

16th ANNUAL RENO "WINNERS" MEET

Northwest Pool in Reno, Nevada
SATURDAY, DECEMBER 5, 2009

11:00 AM WARMUP and 12:00 PM START
SPONSERED BY SIERRA NEVADA MASTERS

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. #38-09-15

Eight lane, 25 yd. indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs and a small snack bar will be available during the meet.

DIRECTIONS: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

RULES: 2009 USMS and PMS rules govern this meet. Swimmers are limited to 5 individual events. 2009 or 2010 USMS registration is required and a photocopy of such must accompany the entry form. For USMS registration contact Nancy Ridout, PMS Registrar, at (415) 892-0771.

CHECK-IN: This meet will be deck seeded, slow to fast. Swimmers in Events 1-13 must check-in by 11:30 AM. Check-in for the remaining events is 12:30 PM.

ENTRIES: Send your entries on a PMS Consolidated Entry Form (see PMS insert in USMS SWIMMER magazine) **AND A PHOTOCOPY OF YOUR USMS CARD.** Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 PER INDIVIDUAL EVENT. No fees for relays. **ENTRIES MUST BE POSTMARKED BY Wednesday, NOVEMBER 25, 2009.** Consolidated entry forms must be filled out completely, including age as of December 5, 2009. There will be no refunds.

LATE ENTRIES: Fees for entries postmarked after 11/25/09 or any deck entries will be \$3.00 per swimmer and \$3.00 PER INDIVIDUAL EVENT. **Deck entries will not be accepted after 11:30 AM on meet day.**

MAKE CHECKS PAYABLE TO: SIERRA NEVADA MASTERS AND MAIL TO:
Gwen Shonkwiler, 3035 Comstock Drive, Reno, NV 89512

AGE GROUPS: Individual: 18-24, 25-29, 30-34...Relays: 18+, 25+, 35+...100+

AWARDS: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

NO SMOKING: Smoking is prohibited on the pool deck, in the locker rooms or in any area used by the swimmers during the meet and warm-up periods in connection with the meet.

MEET DIRECTOR: Steve Lintz (775) 334-2262 (D) 849-2179 (E) **REFEREE:** Rick Kaufmann

ORDER OF EVENTS: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

W	M		W	M	
1	2	200 Yd Free	15	16	50 Yd Back
3	4	100 Yd Back	17	18	100 Yd Fly
5	6	50 Yd Fly	19	20	50 Yd Free
7	8	100 Yd Free	21	22	100 Yd Breast
9	10	50 Yd Breast	23	24	100 Yd Individual Medley
11	12	200 Yd Individual Medley	25		200 Yd Mixed Medley Relay
13		200 Yd Mixed Free Relay	27	28	500 Yd Free