

**Kroc Masters**  
**FEBRUARY FLURRY MEET & SWIM CLINIC**  
Friday, Saturday & Sunday, February 21<sup>st</sup>-23<sup>rd</sup>, 2025

**Date/Time:**

Friday Evening Feb. 21<sup>st</sup> Swim Clinic 6:30pm-8:00pm

Saturday Morning Breakfast 7:30am

Saturday Feb. 22<sup>nd</sup>, Warm-up 10:00am-10:45am, Meet Starts at 11:00am,

Sunday Feb. 23<sup>rd</sup>, Warm-up 8:00am-8:45am, Meets Starts at 9am.

**Location:** Meet and Clinic-The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815, **Breakfast-** Todd & Patrice Cory residence 2161 E. Briarleaf Ave, CDA.

**Eligibility:** All Swimmers must be currently registered with US Masters Swimming or foreign equivalent.

**Rules:** All current USMS rules will apply. Please consult [www.usms.org/rules](http://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. A Colorado Timing system will be used and times from this competition will be eligible for world records, USMS records and Top 10 consideration.

**Conduct of the Meet:** Participants are limited to five individual events per day. Age groups will be determined by your **age as of December 31, 2025**. **This meet will be short course meters.**

**Check-in:** Positive check-in is required for the 1500 Freestyle, 400 IM and 200 Fly on Sunday by 8:30 am.

**Relays:** Relay swimmers must sign up for at least one individual event. 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. Submit relay cards to the clerk of course before the completion of Event 2 on Saturday for Saturday events or before the conclusion of warm-ups on Sunday for the 800 free relays.

**Awards:** 1<sup>st</sup>-3<sup>rd</sup> place awards will be available.

**Fees:** **ONLINE ONLY ENTRIES \$45** for online entries, deadline is 11:59pm (PST) on Wednesday, Feb 19th, 2025. Online registration is available at:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2594&smid=19329](https://www.clubassistant.com/club/meet_information.cfm?c=2594&smid=19329)

**Sponsor:** Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction #355-S002

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

From I-90 take the Northwest Blvd exit (exit 11). From the 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 EVENT:**

There will be a breakfast social event for this meet! We will have breakfast at the Cory residence on Saturday morning (address above). Out-of-town swimmers are encouraged to attend, the Corys are great hosts!

**SWIM CLINIC:**

**Friday Evening Clinic**

There will be an optional clinic Friday evening at no charge for all registered Meet swimmers from 6:30pm to 8pm.

Topics covered and rehearsed will include 1) **Freestyle Stroke Mechanics** 2) **Starts** and 3) **Race Strategies for 100 Yard/Meter Races**, presented by some of the most experienced coaches in the region.

**February Flurry Online Entries required at:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2594&smid=19329](https://www.clubassistant.com/club/meet_information.cfm?c=2594&smid=19329)

**ENTRY DEADLINE FEBRUARY 19<sup>th</sup>, 2025, 11:59pm PST**

**Kroc Masters  
February Flurry Swim Meet & Clinic  
Maximum of 5 Individual events per day  
\*SHORT COURSE METERS TIMES\***

**Friday Feb 21<sup>st</sup> Swim Clinic- I will attend \_\_\_\_\_**

**Sat Feb 22<sup>nd</sup> Session Warm-ups 10:00am, Meet starts at 11:00am**

**Entry Time**

1- 400M Freestyle \_\_\_\_\_

2- 200M Individual Medley \_\_\_\_\_

**Relay cards due**

**10-minute break**

3- 200M Women's Freestyle Relay

4- 200M Men's Freestyle Relay

5- 200M Mixed Freestyle relay

6- 50M Butterfly \_\_\_\_\_

7- 100M Freestyle \_\_\_\_\_

8- 100M Individual Medley \_\_\_\_\_

**10-minute break**

9- 400M Women's Freestyle Relay

10- 400M Men's Freestyle Relay

11- 400M Mixed Freestyle Relay

12- 50M Breaststroke \_\_\_\_\_

13- 100M Butterfly \_\_\_\_\_

14- 200M Backstroke \_\_\_\_\_

**10-minute Break**

15- 200M Women's Medley Relay

16- 200M Men's Medley Relay

17- 200M Mixed Medley Relay

18- 50M Freestyle \_\_\_\_\_

19- 100M Backstroke \_\_\_\_\_  
20- 200M Breaststroke \_\_\_\_\_  
**10-minute break**  
21- 50M Backstroke \_\_\_\_\_  
22- 100M Breaststroke \_\_\_\_\_  
23- 200M Freestyle \_\_\_\_\_

**Sun Feb 23rd Session Warm-ups 8:00am, Meet starts at 9:00am**  
**Entry Time**

**Relay cards due**

24- 800M Men's Freestyle Relay  
25- 800M Mixed Freestyle Relay  
26- 800M Women's Freestyle Relay

**10-minute break**

27- 200M Butterfly \_\_\_\_\_  
28- 1500M Freestyle \_\_\_\_\_

**10-minute break**

29- 400M Individual Medley \_\_\_\_\_