

NJ Masters Swimming Annual (Super Bowl Sunday) 100 x 100s hosted by the NJ LMSC Board of Volunteers will be held on Sunday, February 5, 2023 ... a week pre-game this year. It is time to register and to get your swim day swim plan in place!!

All swimmers must be current 2023 NJ LMSC registered USMS members to be eligible to participate in the Annual 100 x 100s event. [2023 USMS registration](#)

[Click here to register online for the NJ LMSC Annual 100x 100s!!](#)

Your immediate automatic confirmation will be displayed in your web browser upon successful completion of your registration submission. Please take a screen shot if you would also like a copy for your reference. Thanks!

You will also receive an automatic email which confirms receipt of your registration and also shows all of your responses. Please keep this handy for your reference for the event.

If you have any questions, please email Deirdre O'Mara domara@pingry.org

This special **COMPLIMENTARY** event will be limited to the first 100 eligible swimmers.

Light refreshments will be available during/after the swim to help refuel your body and help you to achieve your swimming goal!

Please plan on arriving by 7:00am for check-in ~~ pre-registration will be verified ~~ and to prepare for the group photo at 7:45am.

The deck instructions will be at 7:55am and the event will start promptly at 8:00am with all lanes starting at the same time.

The 25-yard lanes will be organized by a structured group pace and the lanes will be labeled accordingly with a target 100-yard pace time (fastest interval). Please be mindful when you register to submit a swim pace that best matches your skill level as this information is the basis for lane allocation on the day of the event. Sample workouts will be available for your reference. Please locate your lane and meet up with your lanemates prior to the group photo so that you can work out the lane logistics and to be prepared for the 8am start.

For safety reasons, NO paddles will be allowed to be used during the entire 100 x 100s event. Use of other equipment is reserved to the discretion of the lane participants. Please be mindful of the safety of yourself and the other swimmers -- enter the water feet first only and observe proper lane etiquette when swimming. Personal water bottles and/or fitness drinks are highly recommended to maintain adequate hydration and

please feel free to bring along protein bars, gels, or other snackables for nutrition throughout the event.

Have fun, encourage each other, and most of all, thanks for helping to contribute to another successful running of the New Jersey Masters Swimming Annual 100 x 100s! An amazing and long-standing tradition within NJ Masters Swimming!!

Date: Sunday, February 5, 2023

When: Check-in 7am

Swim time 8am - noon

Where: Jersey Aquatic Center

629 Central Avenue

New Providence, NJ 07974