

WALNUT CREEK MASTERS

2009 Pacific Masters Short Course Meters Championships

October 16th, 17th and 18th, 2009

Sanction # 38-09-14. Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc.

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek, CA

Directions: From I-680 North, take Ygnacio Valley Road Exit east about 2 miles to San Carlos Dr. signal light, turn left, go one block to Heather Drive turn left. Swim Center is on your right. From I-680 South, take the North Main exit, turn right at the signal on N. Main St travel south to Ygnacio Valley Road, turn left on Ygnacio Valley Rd to San Carlos Drive, as above.

Facility: All Deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 am. All other events over 200 Meters must be checked in 45 minutes prior to the estimated start of the event.

Age: Age on December 31, 2009 determines age for this meet.

Entries: TWO OPTIONS FOR MEET ENTRY:

Option 1 – Online Meet Entry: (deadline: midnight, Wednesday, October 7, 2009). Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=1752 to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Club Assistant and requires a credit card for payment. The processing fee is included in the online entry fee. Your credit card will be charged by “ClubAssistant.com Event Billing” for this meet.

Option 2 – Traditional Mailed or Hand-Delivered: (Entries must be postmarked by midnight Thursday, October 1, 2009, or hand delivered to the address below by 5:00 p.m. on Monday, October 5, 2009). Entries must be on a Consolidated Entry Form. Mail your form to the address below with a copy of your 2009 USMS Card, and check payable to Walnut Creek Masters. If you would like to confirm entry, please include a stamped envelope or post card.

Mailed	Hand-Delivered (see directions above)
Walnut Creek Masters	Clarke Swim Center
C/O Debbie Santos	Heather Farms Park
1244 Oak Knoll Dr.	Walnut Creek, CA
Concord, CA 94521	Attn: Kerry O'Brien
Phone: 925-521-0522	

Note: This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. Incomplete entries cannot be processed and will be returned.

Enter short course meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (no time) entries are not allowed. All events will be seeded slow to fast. Events 3, 4, and 5 (the 800 Free Relays), as well as events 7 & 8 (the 1500 Free) and events 27-28 (the 800 Free) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

Mailed Entry Fees: \$15 for one event, \$35 for 2-4 events, \$40 for 5-7 events

Online Entry Fees: \$18 for one event, \$38 for 2-4 events, \$43 for 5-7 events (all on-line processing fees are included)

Relay Entry Fees: Deck entered at \$4 per relay

Deadline: Mailed entries must be postmarked by Thursday, October 1, 2009, and/or received no later than Monday, October 5, 2009. Meet Directors are forbidden to accept late or incomplete entries!

Online entries must be submitted by Wednesday, October 7, midnight. No entries will be accepted after that time!

Awards: Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays. High point award will be given to each age group.

Snack Bar: Available all three days.

Program: Available for \$5.00

Meet Director: Kara Gray. For questions, contact Kara Gray (925) 478-8051, or Debbie Santos at (925) 521-0522.

Referee: John King

Events: Women = Odd, Men = Even

Friday, October 16 Warm-up begins @ 8:00am. Meet starts @ 9:00am

1 - 2	400 IM
3 - 4	800 Free Relay
5	800 Mixed Free Relay
7 - 8	1500 Mixed Free (remember: Men & Women swim together)

Saturday, October 17 Warm-up begins @ 7:30am. Meet starts @ 8:30am

9 - 10	100 Back
11 - 12	200 Fly
13 - 14	50 Breast
15 - 16	200 Medley Relay
17 - 18	200 IM
19 - 20	100 Free
21 - 22	50 Fly
23 - 24	100 Breast
25 - 26	400 Free Relay
27 - 28	800 Mixed Free (remember: Men & Women swim together)

Sunday, October 18 Warm-up begins @7:30am. Meet starts @8:30am.

29 - 30	200 Free
31 - 32	50 Back
33 - 34	200 Breast
35	200 Mixed Free Relay
37 - 38	100 Fly
39 - 40	50 Free
41 - 42	100 IM
43 - 44	200 Back
45	400 Mixed Medley Relay
47 - 48	400 Free