



Stephens Family YMCA “On My Way Meet”
Sunday, October 6, 2019
sponsored by ILMSA for USMS, Inc. #219-S015



TIME: Doors open at 7:15 a.m. Warm up will be from 7:30 a.m. – 8:20 a.m., meet starts at 8:30 a.m. with no more than three (3) heats of the 1650 yard event to swim first. Remaining events will start no earlier than 10:30 a.m. Continuous warm up and warm down will be available throughout the meet.

Join the Heat Masters swim team for this two-part challenge featuring five challenges. Sign up for the challenges to win fun prizes and unique medals. Then come back in January to finish the challenge.

The challenges

1. Sprint Mix It Up – 25 of each stroke, plus the 100 IM
2. Medium Mix It Up – 50 of each stroke, plus 200 IM
3. Distance Mix It Up – 100 of each stroke, plus 400 IM
4. Go the Distance -1650 free plus (two 200 choice) or 500 free)
5. Ladder challenge – 25, 50, 100, 200 choice of stroke/event

LOCATION: Stephens Family YMCA, 2501 Fields South Drive, Champaign, IL 61822

Website: <http://www.sf-ymca.net/>

FACILITY: 25 yard indoor pool, 8 lanes for competition with a continuous warm up/warm down area. Stephens Family YMCA is a modern facility and the pool has been used to host age group meets. *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 107.2.1.* Ample free parking and locker room space available.

ELIGIBILITY: USMS REGISTRATION REQUIRED. Per USMS rules in a 25-yard course meet your age as of the first day of competition determines your age group for the meet. To register with USMS go to: <https://www.usms.org/reg/register.php>.

ENTRY OPTIONS: ENTRY FEE \$35.00 Flat Fee. ON-LINE ENTRY PREFERRED. To enter on-line go to https://www.clubassistant.com/club/meet_information.cfm?c=2297&smid=12535

NO LATE EMAIL OR DECK ENTRIES WILL BE ACCEPTED. ENTRY DEADLINE: Thursday, October 3, 2019

MEET CONDUCT: 2019 USMS rules govern the conduct of the meet. All events will be hand-timed finals. Electronic timing equipment may be available. All events will be swum slowest to fastest. Participants are limited to 4 individual events but unlimited relays. Competitors attempting records must notify the starter to assure that 3 timers are available for that individual's race.

ORDER OF EVENTS:

1	1650 Free	14	100 IM
2	25 Fly	15	25 Breast
3	50 Back	16	50 Free
4	100 Brest	17	200 FR Relay Same Gender
5	200 Free	10 Minute Break	
6	400 IM	18	200 Medley Relay-Mixed
7	25 Back	19	100 Fly
8	200 FR Relay-Mixed	20	200 Back
	10 Minute Break	21	200 IM
9	200 Medley Relay Same Gender	22	25 Free
10	50 Breast	23	50 Fly
11	100 Free	24	100 Back
12	200 Fly	25	200 Breast
13	500 Free		

MEET CO-DIRECTORS: Tina Johnson: tdwjohnson@yahoo.com –Will Barker: will@sf-ymca.net

HEAD OFFICIAL: Tracy Grimes