



## 9th Annual Snag Holmes Masters Invitational

Friday, March 31<sup>st</sup> – Sunday, April 2<sup>nd</sup>, 2023

Hosted by the Palm Beach Masters

Sanctioned by the Florida Gold Coast LMSC for USMS, Inc

Sanction #: TBD



### **DATES & TIMES:**

Friday, March 31<sup>st</sup>: Session 1 Warm-up 5:00pm; Meet begins at 5:45pm  
Saturday, April 1<sup>st</sup>: Session 2 Warm-up 10:00am; Meet begins at 11:00am  
Sunday, April 2<sup>nd</sup>: Session 3 Warm-up 10:00am; Meet begins at 11:00am

**MEET DIRECTOR:** Linda Irish Bostic, 561-373-1440, palmbeachmasters@gmail.com

**FACILITY & COURSE:** North County Aquatic Complex, 801 Toney Penna Dr., Jupiter, FL, 33458. [Google Map](#)  
Eight (8) – Ten (10) 25-yard lanes with electronic timing will be provided for the competition. Eight (8) 25-meter lanes will be always available for warm-up & warm-down. The primary time system will be Daktronics automatic timing with touchpads.

**ELIGIBILITY & RULES:** The meet is open to all currently registered USMS swimmers. 2023 USMS rules will govern this meet. Age of swimmer is determined as of April 2<sup>nd</sup>, 2023.

**ENTRIES:** Online Registration preferred. Entry fee of \$40 plus \$5 per event. All entries include a meet recognition gift. The 1650 freestyle will be limited to the first 30 entries.

**ENTRY LIMIT:** Swimmers may enter a maximum of five (5) individual events per day. All entries must be received online by Tuesday, March 28<sup>th</sup>, at 11:59pm. All entry & event fees are nonrefundable.

**SEEDING:** All events will be swum in numerical order, seeded slow to fast, except for the 1650 Free, which will be swum fast to slow and mixed gender.

**DISTANCE EVENT CHECK-IN:** The 1650 free, 400 IM, & 500 free will be deck seeded with a positive check-in. Check-in deadlines will be announced to participants.

**DECK ENTRIES:** Deck entries will be accepted each day of the meet during warm-up for an added charge. Entries are only permitted into open lanes. No new heats will be added. “Double Entry Fee” if not already entered in meet. \$10 per event, if already entered in meet.

**RELAYS:** Relay entries will be accepted on the deck up to 75 minutes prior to the start of the relay. Deadline announcement will be made during the meet. There is a \$10 charge for each relay. Only team members registered for the meet may participate.

**BREAKS:** There will be a 10-minute break prior to all relays and a 5-minute break after relays. Additional breaks in the meet may be taken at the direction of the Meet Referee.

**HEAT SHEETS:** Heat sheets will be available online on Meet Mobile and will be emailed to all entrants prior to the meet. Please print and bring with you.

**RESULTS:** Results will be emailed to all entrants, available online at PalmBeachMasters.org, and on Meet Mobile app.

**SOCIAL:** Join us for a meet social at the Jupiter Beach Resort Pool Bar on Saturday after the conclusion of the meet that day. Catch up with old friends, make new friends, relax with a cold beverage, and enjoy food from their menu.

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**Friday, March 31<sup>st</sup>, 2023**

**Session 1**

<u>F/M/Mixed:</u>	<u>Event:</u>
1	1650 Free
3/4/5	800 Free Relay

**Saturday, April 1<sup>st</sup>, 2023**

**Session 2**

<u>F/M/Mixed:</u>	<u>Event:</u>
7/8	200 Free
9/10	50 breast
11/12	100 fly
13/14	100 back
15/16/17	200 Medley Relay
19/20	100 IM
21/22	200 Breast
23/24	50 Free
25/26	400 IM
27/28/29	400 Free Relay

**Sunday, April 2<sup>nd</sup>, 2023**

**Session 3**

<u>F/M/Mixed:</u>	<u>Event:</u>
31/32	500 Free
33/34	100 breast
35/36	50 fly
37/38	200 Back
39/40/41	200 Free Relay
43/44	100 Free
45/46	200 Fly
47/48	50 Back
49/50	200 IM
51/52/53	400 Medley Relay