

**2025 Second Annual Cougar Fall Classic  
Masters Swimming Meet  
Saturday, September 27, 2025  
U.S. Masters Swimming Sanction Number: 40**

- 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 27, 2025. 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 without a bulkhead is in compliance and on file 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: 2025 USMS rules prevail. Individual competition in age groups: 18-24, 25-29, 30-34, 35-39, etc. Age as of September 27, 2025 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 27, 2025. Although registrations can be completed the day of the meet, it is strongly recommended that swimmers complete their 2025 USMS registration prior to entering the meet. Registration may be done by visiting the USMS website: [WWW.usms.org](http://WWW.usms.org)
- Event Limit: Six individual events.
- Entry Fees: \$40.00 entry fee. (A late fee of \$5.00 will be added to all entries not received by Thursday, September 25, 2025). Make check payable to: Kennedy HS Women's Swim Team.
- Entry Deadline: Thursday, September 25, 2025**  
Entries received without payment will not be processed.
- Late entries will be accepted until 4:45 pm on Saturday, September 27, 2025. 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 **Club Assistant only** with the exception of late entries.

Format: This is an official USMS sanctioned masters swimming meet with a full schedule of events. The way we structured the Order of Events, participants can swim BOTH the 1000 free (Event #1) and 1650 (Event #22).

Dinner: After the meet and we should be done by 8:00 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](mailto:nickgearhart@hotmail.com) 319.538.8493