

MODESTO AREA AQUATIC CLUB



making waves

3rd Annual

# MAAC Summer SCM

Saturday, August 15, 2009

Modesto Junior College Aquatic Complex

*Presented and Hosted by Modesto Area Aquatic Club*

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc., Sanction #38-09-10

## Directions

<http://www.mapquest.com>

### From the Bay Area

Take 580 E to 205 E to 5 N to 120 E to 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right.

### From Sacramento

Take 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right.

### From Fresno Area

Take 99 North. Exit Kansas Avenue. Right onto Kansas. Right on Franklin. Left on Beech. Go over bridge. Left onto College Avenue. Left on Coldwell. Pool is on the left.

### From Sonora/Foothills

Take Highway 108 West. Left onto McHenry Avenue. Right on Orangeburg. Left on College Avenue. Right on Coldwell. Pool is on the left.

## Schedule of Events

(Odd = Women, Even = Men)

1-2	100m IM
3-4	50m Freestyle
5-6	100m Butterfly
7-8	50m Backstroke
9-10	100m Breaststroke
11-12	200m Freestyle
13-14	200m Free Relay
15-16	50m Butterfly
17-18	200m IM
19-20	100m Backstroke
21-22	50 m Breaststroke
23-24	100m Freestyle
25	200m Mixed Medley Relay

## Details

### Warm Ups and Meet Start Time

Warm-up begins at 8:00 a.m. and the meet will begin promptly at 9:00 a.m.

### Facilities

6 lane all deep 25 meters with touchpads. 2 additional lanes will be available for warm up and cool down.

### Parking

Free parking along Coldwell Avenue, and in the parking lots adjacent to Coldwell Avenue and Tully Road

### Check-In

Swimmers in events #1 - #6 must check in before 8:30 a.m. All others must check in at least 30 minutes before the estimated start time 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 Masters newsletter or download the form from [www.pacificmasters.org](http://www.pacificmasters.org). Ribbons will be awarded. The field will be limited to 120 swimmers, so pre-entry is strongly encouraged.

### Entry Fees

Online entries: \$3 per swimmer, plus \$3 per event (to a maximum of 5 events). Enter at <http://maac.mastersswim.com> by midnight Sunday, August 9. (Swim Connection charges an internet processing fee of \$1 per swimmer plus 5% of the total entry fee).

Mailed entries: \$5 per swimmer, plus \$3 per event (to a maximum of 5 events). You must use the consolidated entry form from Pacific Masters Swimming. Entries must be postmarked by Wednesday, August 5 or received by Friday, August 7. Mail entry and check payable to MAAC (NO REFUNDS) with a copy of your 2009 USMS registration card attached to:

### MAAC

Attn: Tom Kara  
P.O. Box 4765  
Modesto, CA 95352-4765

Deck entries: \$5 per swimmer, plus \$5 per event. You must bring a copy of your 2009 USMS registration card. All deck entries must be completed by 8:30 a.m. Relays are deck entered at \$4 per relay.

### Meet Officials

Meet Director: Tom Kara [coachtom@maacswim.org](mailto:coachtom@maacswim.org)  
Starter: Robin Cadmus Head Referee: Cal Cadmus

FOR MORE INFORMATION on the meet or local accommodations, please visit our website at [www.maacswim.org](http://www.maacswim.org)