

Tri Valley Masters and the Walnut Creek Masters 2009 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 17, 18, & 19, 2009

Sanctioned by Pacific Master Swimming Inc. for USMS Inc., Sanction # 39-09-08

Pool: Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

Location: 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. NO OVERNIGHT OR RV PARKING PERMITTED. Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

Directions: From I-580, exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right.

From I-680 take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

Time: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. on Friday with the combined 1650 heats on both courses. On Saturday and Sunday meet starts at 8:30 a.m. with the women's heats on both courses.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 yards and less. Swimmers must check in for the 1650 free and 400 IM on Friday, the 500 free on Saturday and the 1000 free on Sunday. The 1650 free (events 1 & 2) and the women's 500 free (event 9) must be checked in by 8:00 a.m. All other events over 200 yards must be checked in **45 minutes** prior to the estimated start of the event.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$4.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

Seeding: Individual events will be seeded from slowest to fastest. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at

the meet. All one-per-lane heats will swim after the two-to-a-lane heats. Events 1 & 2 (1650 free) and 45 & 46 (1000 free) will be combined for seeding purposes and swum together regardless of gender. The last heat of the 1000 and 1650 will be swum in the first available course where all other heats have been completed

TWO OPTIONS FOR MEET ENTRY:

Option 1 – Online Meet Entry: (deadline: midnight, Wednesday, April 8). Enter at: <http://wcm.mastersswim.com> 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 Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Entering online is a convenience; it is in no way required or expected of a swimmer.

Option 2 – Traditional Mailed: (Entries must be postmarked by Monday, March 30 and/or received by Thursday, April 2)

Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2009 USMS Card, and check payable to Walnut Creek Masters to Walnut Creek Masters, C/O Debbie Santos, 1244 Oak Knoll Dr, Concord, CA 94521. (925-521-0522) or hand delivered to Heather Farms Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card..

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.** Because this is a championship meet, NT (no time) entries are not allowed.

Fees: \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

Deadline: Mailed entries must be postmarked by Monday, March 30 and/or received by Thursday, April 2.

Online entries must be submitted by Wednesday, April 8, midnight.

Meet Directors are forbidden to accept late or incomplete entries!

Snack Bar: Available throughout the meet.

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 \$5.00

Timing: The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Two-to-a-lane events will be hand timed.

Accommodations:

Courtyard by Marriott

Approx. 3 miles from pool
Reservations: 925-463-1414

Residence Inn - By Marriott Pleasanton

Approx. 6 miles from pool
Reservations: 1-800-331-3131

Four Points by Sheraton

Approx. 3 miles from pool
Reservations: 925-460-8800

Head Referee: TBD

Meet Directors: Peter Guadagni 925-932-9958, Tim Kirk 925-580-8826

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 17

- 1- 2 1650 freestyle
- 3 800 mixed freestyle relay
- 5- 6 400 I.M.
- 7-8 200 freestyle

SATURDAY, APRIL 18

- 9-10 500 freestyle
- 11-12 50 backstroke
- 13-14 200 breaststroke
- 15-16 100 butterfly
- 17-18 200 medley relay
- 19-20 100 IM
- 21-22 200 backstroke
- 23-24 50 fly
- 25-26 400 freestyle relay

SUNDAY, APRIL 19

- 27-28 100 freestyle
- 29-30 50 breaststroke
- 31-32 200 butterfly
- 33-34 100 backstroke
- 35 200 mixed freestyle relay
- 37-38 200 IM
- 39-40 50 freestyle
- 41-42 100 breaststroke
- 43 400 mixed medley relay
- 45-46 1000 freestyle