

SWIMMING

• 50M BREASTSTROKE • 200M FREESTYLE • 50M BUTTERFLY • 100M BACKSTROKE • 200M INDIVIDUAL MEDLEY •
• 50M FREESTYLE • 100M BREASTSTROKE • 200M BACKSTROKE • 100M FREESTYLE • 200M BREASTSTROKE •
• 100M BUTTERFLY • 50M BACKSTROKE • 200M FREESTYLE RELAY • 400M FREESTYLE •

EVENT DATE: Sunday, March 9

ENTRY DEADLINE: Friday, February 8

CHECK-IN: 8:15 am

EVENT TIME: 9:00 am

EVENT FEE: \$5.00 per event

Florida State Senior Games Qualifier: YES

LOCATION: The Long Center
1501 N Belcher Rd Clearwater 33765

EVENT DIRECTOR: Joan Campbell

PHONE: (727) 938-7181

EMAIL: jcampb10@tampabay.rr.com



FORMAT:

1. Warm-up lanes at 8:15 am.
2. All swimming events are timed finals.
3. Swimmers may enter a maximum of six events.
4. Swimmers must provide their own suits, caps, goggles, towels, etc. Bring chairs if desired for swimmers and spectators.
5. **The relays**, men, women and mixed will be deck entered. If you are interested notify the Event Director. The aggregate age of the four relay team members determines the age group, which is in 40 year increments (200-239, 240-279, 280-319). Only if all four members are USMS registered for the same team will it count for Top Ten Masters times

SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. For a copy of these rules, please write or call:
U.S. Masters Swimming, Inc., P.O. Box 185, Londonderry, NH 03053-0185 (800) 550-7946
www.usms.org
OR
www.floridalmcsc.org
2. The major points of the rules include:
 - a. Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The Backstroke start is taken from the wall. A false start will result in disqualification.
 - b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.
 - c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d. Breaststroke: Appropriate stroke is required.
 - e. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the Butterfly
 - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke or backstroke.
 - g. Medley: The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
 - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.