



2026 Augusta Dog Days of Summer LCM
Augusta Aquatics Center (AAC)
June 20, 2026

Hosted by: Augusta Recreation & Parks Blue Tides

USMS Sanction # **456-S006**

Meet Director: Ahmira Shaw
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Date: June 20, 2026

Time: Session 1: Warm-ups start at 8:00am; meet starts at 9:00am
Session 2: Warm-ups start at 10:00am; meet starts at 11:00am

Facility: Augusta Aquatics Center (AAC). 8 lanes, Long Course Meters. Rec pool for warm-up/warm-down continuously running through the meet. [Facilities • Augusta Aquatic Center \(augustaga.gov\)](#)

The length of the permanent competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Times from this competition will be eligible for USMS top ten considerations and records.

Separate warm up lanes will be available throughout the meet. Athletes will have use of the locker room facilities which include showers and restrooms.

Address: 3157 Damascus Road Augusta, GA 30909

Parking: There is ample parking at the facility, but carpooling is recommended. Two large lots at AAC available for parking at no charge. In addition, unpaved parking is available across the street from the AAC at no charge.

Directions: Take I-20 (West from Columbia SC and East from Atlanta GA) to I-520 E. Take Exit 2, Wrightsboro Rd toward Daniel field. Turn right on Damascus Rd. The AAC is on the left.

Eligibility: Current USMS rules govern the meet. All participants must be currently registered members of U.S. Masters Swimming or another World Aquatics Federation. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body. Entries listed as "Registration Applied For" will not be accepted. **For Long Course Meters, the eligibility of a participant for a particular age group shall be determined by their age as of December 31 of the year of competition.**

College Club Swimming (CCS): Members of CCS are invited to participate. CCS registration is required. In order to register, CCS members will need their USMS number.

Age Determination: For LCM is **December 31, 2026.**

Events: Swimmers may enter up to 5 individual events and 2 relays.

Awards: Ribbons will be given for places 1st – 3rd in each age group. There will be awards for heat winners.

Timing: The primary timing system will be automatic timing touchpads/electronic timing with hand/stopwatch backup. Times will be eligible USMS Records and Top 10 consideration.

Scoring: Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

Fees: \$80 covers facility, meet and staffing costs.



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Seeding: All events will be seeded in advance and slowest to fastest. Men and Women will be seeded together based on time.

EXCEPTION: The 1500 free, 400 IM, and the 400 free will be swum fastest to slowest.

The 1500 free & 400 IM, REQUIRE POSITIVE CHECK-IN 60 MINUTES PRIOR TO START OF SESSION ONE AND WILL BE DECK SEEDED.

The 400 free REQUIRES POSITIVE CHECK-IN 60 MINUTES PRIOR TO START OF SESSION TWO AND WILL BE DECK SEEDED.

45-minute break/warm-up after Session 1, Event 2.

SESSION TWO WILL START PROMPTLY AT 11 AM.

10-minute breaks after events 12 and

19.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet.

Relays: Entries for relay events 3-5 will be due at 10:30 am. Entries for relay events 20-22 will be due at 11:30 am. All relay swimmers must be registered and entered in the meet. All relay swimmers must be members of the same team. Unattached swimmers cannot swim in relays. Mixed relays must be comprised of 2 men and 2 women belonging to the same team. No exceptions.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet.

There is no additional fee for relays.

GENDER IDENTITY: As a USMS sanctioned meet, as of July 1, 2025, swimmers may participate in their gender of identity. For National Recognition Awards, a swimmer's at birth gender determines ranking eligibility rankings. For the full policy regarding National and State/Local recognition awards, please see the [Interim USMS Eligibility Policy](#).

Meet Referee: Mike Groves



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ENTER ONLINE: Entry deadline is Monday, June 15, 2026, at 11:59 pm. Psych sheets will be emailed around June 17, 2026.

Entry Deadline: **ONLINE ENTRY ONLY.** No mail-in entries accepted. No deck entries.

https://www.clubassistant.com/club/meet_information.cfm?c=2684&smid=22039

Deck Restrictions: Only registered entrants, coaches, officials, and volunteers will be allowed on deck during the meet. For safety reasons, the AAC does not allow chairs on deck EXCEPT for those used by timers, meet officials, and meet marshals. Deck changing is prohibited.

Medical Supervision: The Augusta Aquatics Center has a full staff of American Red Cross certified lifeguards trained in using backboards and AEDs. American Red Cross trained Police Officer and Fire Marshall will be on hand. EMT services are available through local 911.

Concessions: Drink vending machines available.

Warm-Ups: Swimmers are reminded that USMS safety rules dictate a feet first entry in the warm-up/warm-down lanes. Two lanes will be designated during the last 20 minutes of the initial warm up time for one-way diving with swimmers exiting at the end of the lane.

Meet Management: **1500 Free event – LIMIT OF 16 SWIMMERS**
400 IM event – LIMIT OF 8 SWIMMERS
400 Free event – LIMIT OF 24 SWIMMERS

POSITIVE CHECK-IN 60 MINUTES PRIOR TO START OF SESSION FOR:

- a. 1500 free (8 AM)**
- b. 400 IM (8 AM)**
- c. 400 free (10 AM)**

SWIMMERS IN 1500 EVENT WILL NEED TO PROVIDE THEIR OWN COUNTER AND TIMER FOR SPLIT REQUESTS.

45 minute break/warmup after at the end of Session 1 (event 2).
Session 2 has two 10-minute breaks - after events 12 and 19.

Meet Management reserves the right to adjust warm-up and meet start times.

Weather: **If there is inclement weather: the meet referee, facility director, and meet director will make final decisions about postponing or canceling events. We will try hard to get all the events in but may have to cancel some events if there is a time restraint due to a severe weather delay.**



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Blue Tides Masters Dog Days of Summer LCM Meet ORDER OF EVENTS

1500 Free event – LIMIT OF 16 SWIMMERS
400 IM event – LIMIT OF 8 SWIMMERS
400 Free event – LIMIT OF 24 SWIMMERS

Session 1: Start Time 9 am		
#	Event	Seed Time
1	1500 Free	
2	400 IM	
Session 2: Start Time 11 am		
		Seed Time
3	200 Free Relay-Women	
4	200 Free Relay-Men	
5	200 Free Relay-Mixed	
6	200 IM	
7	50 Fly	
8	100 Breast	
9	200 Back	
10	50 Free	
11	100 Fly	
12	400 Free	
13	200 Breast	
14	50 Back	
15	100 Free	
16	200 Fly	
17	50 Breast	
18	100 Back	
19	200 Free	
20	200 Medley Relay-Women	
21	200 Medley Relay-Men	
22	200 Medley Relay-Mixed	

30-45 min break/warmup after Session 1,
event 2, before Session 2

10 min breaks after event 12 and 19



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); Grown-Up Swimming meets or workouts; and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, viral or bacterial infection including but not limited to COVID-19, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

First Name	Last Name	MI	Sex (check) M ☐ F ☐	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 10/30/2024