



LION HEART



The 4th Annual Orange Masters Lion Heart Classic

New Dates: Saturday October 3, 2026 and Sunday October 4, 2026

The 4th Annual Orange Masters Lion Heart Classic
Hosted by: Orange Masters and the Connecticut LMSC
Sanctioned by: Connecticut LMSC: Sanction Pending

All profits from entry fees will be donated to Lion Heart, a charity for breast cancer research at Yale New Haven Hospital. More information on Lion Heart can be found here: <https://lionheart.donordrive.com/>

FACILITY The meet will be held at the Orange Town Pool at the High Plains Community Center, 525 Orange Center Rd, Orange CT 06477. The pool is an indoor, 8 lane 25 yard pool with ample seating in the balcony and moderate deck space. There will be 6 lanes used for competition and at least 1 lanes for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 106.2.1. Times will be submitted for USMS Top 10 and Records.

TIMING SYSTEM The primary timing system will be automatic timing via Colorado Timing Systems System 6. We will have semi-automatic and manual back up times.

WARMUP Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).

RULES & ELIGIBILITY Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming or another World Aquatics federation. Swimmers turning 18 during the meet may swim on the days they are 18yo. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body. The Age Determination for this meet will be October 4, 2026.

ONE EVENT MEMBERSHIPS (OEV) Swimmers who are not USMS members may participate in this meet by purchasing a USMS "One Event Membership" for an additional \$20 fee, charged during the online entry process. Please note that OEV Participants will NOT be eligible for USMS Reward Programs (Records and Top-10's) or be able to participate on relays..

SCHEDULE Saturday October 3, 2026 and Sunday October 4, 2026. Warm-up 2:30 pm; meet start 3:30 pm. No deck entries will be accepted. Positive Check In required for the 1650 Freestyle, 400 IM and 500 Freestyle.

SEEDING Events will be run in heats, slowest to fastest, regardless of age or sex.

EVENT LIMIT

- Swimmers are permitted to enter a MAXIMUM of Five - 5 Individual Events and Two- 2 Relays on Saturday October 3.
- Swimmers are permitted to enter a MAXIMUM of Five- 5 Individual Events and Three- 3 Relays on Sunday October 4.
- Entries for the 1650 Freestyle will be capped at 24 entries or 4 heats of 6 swimmers.
- Swimmers can Swim **EITHER** the 400 IM **OR** the 500 Free. They cannot swim both.

RELAY ENTRIES Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men. Mixed, Men's and Women's relays maybe run in the same heat.

RECORD TIMES A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official PRIOR TO YOUR EVENT.

ENTRY FEES Entry fees are a \$20 Meet Surcharge and \$5 per events up to 10 individual events (There is no charge for relays, but all relay swimmers must be registered for at least

one-1 individual event.) All entries will be processed online. ENTRIES MUST BE RECEIVED BY April 1, 2026, AT 11:59pm. Entry fees are non-refundable and non-transferrable.

ONLINE ENTRY Register at "Club Assistant Link". Credit card will reflect a charge by ""CT Aquatic Events"". Entries Close 11:59 pm, October 1, 2026.

ENTRY TIMES Enter short course yard times for all events.

PHOTOGRAPHY RESTRICTIONS In accordance with USMS Rule 102.16 the following photography restrictions will be STRICTLY ENFORCED:

The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts.

The use of audio or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. USMS-credentialed media personnel may be exempted from these restrictions.

The meet referee may further restrict the use of cameras and video equipment during competition.

Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

QUESTIONS Direct inquiries to Meet Director Rob Duguay at bobbydoogs@gmail.com

--Age determining date for this meet is October 4 ,2026.

--EVENTS WILL BE SWUM SLOWEST TO FASTEST **EXCEPT FOR THE 1650yd Free, 400yd IM, and 500yd Free**

-- Swimmers can swim EITHER the 400yd IM OR the 500yd Free. Swimmers CANNOT SWIM BOTH.

-- DISTANCE RACES (1650yd Free, 400yd IM and 500yd Free) WILL BE SWUM FASTEST TO SLOWEST

Saturday, October 3, 2026 - Session 1

Warm-ups start at 2:30 PM

Meet Session starts at 3:30 PM

Event #1 Women's 400 Medley Relay

Event #2 Men's 400 Medley Relay

Event # 3 Mixed 400 Medley Relay

Event # 4 Mixed 50 Breaststroke

Event # 5 Mixed 100 IM

Event #6 Mixed 200 Backstroke

Event #7 Mixed 100 Yard Butterfly

5 Minute Break

Event # 8 Women 800 Freestyle Relay

Event # 9 Men 800 Freestyle Relay

Event # 10 Mixed 800 Freestyle Relay

Break: 5 Minutes:

Event # 11 Mixed 50 Backstroke

Event # 12 Mixed 200 Breaststroke

Event # 13 Mixed 100 Freestyle

Event # 14 Mixed 200 IM

Break: 15 Minutes

Event #15 Mixed 1650 Freestyle

Sunday, October 4, 2026- Session 2

Warm-ups start at 2:30 PM

Meet Session starts at 3:30 PM

Event # 16 Women 200 Medley Relay

Event # 17 Men 200 Medley Relay

Event # 18 Mixed 200 Medley Relay

Break: 5 Minutes

Event # 19 Mixed 50 Butterfly

Event # 20 Mixed 100 Backstroke

Event # 21 Mixed 200 Freestyle

Event # 22 Mixed 100 Breaststroke

Break: 5 Minutes:

Event # 23 Women 200 Freestyle Relay

Event # 24 Men 200 Freestyle Relay

Event # 25 Mixed 200 Freestyle Relay

Break: 5 Minutes:

Event # 26 Mixed 200 Butterfly

Event # 27 Mixed 50 Freestyle

Break: 5 Minutes

Event # 28 Women 400 Freestyle Relay

Event # 29 Men 400 Freestyle Relay

Event # 30 Mixed 400 Freestyle Relay

Break: 15 Minutes

Event #31 Mixed 400 IM

Event # 32 Mixed 500 Freestyle

**Note: If paying by credit card, your credit card statement will reflect a charge from
"CT Aquatic Events"**