

## How to Register and Swim in Minnesota Masters Events

The Minnesota LMSC (Local Masters Swimming Committee) welcomes all registered masters swimmers to our swim meets and open water swims.

All events sanctioned by the Minnesota LMSC will be posted on our Minnesota Masters calendar at [www.minnesotamasters.com](http://www.minnesotamasters.com). Here you can find order of events and other details about the event when it becomes available.

### Entry deadlines:

Most of our swim meets are day of event entry only. Please show up in time to register and warm up this is usually at least 1 hour before the start of the event.

For events that are pre registration only, please send in your entry form, entry fee and photocopy of your current USMS registration card by the registration deadline. You must have a current USMS registration to enter.

### USMS Registration:

All participants must be registered with USMS (United States Masters Swimming) for the current calendar year.

Registration forms are available at the event or online at [www.minnesotamasters.com](http://www.minnesotamasters.com)

The yearly fee is \$40. Forms must be completed and signed.

Please include your email address.

If you are registering for USMS close to the entry deadline or plan to enter race day, please register online and bring a copy of your card to the event.

You must have proof of registration to enter a sanctioned event.

If you are from out of the LMSC, please bring your current USMS card with you to verify your registration. If you do not have a card or are not registered you will be asked to complete the form and pay the fee.

No single event registrations are accepted.

Please register with the club you swim with (if they have a team charter) or mark Minnesota Masters Swim Club (which is an umbrella club for all those who swim in small groups, on their own or do not belong to another team) or Unattached (which is basically the same as Minnesota Masters Swim Club, but you are not eligible to swim relays)

### Event Registration:

You must register and pay the entry fee for the swim meet or open water swim. Costs vary for each event. Most of our meets cost \$10 to enter. The Short Course and Long Course State Meets cost more and a participation award is usually given.

Complete an individual entry form and sign the waiver. Please print clearly and include all information that is asked for. You are limited to 5 individual and 2 relays per day of competition.

### Event Heats

Events will be run in heats slowest to fastest.

Please put an entry time even if it is just a guess.

Putting No Time or NT will put you in one of the first heats.

We usually seed men and women together in the same heats.

Heat and lane assignments will be posted before your event.

If you are entered in the 1000/1650 we will ask to do a positive check in - please come to the desk and verify you will be swimming the event. We may ask you if you are willing to swim 2 per lane for these events so that we may stay within our timeline.

### Open Water Swims:

Minnesota holds several open water swims during the summer months. Please follow information listed on the event information and registration. Each swim is a little different. Due to the potential hazards of open water swimming, we do ask that you feel comfortable and able to handle the distance for the race. Open water conditions will vary.

**Awards:**

Masters swimming is divided into age groups. 18-24, 25-29. 30-34.....

Awards are given at the Short Course and Long Course State Meets as well as most of the open water swims. Awards may vary.

**Records and Top Times:**

The Top Times Recorder keeps track of and reports all state records and top times.

They updated periodically on the website.

Times achieved in a sanctioned or recognized event are eligible.

**Results:**

Results will be available on the website a within a couple of days after the event. If you want your times immediately, you may bring a pen and paper to the meet and write them down after each event.

**Relays:**

Relays must be swum with swimmers all registered with the same team.

Unattached swimmers/relays will not count.

There are mixed relays (2 women, 2 men) or single sex relays (all women or all men).

There is usually a 5 minute break before relays so you may get organized.

Please make sure to list full name, age and club on all relay entries

**Meet conduct:**

Warm up times are listed on the event information.

Please use a circle swim pattern.

No hand paddles are allowed.

Dive starts are in designated lanes at designated times only.

In most cases, there will always be a warm up/ warm down lane available.

Please, no glass at any of our events.

**After the meet:**

Please help us by cleaning up your seating area before you leave.

**Come join us:**

Come to your 100<sup>th</sup> meet or try one for the first time. It is a great way to meet many friendly people who share your passion for swimming. Most folks are willing to help you if this is your first meet- just ask.

**Volunteers:**

We are always looking for people to help at our events. If you are bringing a spouse or friend to the meet that is not participating, we would very much appreciate their help. They can also watch you swim.

Thank you and have fun