

This BEAR Don't Hibernate Meet

Hosted by BEAR Swimming

March 1, 2009

- Sanction:** Sanctioned by Pacific Masters Swimming Inc. for USMS Inc. Sanction Number: 38-09-04
- Location:** **Contra Costa College Swimming Pool**, Contra Costa College, 2600 Mission Bell Drive, San Pablo, California 94806
- Directions:** From I-80 East or West Exit El Portal Dr. Head west on El Portal. Turn Right on Castro Dr. Pool is on the left side. Pool parking lot is for coaches and officials only. Use the college designated parking lots for parking.
- Time:** Meet begins at 9:00 a.m. Sunday; Warm-ups from 7:30-8:45 a.m.
- Course:** Outdoor heated pool, 25 Yards by 50 Meters, up to 10 lanes with ten lanes available for warm up during the competition.
- Check In:** Swimmers in events #1-3 must check in before 8:30 am. All other events close 30 minutes prior to start of 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 download at BEAR Swimming website at www.bearswimming.com
- Entry Fees:** \$4.00 per event plus \$5.00 one time surcharge per swimmer and \$4.00 per relay; surcharge \$10.00 for deck entries. Entries must be **Postmarked by Friday February 13, 2009, or received by Thursday February 19, 2009**. There are no refunds. Make check payable to 'BEAR Swimming' and mail entries with a copy of you 2009 USMS registration card to:

BEAR Swimming
c/o Rick Vasquez
1563 Solano Ave #373
Berkeley, CA 94707

Meet Director: Rick Vasquez 510 233 4232, Volunteers welcome. Call to sign up.

Referee: TBD **Starter:** TBD

Timing: David Cottom

Events: ODD numbers are Women and EVEN numbers are Men. All relays are offered in women's, men's, and mixed genders. Each swimmer may only participate in one relay of each type.

1	2	200 Free Relay
3		200 Mixed Free Relay
5	6	200 IM
7	8	50 Back
9	10	100 Free
11	12	50 Breast
13	14	100 IM
15	16	50 Fly
17	18	400 Free Relay
19		400 Mixed Free Relay
21	22	100 Back
23	24	50 Free
25	26	100 Breast
27	28	200 Free
29	30	100 Fly
31	32	200 Medley Relay
33		200 Mixed Medley Relay