

**2024 First Annual Cougar Holiday Relays
Masters Swimming Meet
Saturday, December 7, 2024
U.S. Masters Swimming Sanction Number: 404-**

- Hosted by: Milky Way Masters & Cedar Rapids Kennedy High School Swim Teams
- Location: Kennedy High School, 4545 Wenig Road NE, Cedar Rapids, IA 52402
- Date & Time: Saturday, December 7, 2024. Warm-ups: 1:00 pm – Meet: 2:00 pm
- Sanction: Sanctioned by Iowa Masters Swimming for USMS, Inc.
- Pool: Six lanes, 25 yards, non-turbulent lane markers, backstroke flags, electronic timing system with back-up stop watches, and generous spectator seating.
- Lane 6 will provide continuous warm-up and cool-down to all participants for the duration of the meet and not be used for competition.
- 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.
- Timing: The primary timing system will be automatic. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.
- Rules: 2024 USMS rules prevail. Competition in relay age groups: 18+, 25+, 35+, etc. Age as of December 7, 2024 determines age for the meet.
- Eligibility: Open to all swimmers with current U.S. Masters swimming cards. Participants must be registered USMS athletes and 18 or older as of December 7, 2024. Although registrations can be completed the day of the meet, it is strongly recommended that swimmers complete their 2024 USMS registration prior to entering the meet. Registration may be done by visiting the USMS website: WWW.usms.org
- Event Limit: Six (6).
- 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, December 5, 2024). Make check payable to: Kennedy HS Swim Team. The Splash Fee is for the promotion of Masters Swimming in Iowa.
- Entry Deadline: Thursday, December 5, 2024**
Entries received without payment will not be processed.
- Late entries will be accepted until 1:45 pm on Saturday, December 7, 2024. 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: Kennedy HS Swim Team.

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

You may submit entries by email. Please send electronic entries to nickgearhart@hotmail.com Please text me (if possible) 319.538.8493 to let me know you emailed me your entry. You can mail or bring your check (or cash) to the meet....OR **submit funds electronically through Venmo: Nick-Gearhart-3**

Format: This is an official USMS sanctioned masters swimming meet with a full schedule of **RELAY events.**

The 150 relays are three swimmers each swimming 50 yards. The 300 relays are three swimmers each swimming 100 yards. The second 300 IM (*) relay [is four swimmers each swimming a 75 IM (FL-BK-BR)]. The 1500 Free relay is three swimmers each swimming 500 yards. The Distance Free relay is four people swimming 50-100-150-200 freestyle respectively. The Distance Medley is four people swimming: 50 BK-100 BR-150 FL-200 FR respectively. The 400 Medley and 800 Free are four swimmers each. The 100 Free Relay with a t-shirt is four people and exchanging a t-shirt at each new swimmer exchange.

This will be a FUN meet and relays can be co-ed and made up of swimmers from multiple teams. I expect some relays will be put together on deck before each event.

Dinner: After the meet and we should be done by 5:00 pm, we are going to adjourn to:

Big Grove Brewery & Tap Room
170 First Street SW
Cedar Rapids (Downtown}

and you are all invited before departing for home.

Meet Director: Nick Gearhart, nickgearhart@hotmail.com 319.538.8493