

2025 Third Annual Splash 'N Dash Masters Sprint Swimming Meet
Saturday, January 18, 2025
U.S. Masters Swimming Sanction Number:

- 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 18, 2025. Warm-ups: 4:00 pm – Meet: 5:00 pm
- Sanction: Sanctioned by Iowa Masters Swimming for USMS Inc.
- Pool: 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.

One lane will be designated for warmup/warmdown throughout the entire swim meet.
- Timing: The primary timing system will be automatic timing. 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 January 18, 2025 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 2025 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, January 16, 2025). Make check payable to: Milky Way Masters. The Splash Fee is for the promotion of Masters Swimming in Iowa.
- Entry Deadline: Thursday, January 16, 2025**
Entries received without payment will not be processed.

Late entries will be accepted until 4:45 pm on Saturday, January 18, 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 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

(WE ARE STILL WORKING OUT THE LOGISTICS OF SUBMITTING PAYMENT ELECTRONICALLY. I WILL ADD THIS WHEN WE COMPLETE THE PROCESS)

Format: This is a sprint meet, nothing over 200 yards. We are including four events never seen in an Iowa Masters meet and in keeping with our name, **"Splash 'N Dash"** 25 Free, 25 Back, 25 Breast and 25 Fly! RELAYS – 100 yard medley & free relays. Swimmers 2 & 4 will start in the water since the shallow end is 4' deep. All participants will put their names into a hat and we will draw names to assemble random relays. 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