

# Rinconada Masters Spring Short Course Meet

**Saturday March 8, 2008**

Sanctioned by Pacific Master Swimming Inc. for USMS Inc., Sanction No: #38-08-08

**Location:** Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

HWY 101m exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

**Facility:** 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

**Time:** Warm-up 7:30 am - 8:45 am. Meet starts at 9:00 am.

**Check In:** Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

**Entries:** This will be a cardless meet. Swimmers may swim up to 5 individual events. You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Nan Blackledge, (See below)

**Entry Fees:** \$4.00 per event plus \$5.00 surcharge per swimmer; \$ 10.00 surcharge for late or deck entries. Entries must be **Postmarked by Friday February 22, 2008, or received by Wednesday February 27, 2008.**

No **DECK ENTRIES** for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2008 USMS registration card to:

Rinconada Spring Meet **(No Refunds)**  
c/o Nan Blackledge  
501 Portola Road, P.O. Box 8005  
Portola Valley, CA 94028  
650-424-4376

**Awards:** Ribbons 1<sup>st</sup> through 6<sup>th</sup> in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free) (**Please return award Plaques each year**)

**Meet Director:** Jim Shaw 650-529-1173

**Referee:** Bud Meyer

**Starter:** TBD

(Timing equipment by Larry Rice)

**Events:** (Odd – Women, Even-Men)

All events will be swum slow to fast.

1            2            1000 Yd. Free

**Event #3 will not start before 11 AM.**

3            4            200 yd Breast

5            6            50 yd Free Novices. Novices are those with no prior competitive masters experience.

7            8            50 yd Free

9            10           100 yd Fly

11           12           100 yd Back

13           14           200 yd Free

15           16           50 yd Back Novice. Novices are those with no prior competitive masters experience.

17           18           200 yd IM

19           20           100 yd Breast

21           22           50 yd Fly

23           24           400 yd IM

25           26           100 yd Free

A            B            1650 yd Fly Special-event, records are kept.

Entry is free. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45mins.