

35th Annual “Super” Swim Meet

Presented by the FAST Swim & Triathlon Club

Sanction by Michigan LMSC for USMS Inc. – USMS Sanction 193-S005



What: Short Course Yards (SCY)

Date: Sunday, February 5, 2023

Locations: Brighton High School
7878 Brighton Rd.
Brighton, MI 48116

Entries: Online and Deck Entries only.

Swimmers may swim a **maximum of 4 individual** events. Only pre-entries will be accepted for the 1650, 1000, and 500 freestyle.

Your age for this event is determined by your age on February 5, 2023.

Cost: Online entries shall be \$35 and remain open until 9:00 pm February 3, 2023
To enter online, visit <http://www.michiganmasters.com>

Meet proceeds benefit FAST Swim & Triathlon Club.

Deck Entries will be \$40. Bring a copy of your 2023 USMS card to the meet.

Contact: Jim Nitkiewicz

Phone: 757.753.4689

E-mail: FASTswimmeet@yahoo.com

Schedule: **Session I**

Check-in and warm up 7:30-8:00 am

1650 yd starts at 8:00 am and will consist of the first 16 entries received.

Deck registration closes 9:00 am, no exceptions.

Session II

Warm up 9:00-9:30; Warm up / cool down area available at all times.

The 200 Breaststroke will start at 9:30.

Legibility: Only current 2023 USMS members will be allowed to compete. USMS registrations will not be offered at the door. See Michigan Masters website (www.michiganmasters.com) for registration information.

Extra: Meet snacks will be provided by FAST.



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Name: _____

Street Address: _____

City/State/Zip: _____

Phone: _____ Date of Birth: _____ Sex: _____

USMS#: _____ Email: _____

Emergency contact (name & phone #): _____

Session I: Warm up 7:30 - 8:00 am

EVENT #	EVENT	SEED TIME
1	1650 yd Freestyle (No deck entries / First 16 entries received)	

Deck registration closes 9:00 am

Session II: Warm up 9:00 - 9:30 am

EVENT #	EVENT	SEED TIME
2	200 yd Breaststroke	
3	200 yd Freestyle	
4	100 yd Backstroke	
5	50 yd Butterfly	
6	500 yd Freestyle (No deck entries)	
7	100 yd IM	
8	100 yd Breaststroke	
9	50 yd Freestyle	
10	200 yd Butterfly	
11	200 yd IM	
12	200 yd Backstroke	
13	100 yd Freestyle	
14	50 yd Breaststroke	
15	100 yd Butterfly	
16	50 yd Backstroke	
17	1000 yd Freestyle (No deck entries)	

Small Print Items:

1. 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
2. The primary timing system will be automated with sound device at the start and swimmer touching the pad at the finish with the time recorded on a scoreboard. Official times from this automated timing system will be submitted for USMS Records and USMS Top Ten times for all courses. For Short/Long Course Meters the time will be submitted to FINA for Masters FINA Top Ten and Masters FINA World Records.