

2023 First Annual Splash N' Dash Masters Sprint Swimming Meet
Saturday, January 14, 2023
U.S. Masters Swimming Sanction Number:403-S002

- Hosted by: Milky Way Masters & Cedar Rapids Washington Men's Swim Team
- Location: Washington High School, 2205 Forest Drive SE, Cedar Rapids, IA 52403
- Date & Time: Saturday, January 14, 2023. Warm-ups: 4:00 pm – Meet: 5:00 pm
- Sanction: Sanctioned by Iowa Masters Swimming for USMS, Inc.
- Pool: Six lane 25 yards, non-turbulent lane markers, backstroke flags, electronic timing system with back-up stop watches and generous spectator seating. One lane will be dedicated for warm up and cool down. 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 106.2.1.
- Rules: 2023 USMS rules prevail. Individual competition in age groups: 18-24, 25-29, 30-34, 35-39, etc. Age as of January 14, 2023 determines age for the meet.
- Eligibility: Open to all swimmers with current U.S. Masters swimming cards. Participants must be registered USMS athletes. Although registrations can be completed the day of the meet, it is strongly recommended that swimmers complete their 2023 USMS registration prior to entering the meet. Registration may be done by visiting the USMS website: usms.org
- Event Limit: Maximum of six (6) individual events
- Entry Fees: \$29.00 entry fee + \$1.00 splash fee = \$30.00. (A late fee of \$5.00 will be added to all entries not received by Thursday, January 12, 2023). Make check payable to: Milky Way Masters. The Splash Fee is for the promotion of Masters Swimming in Iowa.
- Entry Deadline: Thursday, January 12, 2023**
Entries received without payment will not be processed.

Late entries will be accepted until 4:45 pm on Saturday, January 14, 2023. Late entries will be assessed an additional \$5.00 late fee.
- Seed Times: Submit latest times for 25 yard course. Enter NT for no time.
- Scratches: Swimmers not reporting for events will be scratched. No refunds.
- Entries Submission: Entries will be accepted by mail or email. If submitting by mail, make sure payment by check is sent with your entry. All checks should be payable to: Milky Way Masters.

Mail entries: Nick Gearhart, 608 Washington Street, Kalona, IA 52247

You may submit entries by email. Please send electronic entries to nickgearhart@hotmail.com

- Format:** This is a sprint meet, nothing over 200 yards. We are including four events never seen in a masters meet and in keeping with our name, "**Splash 'N Dash**".....25 Free, 25 Back, 25 Breast and 25 Fly! This is going to be a FUN meet and you will not want to miss it!
- Dinner:** After the meet and we should be done by 7:00 pm, we are going to adjourn to a local Pizzeria and you are all invited before departing for home.
- Meet Director:** Nick Gearhart – nickgearhart@hotmail.com cell: 319.538.8493