

**Strawberry Canyon Aquatic Masters Spring Short Course Yards Meet
Sunday, March 28, 2010**

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction #: 38-10-08

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility for paid indoor parking.

Parking: Please allow extra time for parking. Limited hourly indoor parking is available in the garage at Bancroft Way @ Ellsworth. Free parking is available on neighboring streets. Parking is not allowed in the church parking lot across the street from the pool, cars will be towed.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition, ten lanes for warm-ups.

Time: Warm-ups begin at 7:30 A.M. The 500 Free will begin at 8:30 A.M., and all other events will follow.

Check in: Check in begins at 7:00 A.M. No deck entries for the 500. All events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 A.M. All others must check in at least 30 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five events. The 500 Free is limited to five heats each for men and women.

Fees (No Refunds):

Online entry event fee: \$5.70 surcharge plus \$2.65 per event. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Enter at:

https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=1993

to receive immediate confirmation of acceptance via email. Online entry requires payment by credit card using our secure site. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed entry event fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/late entry: \$5.00 surcharge plus \$5.00 per event.

Mail: Consolidated entry form, a photocopy of your 2010 USMS registration card, and your entry fee made out to UC Regents and send to:

SCAM Swim Meet 2010
Cal Rec Club
2301 Bancroft Way
Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 P.M. Wed. March 24. Mailed entries must be postmarked no later than March 16 (or received by March 20). Please do not send mail requiring a signature.

Snack Bar: A full snack bar will be open during the meet beginning at 7:30.

Meet Directors: Ben Swiggett, email: bswiggett@yahoo.com or call (510) 375-6016 (cell), or Chris Kattchee, email: gespare@yahoo.com, (510) 486-1060

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1-2 500 yd Freestyle
3-4 100 yd Individual Medley
5-6 50 yd Butterfly
7-8 50 Backstroke
9-10 100 yd Freestyle
11-12 50 yd Breaststroke
13-14 100 yd Butterfly
15-16 200 yd Freestyle
17-18 100 Backstroke
19-20 100 Breaststroke
22-23 50 yd Freestyle