

2024 SPM Long Course Championship

Sanctioned by the Florida LMSC for USMS Inc.

Date & Time: Saturday and Sunday, July 6–7, 2024

Saturday, July 6, 2024

Warm-ups start at 9:00 a.m. Meet session starts at 10:00 a.m.

Sunday, July 7, 2024

Warm-ups start at 6:30 a.m. Meet session starts at 7:00 a.m. (Special note: Sunday's session must end no later than 11:00 a.m.)

Facilities: North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL. A maximum of 8 lanes will be seeded for all events. Ten (10) lanes will be used for the 1500 M free and the 400 M IM on Saturday and the 400 M free on Sunday morning. The primary timing system will be automatic timing (Colorado Timing Systems). The official times from this meet may be submitted for world records, USMS national records, and USMS Top 10 times consideration. The length of the 50-meter competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

Eligibility & Rules: Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

Individual Events: In-person check in required 45 minutes in advance for the 1500 M free (by 9:15 a.m.); by 12:00 noon on Saturday for 400 M IM; and by 3:00 p.m. on Saturday for 400 M free. (If a swimmer is not swimming on Saturday and needs to check-in for the 400 M free, the swimmer should text the Meet Director, Brooke Bowman, at 941-313-0802. Please, no phone calls.)

All events will be mixed men and women timed finals, seeded slowest to fastest. Those swimming the 1500 M free will need to supply their own counter person and timer.

The 1500 M free and the 400 M IM are limited to the first 40 entries (4 heats of 10 swimmers). The 400 M free is limited to 30 entries (3 heats of 10 swimmers).

Split Requests: The 800 M Free split will be submitted for every swimmer completing the 1500 M free and recording an electronic split at the 800 M mark. Other electronic splits may be requested in writing by the swimmer per USMS rules noted on the USMS [split notification form](#). Split requests must be submitted to the Meet Referee PRIOR TO the swim.

Relays: Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver). Mixed relays consist of 2 women and 2 men.

Entries: Cost for the meet is **\$35 for one day** or **\$65 for two days**, which includes up to five (5) events per day. Swimmers may swim a maximum of five (5) individual events per day PLUS relays. Cost per relay is \$5.00. (Relay entry fees must be paid at the time of the team's relay entry is submitted; cash only.)

Online entries required. Online registrations paid with a credit card will reflect a charge from "STPETEMASTERS.ORG."

Any questions, contact the Meet Director, Brooke Bowman, at SPMswimmeets@gmail.com

Deadline: Meet entries must be completed online by 11:59 p.m. Eastern time on Tuesday, July 2, 2024. No late entries are accepted. Meet entry fees are non-refundable, after the entry deadline, and non-transferable. (Meet entry fees are refundable prior to the entry deadline, minus a \$6 service fee.)

Scoring & Awards: Individual High Point awards for 1st place in all age groups for those who swim at least 6 individual events. Scoring 9-7-6-5-4-3-2-1 for individuals.

Warmups: Except for lanes designated for one-way starts, you must enter the warmup lanes feet first (no diving from the side). No equipment (paddles, snorkels, fins, pull buoys, etc.) is allowed during warmups. On Sunday, there will be no break after the 400 M free; we will go right into the next event. This is because the small pool will be open and available for warmup on Sunday morning.

Psych sheet: Will be available on-line at www.midnightsports.com by mid-week prior to the meet.

Heat sheet: Will be available online at www.midnightsports.com by mid-week prior to the meet. Please print before you arrive. Heat sheets will be posted in designated areas for swimmers.

Officials:

Meet Director: Brooke Bowman, SPMswimmeets@gmail.com

Meet Referee:

Order of Events:

Saturday

1	Mixed 1500 Free
2	Mixed 200 Breast
3	Mixed 50 Free
4	Mixed 100 Back
5	Mixed 50 Fly
6	Mixed 200 Freestyle Relay
7	Mixed 200 IM
8	Mixed 100 Free
9	Mixed 50 Breast
10	Mixed 100 Fly
11	Women 200 Freestyle Relay
12	Men 200 Freestyle Relay
13	Mixed 400 IM

Sunday

14	Mixed 400 Free
15	Mixed 200 Back
16	Mixed 100 Breast
17	Mixed 200 Medley Relay
18	Mixed 50 Back
19	Mixed 200 Fly
20	Mixed 200 Free
21	Women 200 Medley Relay
22	Men 200 Medley Relay