

**Santa Cruz Masters Aquatics  
And The University Of California-Santa Cruz  
Present The 2010 Pacific Masters  
Long Course Swimming Championships  
UCSC Swim Complex-Santa Cruz, California  
July 9, 10, 11 2010**

Sanctioned by Pacific Masters Swimming, Inc. for United States Masters. Swimming, Inc. Sanction # 38-10-12

**Referee:** John King

**Meet Director:** Joel Wilson: 831.425.5762; [openwatr@got.net](mailto:openwatr@got.net)

**Pool:** One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

**Location:** East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill (detailed map available at [cruzswim.org](http://cruzswim.org)). Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool...about a 1/4 mile walk. Do not park at the pool on Friday!! Meters are closely monitored and non-meter zones are vigorously ticketed (\$30.00).

**Time:** Friday: Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m.

Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. Please Note: You must check-in anew each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

**Rules:** 2010 USMS Rules will govern this meet. You must be 2010 USMS registered.

**Entries:** Enter this meet online at

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1510&smid=2249](https://www.clubassistant.com/club/meet_information.cfm?c=1510&smid=2249). You may also snail mail a consolidated entry (see below). Be sure to enclose photocopy of your 2010 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

**Fees:** On-Line Entry: 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this swim meet.

Mailed Entry: 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. Entries must be on Consolidated Entry Form. Mail your check, consolidated race entry, and USMS registration photocopy to: to PacMasters Long Course Champs, Box 8422, Santa Cruz, CA 95061. Make checks payable to U.C. Regents. If you would like proof of entry, please enclose SASE.

**Relay Fees:** \$6 per relay.

**Deadlines:** Mail-in entries must be postmarked no later than Wednesday, June 23, 2010, and/or received no later than Monday, June 28. Meet directors are forbidden to accept late entries so plan ahead! Enter now!

\*\*\*On-line entries must be submitted by Friday, July 2, midnight. No entries accepted after that time.

**Snack Bar:** Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative items will be offered for sale.

**Age Groups:** Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age determined by your age on December 31, 2010.

**Please Note:** This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

**Relays:** Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

**Seeding:** Individual events will be deck seeded from slowest to fastest. We will swim events one-per-lane, including the 1500 meter freestyle, the 800 m freestyle, and the 400 m freestyle. Women and men will be seeded together for the 400, 800, and 1500 freestyle. **Please arrive early on Sunday morning as we expect the 400 freestyles to go quickly.** That way you won't miss check-in for your event, you can help time the 400's, and you will be able to warm up after the 400's.

**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 donation to UCSC Men's and Women's Swimming.

**Timing:** CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand.

**Accommodations:** Contact Meet Director for an incomplete email or fax list of accommodations.

**Schedule of Events** (odd # events for women, even # events for men):

#### **FRIDAY, JULY 9**

1--1500m mixed freestyle-- 2  
3-- 800m mixed free relay  
5-- 400m I.M.-- 6

#### **SATURDAY, JULY 10**

7--200 m freestyle--8  
9--50 m backstroke--10  
11--400 m free relay--12  
13--200 m backstroke-14  
15--100 m butterfly--16  
17--100 m breaststroke--18  
19--50 m freestyle--20  
21--200 m medley relay--22  
23--800 m mixed freestyle—24

#### **SUNDAY, JULY 11**

25--400 m mixed freestyle--26  
27--200 m I.M.--28  
29--50 m butterfly--30  
31--200 m breaststroke--32  
33--200 m mixed freestyle relay  
35--100 m backstroke--36  
37--200 m butterfly--38  
39--50 m breaststroke--40  
41--100 m freestyle--42  
43--400 m mixed medley relay