

SANCTION #217-S012

TIME: Doors open at 7:45 a.m. Warm up will be from 8:00 a.m. – 8:50 a.m., meet starts at 9:00 a.m. with no more than three (3) heats the 1500 meter event to swim first. Remaining events will start no earlier than 10:30 a.m. Continuous warm up and warm down will be available throughout the meet.

LOCATION: Urbana Indoor Aquatic Center, 102 E. Michigan, Urbana, IL 61801. Website: <http://www.urbanaparks.org/facilities/urbana-indoor-aquatic-center>.

FACILITY: 25 meter indoor pool, 6 lanes for competition with a continuous warm up/warm down area. This pool has been used to host high school and age group meets and is a deep water pool in the direction of the 25 meter lanes. *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 107.2.1.* Ample free parking is available; locker room space is limited.

ELIGIBILITY: USMS REGISTRATION REQUIRED. Per USMS/FINA rules in short course meters meets your age as of December 31, 2017 determines your age group for the meet. ON SEPTEMBER 1, 2017 USMS OFFERS A REDUCED 2017 MEMBERSHIP FEE FOR PART YEAR MEMBERSHIPS. To register with USMS go to: <https://www.usms.org/reg/register.php>.

ENTRY OPTIONS : ENTRY FEE \$35.00 Flat Fee. To enter on-line go to:

https://www.clubassistant.com/club/meet_information.cfm?c=2297&smid=9408

The 1500 Free, 400 IM, and 400 Free, will be limited to the first 18 swimmers registered. NO LATE EMAIL OR DECK ENTRIES WILL BE ACCEPTED. **ENTRY DEADLINE: Thursday, October 5, 2017.**

MEET CONDUCT: 2017 USMS rules govern the conduct of the meet. All events will be hand-timed finals. Electronic timing equipment may be available. All events will be swum slowest to fastest. Participants are limited to 4 events. Competitors attempting records must notify the starter to assure that 3 timers are available for that individual's race.

ORDER OF EVENTS:

1	1500 Free	12	50 Fly
2	400 IM	13	100 IM
3	50 Free	14	800 FR Relay Same Gender
4	100 Fly	10 Minute Break	
5	100 Back	15	400 FR Relay-Mixed
6	200 IM	16	200 Breast
7	800 FR Relay-Mixed	17	200 Back
10 Minute Break		18	400 Free
8	400 FR Relay Same Gender	19	50 Back
9	50 Breast	20	200 Free
10	200 Fly	21	100 Breast
11	100 Free	22	400 Medley Relay-Mixed

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