

**Sunday 5 March 2023 March Madness Mini Meet (25 yards) at the  
Nassau County Aquatic Center in Eisenhower Park, East Meadow, NY  
Sanctioned by the NJ-LMSC for USMS, Inc. • Sanction #073-S001**

<b>FACILITY</b>	On-site parking; 80,000 square foot facility with ample pool deck and grandstand seating and full-service locker rooms. Fast all deep water 10 lane 25 yard competition course. Adjacent lanes available for continuous warm-up and cool down throughout meet. Electronic timing system with large scoreboard display. Length of competition course is in compliance and on file with USMS but, as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records is contingent upon verification of bulkhead placement.
<b>LOCATION</b>	The Aquatic Center does not have a physical street address and cannot be reached from inside Eisenhower Park. Access parking lots and pool from Merrick Avenue (a/k/a/ Korean War Veterans Memorial Drive). Facility location details at <a href="https://www.nassaucountyny.gov/1775/Hours-Location-Parking">https://www.nassaucountyny.gov/1775/Hours-Location-Parking</a> .
<b>ELIGIBILITY</b>	2023 USMS rules govern this meet. Participants must be 2023 registered members of U.S. Masters Swimming and 18 years of age or older. Age determination date for this meet is age as of Sunday 5 March 2023.
<b>INFO/FORMS</b>	Relay entry forms and all meet info at <a href="http://www.excelswimming.com/Events/MarchMadnessMeet.htm">http://www.excelswimming.com/Events/MarchMadnessMeet.htm</a>
<b>PRE-MEET</b>	Timeline and individual event heat sheets will be emailed to participants by Saturday 4 March 2023 morning. Live results will be available at <a href="https://www.active.com/mobile/meet-mobile-app">https://www.active.com/mobile/meet-mobile-app</a> .
<b>SCHEDULE</b>	8:00AM warm-up begins • 8:30AM sprint lanes open • 8:50AM warm-up ends • 9:00AM start • 12:00PM finish
<b>WARM-UP</b>	No diving permitted during warm-up except in designated one-way sprint lanes. No equipment (paddles, buoy, kickboard, etc.) may be used during warm-up. Enter the water feet first in a cautious and controlled manner.
<b>RELAYS</b>	Relays are free and are to be deck-entered at the meet by <b>8:45AM deadline</b> (submit to computer table). Relay team members must all be USMS-registered with the SAME club and must be individually entered in the meet for relay participation eligibility. Each Mixed Relay Team = 2 Men + 2 Women (in any swim order).
<b>AGE GROUPS</b>	Individual events: 18-24, 25-29, 30-34, 35-39 and so on in five-year increments. Relays: 18+, 25+, 35+, 45+ and so on in ten-year increments. Age of youngest relay team member determines relay age group.
<b>SEEDING</b>	All individual events will be pre-seeded slow to fast strictly based on entry time (not by age or gender).
<b>AWARDS</b>	Individual events: Medals for 1 <sup>st</sup> through 3 <sup>rd</sup> place and ribbons for 4 <sup>th</sup> through 6 <sup>th</sup> place. Relay events: Medals for 1 <sup>st</sup> through 3 <sup>rd</sup> place. Awards must be picked up at the swim meet; no awards will be mailed after the meet.
<b>ENTRY FEE</b>	\$40.00 total (includes registration processing fee) is non-refundable and non-transferable. Swimmers may enter and swim a maximum of four (4) individual events and one (1) relay. No "NT" (no time) entries accepted.
<b>REGISTER</b>	Individual event <b>registration opens Thursday 15 December 2022</b> via Club Assistant at <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1659&amp;smid=15407">https://www.clubassistant.com/club/meet_information.cfm?c=1659&amp;smid=15407</a> All major credit cards accepted. Your credit card statement will reflect a charge from "Excel Swimming".
<b>DEADLINE</b>	Meet <b>registration ends at midnight ET on Tuesday 28 February 2023</b> or <b>when three-hour timeline has been reached, whichever comes first</b> . No paper, snail mail, email, fax or late entries accepted.
<b>QUESTIONS</b>	Direct inquiries to Meet Director Lisa Baumann at <a href="mailto:excelswimming@aol.com">excelswimming@aol.com</a> .

## **Sunday 5 March 2023 March Madness Meet (25 yards)**

**Warm-Up 8:00am start • 8:30am sprint lanes open • 8:50am end**

**8:45am relay deck entry deadline (submit to computer table)**

**9:00am meet start time • 12:00pm projected meet finish time**

### **ORDER OF EVENTS**

- #1 Mixed 200 yard Freestyle**
- #2 Mixed 50 yard Breaststroke**
- #3 Mixed 100 yard Butterfly**
- #4 Mixed 50 yard Backstroke**
- #5 Mixed 200 yard Individual Medley**
- #6 Mixed 100 yard Freestyle**
- #7 Mixed 200 yard Medley Relay (2M+2W)**
- #8 Mixed 200 yard Free Relay (2M+2W)**
- #9 Mixed 100 yard Breaststroke**
- #10 Mixed 50 yard Butterfly**
- #11 Mixed 100 yard Backstroke**
- #12 Mixed 50 yard Freestyle**
- #13 Mixed 100 yard Individual Medley**

**Have both a credit card and your 2023 nine-digit USMS registration number handy when registering online for your individual events via Club Assistant.**