

Kroc Masters
FEBRUARY FLURRY MEET
(party, postal and xc-ski too!)
Saturday & Sunday February 23-24, 2019

Date/Time:

Saturday February 23rd, Warm-up 10:00am-10:45am, Meet Starts at 11:00am,
Evening Social 5:30pm
Sunday February 24th, Warm-up 8am, 1 hr. Postal 9am & 10:15am, X-C ski social Noon

Location: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course
Road, Coeur d'Alene, Idaho 83815

Eligibility: All Swimmers must be currently registered with US Masters Swimming or Foreign equivalent. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. Include a copy of your registration card if registered outside Inland NW Masters.

Rules: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. 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.

Conduct of the Meet: Participants are limited to five individual events and three relay events for the Saturday session. Sunday's one-hour ePostal is conducted under the rules of the 2019 USMS 1-hour ePostal National Championship. Registration for the ePostal occurs after you swim and is the responsibility of the swimmer, see the USMS registration site:
https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=11303

Check in: Positive check is required for Sunday. Check in by 8:30am for the 9am swim and 9:45am for the 10:15am swim. Swim times will be assigned based on the number of participants and will be emailed by Friday February 22.

Relays: Submit relay cards to the clerk of course before 11:30am or the completion of Event 1, whichever is earlier. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

Awards: 1st-3rd place awards will be available for free.

Fees: \$35 for online entries completed by midnight (PST) on Wednesday, February 20th, 2019 (ONLINE ENTRIES ARE REQUIRED). Mailed entries and deck entries will not be accepted. Online meet registration is available at: <https://www.clubassistant.com>

Sponsor: Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 359-S001

Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool:

From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

Note: Nourishment will not be provided to athletes. Concessions are available in the lobby. Please no food on the pool deck.

Questions: Contact Glenn Mabile 208-699-6201.

SOCIAL EVENTS:

There will be two social events for this meet! We will have a no host drinks and dinner social at a location TBD on Saturday night. Sunday after the Postal swim we will be meeting at 4th of July Pass for some easy and fun X-Country skiing. This event will include refreshments and snacks and possibly a warming hut with a roaring fire! We will facilitate rentals for anyone who needs skis and beginners are welcome and encouraged! Snowshoeing is great too!

**Kroc Masters
February Flurry Meet
Sample Entry Form (online entry required)**

Online entries:

https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=11303
SATURDAY & SUNDAY, FEBRUARY 23-24, 2019

Name _____ Male Female (Circle one)

Birthdate _____ Age _____ Email _____

Address _____

Phone _____ USMS# _____ Inland NW Team _____

**I PLAN TO SWIM THE ONE HOUR NATIONAL POSTAL SWIM ON
SUNDAY ___YES___NO**

**I WILL NEED HELP WITH SKI/SNOWSHOE RENTALS AND/OR A RIDE
TO THE SUNDAY SOCIAL ___YES___NO**

**Kroc Masters
February Flurry Meet
Saturday Session
Maximum of 5 Individual and 3 Relay Entries
Warm-ups begin at 10:00am
Meet starts at 11:00am**

EVENTS

ENTRY TIME

1-Mixed 400 Y IM

**Relay cards due
10 minute break**

2-Mixed 200 Y Freestyle relay

3-Mixed 200 Y Backstroke

4-Mixed 100 Y Breaststroke

5-Mixed 50 Y Butterfly

6-Mixed 100 Y Freestyle

10 minute break

7-Mixed 200 Y Medley Relay

8-Mixed 50 Y Breast

9-Mixed 200 Y Freestyle

10-Mixed 100 Y Butterfly

11-Mixed 50 Y Backstroke

12-Mixed 100 Y IM

10 Minute Break

13-Mixed 400 Y Freestyle relay

14-Mixed 100 Y Backstroke

15-Mixed 200 Y Breaststroke

16-Mixed 50 Y Freestyle

17-Mixed 200 Y IM

18-Mixed 500 Freestyle
