

LOCATION: Bayside Recreation Center 4500 First Court Road, Virginia Beach, VA 23455

COURSE DESCRIPTION: Eight lane, 25 meter pool, non-turbulent lane lines. 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.

WARM-UP and COMPETITION START TIME:

- Building will open at 9:00 am.
- Session 1 warm-up begins at 9:15 am. Competition will start at 9:45 am. During Session 1, seven lanes will be used for competition; one lane will be available for continuous warm-up and cool down.
- Session 2 warm-up begins at 11:30 am or at the completion of Event 1. Competition will start at 12:00 noon. During Session 2, six lanes will be used for competition. Two lanes will be available for continuous warm-up and cool down.
- No diving is permitted in the continuous warm-up lane(s) once the competition begins. Swimmers are expected to enter the pool feet first in a cautious manner. Lanes will be designated in the warm-up period for starts and one-way swimming.

TIMING SYSTEM: The primary timing system will be the Colorado Timing System. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

In the past, world and national records have been broken at this meet. To facilitate the timing, approval, and processing of those records, we ask that you notify the meet director in advance that you will be vying for a new record.

MEET DIRECTORS: Barbara Boslego boslego@hotmail.com and Mitch Saks

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. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body.

The USMS registration year starts on November 1 of the current year for the following year. If you join USMS November 1, 2026 or later, you will be a member until December 31, 2027.

Swimmers with disabilities and those requesting medical or swimwear exemptions are welcome to participate. They should contact the meet director as soon as possible in advance, so that in coordination with the meet referee, accommodations will be made and approved by USMS officials.

Swimmers who do not meet gender eligibility requirements are welcome to participate. They will swim in the same heats as all other swimmers. They are requested to contact the meet director in advance. The USMS rules current on the day of the meet will determine the meet results.

AGE DETERMINATION DATE: Age for the meet will be your age on DEC 31, 2026. **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 aggregate age of the four relay team members: 72-99, 100-119, 120-159, 160-199, 200-239, and up in 40-year increments as high as necessary. Age of each team member is age as of December 31, 2026.

ENTRY PROCEDURE AND DEADLINE(S) – INDIVIDUAL & RELAY:

- Individual events must be entered on-line.
- Entries close at 11:59pm on TUES, NOV 3, 2026.
- Relays will be entered at the meet. Relay entry forms are available by clicking [HERE](#) or at check-in.
- All relay swimmers must be already entered in the meet by the entry deadline.

VMST WORK-OUT GROUPS: Swimmers registered with VMST who are part of designated WORK-OUT GROUPS, should check their workout-group on the registration form. All others, leave this item blank.

ENTRY LIMITS – INDIVIDUAL & RELAY: Swimmers are allowed a maximum of 6 individual events and 5 relays. For Event 1 – 1500 Free, there will be a maximum of 2 heats (14 swimmers)

Men/Women/Mixed relays for the same event will be swum in the same heat. Each swimmer may enter only one relay per event. Mixed relays are composed of 2 men and 2 women.

ENTRY FEES:

- Individual Swimmers: \$12.00 pool surcharge plus \$8.00 per individual event
- Relay-Only Swimmers: \$12.00
- Team relay entry fee: FREE

NOTE: If you enter as a Relay-Only swimmer, make sure that at least three other swimmers from your USMS club or workout group are planning to attend the meet and participate in relays. Once a swimmer enters the meet, there will be no refunds.

WARM-UP and ORDER OF EVENTS:

- Pool opens at 9:00 am.
- Warm-up starts at 9:15 am. First heat of the 1500 begins at 9:45 am.
- There will be another 30 min. warm-up at 11:30 am or at the completion of the 1500s. Event 2 will start no earlier than 12:00 noon.
- Swimming back-to-back events would be challenging.

SEEDING METHOD: Slow to fast by time without regard to age or gender, except for Event 1, 1500 Free, which will be fast to slow. Events may be re-seeded for efficiency based on scratches.

LOCATION OF HEAT SHEETS – Heat sheets will be printed at the close of check-in and hung around the pool area. Individual heat sheets will not be available.

DISTANCE FREESTYLE:

Distance freestyle events are limited to 2 heats each (14 swimmers) If your plans change after you enter, please notify the meet director as soon as possible. .

Positive check-in is required for Event 1 - 1500 Free by start of the warm-up at 9:15 am.

Event 23 - 800 Free by the start of Event 11, 400 IM.

Relay Events :

5, 6, and 10 must be entered by the start of Event 2.

14 and 22 must be entered by start of Event 11, 400 IM.

AWARDS –Medals will be given to places 1 – 3, Ribbons for places 4 – 6.

SOCIAL EVENT and LODGING: Swimmers and their guests are invited to join for a social after the meet less than 2 miles from the pool at:

[Commonwealth Brewing Co.](#)

244 Pleasure House Road

Virginia Beach, VA 23455

Ask at the check-in desk if you need more information.

Many hotels at the Virginia Beach oceanfront have good rates in November. Check on-line for rates.

Meet Course: 25 Meters

Session 1 - Event 1

Warm-ups start at 9:15 AM

Meet Session starts at 9:45 AM

#	Sex	Event
1	Mixed	1500 M Free

Session 2 - Event 2 After 30 Min Warmup

Warm-ups start at 11:30 AM

Meet Session starts at 12:00 PM

#	Sex	Event
2	Mixed	50 M Breast
3	Mixed	200 M IM
4	Mixed	200 M Back

#	Sex	Event	
5	Mixed	400 M	Free Relay
6	Mixed	200 M	Medley Relay
7	Mixed	50 M	Free
8	Mixed	100 M	Fly
9	Mixed	100 M	Breast
10	Mixed	200 M	Free Relay
11	Mixed	400 M	IM
12	Mixed	200 M	Free
13	Mixed	50 M	Fly
14	Mixed	800 M	Free Relay
15	Mixed	200 M	Fly
16	Mixed	100 M	Back
17	Mixed	400 M	Free
18	Mixed	200 M	Breast
19	Mixed	100 M	IM
20	Mixed	50 M	Back
21	Mixed	100 M	Free
22	Mixed	400 M	Medley Relay
23	Mixed	800 M	Free