

**Chabot College Aquatics  
Presents the 2009 Pacific Masters  
Long Course Swimming Championships  
Chabot College Swim Complex, Hayward, California  
July 10, 11, 12, 2009**

Sanctioned by Pacific Masters Swimming, Inc. for United States Masters, Swimming, Inc.  
Sanction # 38-09-09

**Referee:** John King

**Meet Director:** Jennifer Kubicki. For Information, contact Jennifer Kubicki at 510-750-7443, jenny.kubicki@gmail.com

**Pool:** Newly remodeled Olympic pool. Great deck area around the pool and an upper deck overlooking the pool. Lots of space for viewing all the events. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

**Location:** 25555 Hesperian Blvd., Hayward, CA. From Highway 92, take the Hesperian Blvd exit North. At the second stop light, enter parking lot A. There is a \$2.00 Parking Fee. Parking Violations are \$30.00.

**Time:** *Friday;* Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 am.  
*Saturday and Sunday;* Check-in and warm-up at 7:00 am. Meet starts at 8:30 am. Please note: You must check-in each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first two events each day is 30 minutes before the scheduled start for the meet.

**Rules:** 2009 USMS Rules will govern this meet. You must be 2009 USMS registered.

**Entries:** You may enter this meet either on line and by mail. You may enter a maximum of 5 events per day and 7 events for all three days, excluding relays. Note that relays are deck entered at the meet.

**On-Line Entry:** 1 event: \$10.95; 2-4 events: \$32.15; 5-7 events: \$ 37.45. Enter this meet online at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1225&smid=1592](https://www.ClubAssistant.com/club/meet_information.cfm?c=1225&smid=1592). Online Meet Entry system fees are included in the above entry fees at a substantial discount over mailed entries. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet.

**Deadline:** On-line entries must be submitted by Wednesday, July 1, midnight.

**Mailed Entry:** 1 event \$15, 2-4 events \$35, 5-7 events \$40. Please note that a discount is offered for on-line entry. All fees payable to Chabot Aquatics.

**Deadline:** Mail-in entries must be postmarked no later than Saturday, June 27, and/or received no later than Wednesday, July 1. Meet directors are forbidden to accept late entries so plan ahead! Enter now! Mail your check, consolidated race entry, and USMS registration photocopy to: Jennifer Kubicki, 1091 Fargo Ave., San Leandro, CA 94579

**Snack Bar:** Available all three days. Concessionaires will have quality goods for your shopping pleasure, including BBQ items. Commemorative items will be offered for sale.

**Age Groups:** Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age determined by your age on December 31, 2009.

**Please Note:** This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

**Relays:** Fee for relays is \$4 per relay. Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

**Seeding:** Individual events will be deck seeded from slowest to fastest. We will swim events one-per-lane, including the 1500 meter freestyle, the 800 m freestyle, and the 400 m freestyle. Women and men may be seeded together for the 400, 800, and 1500 freestyle. However, a large number of entries may require us to swim some heats two-to-a-lane for the 400, 800, and 1500 freestyles. Women and men will not be seeded in the same heat for two-to-a-lane heats. **Please arrive early on Sunday morning as we expect the 400 freestyles to go quickly.** That way you won't miss check-in for your event, you can help time the 400's, and you will be able to warm up after the 400's.

**Scoring:** Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group. \*NOTE\* Only two relay teams per club may score per age group of a relay.

**Awards:** Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

**Program:** Available for \$5 donation to Chabot Swimming.

**Timing:** Swimmers from all teams are expected to assist with timing duties. Two timers per lane are needed. Let's all be good sports and lend a hand.

**Accommodations:** There are several Hotels & Motels within one to two miles of Chabot College.

**Schedule of Events** (odd # events for women, even # events for men):

**FRIDAY, JULY 10** Check-in and warm-up: 8:30 am, Meet starts: 9:30 am

**Event#**

1 & 2            1500m mixed freestyle  
3 & 4            800m free relay  
5 & 6            400m I.M.

**SATURDAY, JULY 11** Check-in and warm-up: 7:00 am, Meet starts: 8:30 am

**Event#**

7 & 8            200 m freestyle  
9 & 10           50 m backstroke  
11               400 m mixed free relay  
13 & 14          200 m backstroke  
15 & 16          100 m butterfly  
17 & 18          100 m breaststroke  
19 & 20          50 m freestyle  
21               200 m mixed medley relay  
23 & 24          800 m mixed freestyle

**SUNDAY, JULY 12** Check-in and warm-up: 7:00 am, Meet starts: 8:30 am

**Event#**

25 & 26          400 m mixed freestyle  
27 & 28          200 m I.M.  
29 & 30          50 m butterfly  
31 & 32          200 m breaststroke  
33 & 34          200 m freestyle relay  
35 & 36          100 m backstroke  
37 & 38          200 m butterfly  
39 & 40          50 m breaststroke  
41 & 42          100 m freestyle  
43 & 44          400 m medley relay