

**2024 First Annual Cougar Fall Classic
Masters Swimming Meet
Saturday, September 28, 2024
U.S. Masters Swimming Sanction Number:**

- Hosted by: Milky Way Masters & Cedar Rapids Kennedy High School Women’s Swim Team
- Location: Kennedy High School, 4545 Wenig Road NE, Cedar Rapids, IA 52402
- Date & Time: Saturday, September 28, 2024. Warm-ups: 4:00 pm – Meet: 5:00 pm
- Sanction: Sanctioned by USMS, LMSC, Iowa Masters Swimming
- 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 is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS in accordance with articles 105.1.7 and 106.2.1.
- 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. Individual competition in age groups: 18-24, 25-29, 30-34, 35-39, etc. Age as of September 28, 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 September 28, 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 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, September 26,, 2024). Make check payable to: Kennedy HS Women’s Swim Team. The Splash Fee is for the promotion of Masters Swimming in Iowa.
- Entry Deadline: Thursday, September 26, 2024**
Entries received without payment will not be processed.

Late entries will be accepted until 4:45 pm on Saturday, September 28, 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 Women's 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.

Format: This is an official USMS sanctioned masters swimming meet with a full schedule of events EXCEPT the 1000 free. 1650 free only.

Dinner: After the meet and we should be done by 6:00 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 319.538.8493