**DSMY MASTERS**

**LCM INVITATIONAL**

Sunday, July 9, 2023 ​

U.S. Masters Swimming Sanction Number: 403-S0004

**Host:** DSMY Marlins Masters ​

**Location:** Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309 ​

**Date:** Sunday, July 9, 2023 ​  
**Sanction:**​ Sanctioned by Iowa Masters Swimming Inc. for USMS Inc.

**Timeline**

10:30 am Pool doors open

11:00 am Warm-ups begin

11:05 pm Officials meeting (wet classroom)

11:30 pm Lanes open for starts & one-way swims

11:45 pm Timers meeting by Admin table

11:50 pm Pool cleared

11:56 pm National Anthem

12:00 pm Competition begins

**Rules**

The 2023 USMS rules prevail. Individual competition is divided by age groups 18-24, 25-29, 30-34, 35-39, et al. Age group is determined by athlete’s age as of December 31, 2023.

**Cost**

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| Meet Fee | $35.00 |
| Late Fee (added to all entries received after July 5, 2023) | $10.00 |

**Pool**

The Prairie Meadows Pool (competition pool) is an 8 lane 50-meter long course pool. Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado backstroke starting devices will be used in all configurations. Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.

The 4 lane, 25 yard program pool may be made available for warm-up and cool down.

The competition course has been certified in accordance with Rule 104.2.2C (4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**Eligibility and USMS Registration**

​This meet is open to all swimmers with current United States Masters Swimming (USMS) memberships. ​It is strongly recommended that you complete your 2023 USMS registration prior to entering the meet. You may do so at USMS.org or by following this [LINK.](https://www.usms.org/join-usms/join-or-renew) Please attach a photocopy of your 2023 USMS card with entry form and check.

**Entry Deadline and Meet Minimum Participation**

Entries should be received by **Wednesday, July 5, 2023**. ​After this date, deck entries will be accepted, but will be assessed a $10.00 late fee**. Late/deck entries must be received by 11:45 am on the day of the meet.**

A minimum of 40 swimmers are needed to host the meet. If the number of swimmers is less than 40 at the July 5 entry deadline, the meet will be canceled, and all entry fees will be returned.

**Event Limit**

Swimmers may enter a maximum of six (6) individual events. Individual events only. No relays will be held.

**Entry Instructions**

Return completed entry form, signed waiver, copy of USMS membership card, and check (payable to Greater Des Moines YMCA) for applicable meet fees to:

Greater Des Moines YMCA  
attn: John Van Meter  
501 Grand Avenue  
Des Moines, IA 50309

Entries will not be processed unless they are accompanied by a check. Meet host will not accept illegible entries and meet fees will be returned to sender.

**Late Entries**

Late/deck entries will be accepted **until 11:45 am on the day of the meet.** A $10.00 late fee will be added to the meet and splash fee. Swimmers with late entries must submit a complete entry sheet. Checks should be made out to Greater Des Moines YMCA. While checks are preferred, cash will be accepted. Change *will not* be available.

**Team**

Unless part of a defined team or practice group, use your city or town as your team on your registration form.

**Distance Events**

The distance events will be deck-seeded and positive check-in is required. All distance swimmers must check in at the official admin table to confirm their entry in the event.

**Seed Times**

Submit latest times for 50-meter course. If you do not have applicable times, enter “NT.”

**Warm-ups**

Lanes will open at 11:00 am for circle swim warm-ups. Lanes for starts and one-way swim will open at 11:30 am. The Prairie Meadows pool will close at 11:50 to prepare for competition. The program pool will be available during the competition for warmup/cooldown.

**Awards**

No awards will be presented at this meet.

**Scratches**

Swimmers not reporting for events will be scratched. No refunds will be issued for missed events.​

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| **Meet Director** | James Lawson  [j​​ames.lawson@dmymca.org](mailto:j​​ames.lawson@dmymca.org)​ 515-229-0677 |
| **Meet Referee** | John Van Meter [John.VanMeter@dmymca.org](mailto:John.VanMeter@dmymca.org) 515-471-8560 |
| **YMCA Aquatics Director** | Lindsey Phelps [Lindsey.Phelps@dmymca.org](mailto:Lindsey.Phelps@dmymca.org) 515-471-8511 |
| **YMCA Aquatic Events Administrative Assistant** | Crystal Brugman [Crystal.Brugman@dmymca.org](mailto:Crystal.Brugman@dmymca.org) 515-471-8546 |

**Directions to the Wellmark YMCA**

Take exit #8A off I235 towards the Iowa Events Center, 5th Avenue south towards downtown. The Wellmark YMCA is on the corner of 5th and Grand Avenues.

**Parking at the Wellmark YMCA**

Located at 5th and Grand in downtown Des Moines the Wellmark YMCA does not have a dedicated parking lot or garage. However, it is connected via the skywalk to several parking structures. Parking in downtown Des Moines, in both city owned ramps and on the street, is free on Sundays. Please visit our [parking at Wellmark YMCA](https://www.teamunify.com/SubTabGeneric.jsp?team=ymca-2165&_stabid_=180371) page for more information.