

Sussex Family YMCA

Saturday, September 26, 2026

Warm Up: 12:30 am, Meet Start: 1:30 am

SANCTIONING: Sanctioned by Delaware Senior Games and registered with USMS Inc. in accordance with article 108.1.1 A (1), 203.3.3B).

LIABILITY: In granting this recognition, it is understood and agreed that Delaware Senior Games, United States Masters Swimming, Inc., Delaware Valley LMSC, Sussex County YMCA and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

HOSTED BY: Delaware Senior Games

MEET DIRECTOR: Henry DeWitt, hdewitt@dewitt-assoc.com, 302-226-0521

LOCATION: Sussex County YMCA, 20080 Church St., Rehoboth Beach, DE 19971

FACILITY:

- Sussex Family YMCA pool
- 25 yd, 6-lane pool with non-turbulent lane lines.
- Electronic timing system with 6-lane display.
- Water depth is 8-12 feet at the start end and is 3 feet at the turn end.
- Bleacher seating for approximately 100 spectators/swimmers. No seating is provided on deck; your deck chairs are welcome.
- Free parking in lots around Sussex County YMCA.

ELIGIBILITY:

- This meet is open to all current Delaware Senior Games members age 50 and older. If you are an active USMS member, by providing your USMS registration, your time will be reported to USMS for record and top 10 purposes.
- Delaware Senior Games Membership is verified upon online sign-up via the Delaware Senior Games web site.
- A swimmer's age for this meet will be determined by their age on December 31, 2025. For USMS purposes, the swimmer's age is the age on the date of the competition.

ATHLETES WITH DISABILITIES: Swimmers with a disability are welcome to enter this meet. The participant or coach must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please email hdewitt@dewitt-assoc.com directly regarding any necessary accommodations.

RULES:

- This meet will be held in a short course yards (25-yard) pool and governed by 2025 Senior Games and USMS rules.
- Events are pre-seeded slowest to fastest, independent of age or gender. All events will be timed final events (102.10.1).
- The length of the competition course is on file with USMS and complies with USMS articles 105.1.7 and 106.2.1.

- Times from this competition will be eligible for USMS records and USMS Top-10 consideration in accordance USMS Rule 103.18.5 as an automatic primary timing system will be used with button and a minimum of one watch will be used for each lane.
- This year the meet is a qualifying meet for the National Senior Games being held June 30 to July 11, 2027 in Tulsa Oklahoma.

ENTRIES FOR INDIVIDUAL EVENTS:

- A fee of \$7.00 per entered event will be charged.
- Swimmers are limited to six (6) individual events.
- Event fees are collected and processed via Delaware Senior Games upon registration and are non-refundable and non-transferable.
- Entries must be submitted via the Delaware Senior Games online entry form, no deck entries.
- You must estimate your entry time for all events to allow for proper seeding.
- 500 free and 400 IM are limited to 3 heats (18 entries per event).
- Online registration deadline is Wednesday, September 16, at 11:59 pm.

GENDER AND AGE GROUPS:

- **Individual Events:** Male and Female, 50-54, 55-59, 60-64, 65-69, 70-74, etc., in 5-year increments as needed to accommodate all swimmers.

Warm-Up: The pool will be available for warm-up from the approximate times listed above. Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up. Additional 10- to 15-minute warm-up sessions may be added during competition at the discretion of the meet director to manage the pace of the meet.

RESULTS: Results are posted on the Delaware Senior Games <https://desenior.games/results/> Website under sports/results tab usually within 2 weeks following the meet. A PDF of electronic results will also be e-mailed to all participants. Meet info will be posted to USMS.org as quickly as possible. Separate results will be reported by gender and age group.

MEET NOTIFICATIONS: In the event of inclement weather, facility, or other issues, please check the Delaware Senior Games page and/or website for immediate news. Every attempt will be made to communicate via email as well.

FACILITY RULES: Feet first entry only for all warm-up/warm-down. Deck chairs, yoga mats and other seating items are welcome. A government issued ID must be presented by the participant and any guests over the age of 18 to enter the building.

There will be a limit of three (3) heats for Event #1 and Event #2

SESSION:

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#	Sex	Event
1	Mixed	500 Free
2	Mixed	50 Back
3	Mixed	200 Fly
4	Mixed	100 Free
5	Mixed	200 Breast
6	Mixed	50 Fly
7	Mixed	200 IM
8	Mixed	100 Back
9	Mixed	50 Breast
10	Mixed	200 Free
11	Mixed	100 Fly
12	Mixed	100 IM
13	Mixed	200 Back
14	Mixed	100 Breast
15	Mixed	Novice 50 Free
16	Mixed	50 Free
17	Mixed	400 IM

Session 'breaks' will be determined and shared with participants by the meet director once entries have been received and processed.