

# SHAMROCK SUMMER SPRINTS

07/16/26 (Thursday Night)  
Hosted by Shamrock Swim Club

Sanctioned by <LMSC> for USMS Inc. Sanction Number

**LOCATION:** The Egan Center 411 Unquity Rd Milton, Ma

**COURSE DESCRIPTION:** The Egan Center is a 25 yard pool with six lanes. The length of the competition course has been measured and is in compliance with USMS articles 105.1.7 and 106.2.1: Times achieved in the meet will be eligible for USMS Top 10 and records.

**WARM-UP:** Warm up will be at 6:30 PM. It will be open warm up until 7 PM. There will be one warm up lanes available after the start of the meet.

**COMPETITION START TIME:** The meet will begin at 7:05 PM

**TIMING SYSTEM:** The primary timing system will be automatic Colorado timing.

- Times from this competition will be eligible for USMS record and Top 10 consideration.

**MEET DIRECTOR:** Chris Payson shamrockswimclub@yahoo.com

**MEET REFEREE:** Bill Carline

**MEET REGISTRAR:** Chris Payson shamrockswimclub@yahoo.com

**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.

**OEVT:** One Event Memberships (OEVT) will not be offered for the meet.

**AGE DETERMINATION DATE:** 07/16/26

**AGE GROUPS FOR INDIVIDUAL EVENTS:** 18-24, 25-29, ...in 5-yr increments as high as needed.

**AGE GROUPS FOR RELAYS:** Relay age group is determined by the age of youngest relay member: 18+, 25+, 35+, 45+, and up in 10 year increments as high as needed.

**ONLINE ENTRY URL:** [MEET SIGN UP LINK](#)

**ENTRY PROCEDURE:** Entries will be accepted online only.

**ENTRY DEADLINE(S) – INDIV & RELAY:** Entries must be received by 7/13/26

**ENTRY LIMITS – INDIV & RELAY:** The USMS max for sanctioned meets is 6 individual events per day for a timed finals competition (102.3.1

**DAY OF MEET ENTRIES INFO:** No Entries will be accepted the day of the meet

**PAYMENT:** Payments must be made by Venmo

- [VENMO LINK](#)

**SEEDING METHOD** Slow to fast by time and will not be seeded by age or gender

**LOCATION OF HEAT SHEETS** Heat Sheets will be posted behind the bleachers as well as behind the blocks

**LOCATION OF RESULTS** Results will be posted behind the bleachers and behind the blocks

**POSITIVE CHECK-IN AND SCRATCH INFO FOR INDIV AND RELAY EVENTS** Please check yourself in upon entry of the facility with the computer table. Please understand there are no refunds for scratches.

**RESTRICTIONS ON CAMERAS AND VIDEO** There are no cameras or video allowed behind the blocks or in the locker rooms.

# ORDER OF EVENTS:

ALL EVENTS WILL BE SWUM OPEN AGE AND MIXED

100 FREESTYLE

50 BUTTERFLY

100 BREASTSTROKE

50 BACKSTROKE

100 BACKSTROKE

50 BREASTSTROKE

100 BUTTERFLY

50 FREESTYLE

200 FREE RELAY (UPON REQUEST)



**NEW ENGLAND  
LMSC**