

FOG City
Winter Quadrathon Meet
Sunday, January 25, 2009

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-09-02

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 12:30 p.m., meet starts at 1:30 p.m. Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2009 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 20, 2009 or received at the pool by Wednesday, January 21, 2009. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

1-2 500 yd. Free

3-4 100 yd. Free

5-6 200 yd. Free

7-8 50 yd. Free