

**2026 SPM Long Course Championship**  
**Saturday, July 11 - Sunday, July 12, 2026**  
**Sanctioned by the Florida LMSC for USMS Inc.**

**Date & Time:** Saturday and Sunday, July 11-12, 2026

**Saturday, July 11, 2026**

Warm-ups start at 8:00 a.m. Meet session starts at 8:30 a.m.

**Sunday, July 12, 2026**

Warm-ups start at 8:00 a.m. Meet session starts at 8:30 a.m.

**Facility:** North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL. A maximum of 8 lanes will be seeded for all events. (Ten lanes will be used for the 1500 Free on Sunday morning.)

**Pool Length Certification:** 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 106.2.1.

**Timing System:** Electronic timing using Colorado Timing Systems (primary: automatic) backed up by buttons (secondary: semi-automatic) and stopwatches (tertiary). Times from this competition will be eligible for world record, USMS record, and USMS Top 10 consideration.

**Eligibility & Rules:** 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. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

**Age-Determining Date:** The swimmer's age group is determined by their age as of December 31, 2026.

**Individual Events:**

- In-person check in required (no text or email check in). Check in for the 1500 Free and 400 Free ends at 7:45am on the day of the event. Check-in for the 400 IM will end when the first heat of Event 9, Mixed 50 Backstroke, begins.
- The 800 free split will be submitted for every swimmer completing the 1500 free and recording an electronic split at the 800 mark.
- Leadoff splits will be submitted for every swimmer completing a relay and recording an electronic split at the 100 or 200 mark.
- All events will be swum M & W as timed finals, seeded slowest to fastest.
- Those swimming the 1500 free will need to supply their own counter person **and** timer.
- **The 1500 free is limited to the first 40 entries (4 heats of 10 swimmers).**
- **The 400 free and the 400 IM are limited to the first 40 entries (5 heats of 8 swimmers).**

**Relays:** Online relay entry will be available, and is STRONGLY encouraged, for this meet. Online relay entry opens on Wednesday, July 8. See the instructions below. For deck-entered relays, names of relay swimmers must be given to John Ware (the meet admin) two events prior to the relay. Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver). Mixed relays consist of 2 women and 2 men. **(There is no cost for relays.)**

**Entries:** Cost for the meet is **\$50** for one day or **\$70** for two days, which includes up to 5 events per day. Swimmers may swim a maximum of five (5) individual events per day PLUS relays.

Online entries required. Online registrations paid with a credit card will reflect a charge from "STPETEMASTERS.ORG."

**Questions:** Contact the Meet Director, Kathy Selles, at: [kathy.selles@gmail.com](mailto:kathy.selles@gmail.com)

**On-Site Meet Director:** Steve Freeman, [sjf@freemanlaw.net](mailto:sjf@freemanlaw.net)

**Deadline:** Meet entries must be completed online by 11:59pm on Tuesday, July 7, 2026. No late entries are accepted. Meet entry fees are non-refundable, after the entry deadline, and non-transferable. (Meet entry fees are refundable prior to the entry deadline, minus a \$6 service fee.) Online registrations paid with a credit card will reflect a charge from "STPETEMASTERS.ORG."

**Scoring & Awards:** Individual High Point awards for 1st place in all age groups for those who swim at least 6 individual events. Scoring 9-7-6-5-4-3-2-1 for individuals.

**Psych sheet:** Will be available on-line at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet.

**Heat sheet:** Will be available online at [www.midnightsports.com](http://www.midnightsports.com) by mid-week prior to the meet. Please print before you arrive. Heat sheets will be posted in designated areas for swimmers.

**Officials:**

Meet Referees: Kevin Mooren and Joanne Gauzens

Meet Admin: John Ware (<https://midnightsports.com/>)

**Team Relay Entry Procedure (for Relay Captains):**

One person from each club should act as the Relay Captain and enter all of the team's relays. Anyone who is a USMS-registered member of that club may serve as the Relay Captain (even if they are not entered in the meet).

- Click the "[Club Entry Rosters](#)" link above to view the list of your swimmers entered in the meet. You can use this data to assemble your relays.
- After Team Relay Entry has opened, click the button above to register your relays. You'll first go through the USMS member verification page and then be asked for your address, email, etc.
- Once you get through the biographical pages, you'll see a list of relays. Click on a relay event to enter your swimmers into that event.
- You'll be presented with a form that allows you to select your swimmers to fill the four relay spots.
- You don't have to designate a relay as "A," "B," etc. The software will automatically do that for you.
- Enter an estimated seed time for the relay (guessing is fine; we just need a ballpark seed time).
- Select the four swimmers for that relay, IN THE ORDER THEY WILL SWIM.
- Continue on for each relay event and relay team.
- You'll get to a page that allows you to review the relays before you submit.
- You'll then see a final page where you can click a final Submit button. There is no charge for relays so you will not be asked for a credit card.

- CHANGES to relays will be allowed at the meet. Swimmers may change the names (or swim order) on the relay cards before they swim the event.

## ORDER OF EVENTS

All heats in all events will be run from slowest to fastest (both Saturday and Sunday)

- The 1500 free is limited to the first 40 entries (4 heats of 10 swimmers).
- The 400 free and the 400 IM are limited to the first 40 entries (5 heats of 8 swimmers).

Saturday, July 11, 2026 - Session 1

Warm-ups start at 8:00 AM

Meet Session starts at 8:30 AM

#	Sex	Event
1	Mixed	400 M Free
2	Women	800 M Free Relay
3	Men	800 M Free Relay
4	Mixed	200 M Back
5	Mixed	50 M Free
6	Mixed	400 M Medley Relay
7	Mixed	100 M Breast
8	Mixed	200 M Fly
9	Mixed	50 M Back
10	Mixed	200 M Free
11	Women	400 M Medley Relay
12	Men	400 M Medley Relay
13	Mixed	400 M IM

Sunday, July 12, 2026 - Session 2

Warm-ups start at 8:00 AM

Meet Session starts at 8:30 AM

#	Sex	Event
14	Mixed	1500 M Free
15	Mixed	800 M Free Relay
16	Mixed	200 M Breast
17	Mixed	100 M Back
18	Mixed	50 M Fly
19	Mixed	400 M Free Relay
20	Mixed	200 M IM
21	Mixed	100 M Free
22	Mixed	50 M Breast
23	Mixed	100 M Fly
24	Women	400 M Free Relay
25	Men	400 M Free Relay