

2016 SCY Flower Power Meet

Santa Rosa Masters

Saturday, January 9, 2016

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc., Sanction # 386-S006

LOCATION: Quinn Aquatic Complex, 1501 Mendocino Ave., Santa Rosa, CA.

DIRECTIONS:

From Highway 101

Exit at College Avenue turnoff. Proceed east-bound on College Avenue to Mendocino Avenue. Turn LEFT onto Mendocino Avenue. At the intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way. Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium.

From the east

Travel west on Highway 12. Highway 12 becomes 4th Street as you enter Santa Rosa. Turn RIGHT onto College Avenue. Turn RIGHT onto Mendocino Avenue. At the intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way. Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium.

Parking: \$4.00 Parking Fee

FACILITY:

- The competition will be held in a 25 yard - 8 lane indoor pool. 6 lanes for competition.
- Warm/up – warm/down will be available in a 25 yard - 6 lane outdoor pool available throughout the meet.
- The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.
- Electronic timing system will be used.

TIME: Warm-up from 9:00 AM to 9:45 AM. Meet will start at 10:00 AM.

CHECK IN: No check in needed.

ENTRIES:

Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be done online on Club Assistant, by surface mail, or by deck entry the day of the meet. Relays (\$4.00) are deck entry only and must be on official yellow relay entry cards.

To enter online:

Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1191&smid=7031 to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Your credit card will be charged by “ClubAssistant.com Events”. Online entries close at 11:59 pm on Thursday, January 7, 2016. Online Entry Fee: Flat fee \$25.00 per swimmer.

LATE ENTRY: online entry will re-open Friday, January 8th at 12:00 am and close Saturday, January 9th at 9am for a flat fee of \$30.

To enter via surface mail: Send to Flower Power Meet, 65 Montgomery Drive, Santa Rosa, CA, 95405. Cost \$30.00 flat fee per swimmer. Make checks payable to Santa Rosa Masters and include a copy of your 2016 USMS Card and a consolidated entry form. Entries must be postmarked by January 6, 2016.

NO SAME DAY PAPER ENTRIES. SEE LATE ENTRY ABOVE.

FEES: Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

Online Entry Fee: Flat fee \$25.00 per swimmer

Mailed Entry fee: Flat fee \$30.00 per swimmer. Please note that a discount is offered for online entry.

Late Online Entry fee: Flat fee \$30.00 per swimmer

RULES: Current USMS/PacMasters rules will govern the meet.

All swimmers must be electronically registered with USMS for 2016 prior to swimming. This includes all relay only participants.

Smoking is prohibited in the building.

MEET REFEREE: Albert Yu

MEET DIRECTOR: John Morales, erjomo@sonic.net or 707 495-6954

FLOWER POWER 50 FREE CHALLENGE: All entrants in the 50 Free are automatically entered at no charge into the Flower Power 50 Free Challenge. This "event" will attempt to determine a single winner from all age groups and both sexes. Each participant's times will be adjusted by a multiplier to determine their Flower Power Challenge time. The multiplier is the FINA Men's 50 M Long Course WR divided by FINA Age Group 50 M Long Course WR times participant's 50 Yard time. Example for a female swimmer in the 60-64 year old age group - FINA WR (20.91) divided by Female 60-64 Record (29.31) times meet time (30.00) = Flower Power Challenge Time of 21.40.

EVENTS (deck seeded slow to fast, women and men combined):

Warm-ups start at 9:00 AM

Meet starts at 10:00 AM

#	Gender	Event
1	Mixed	200 Y Free
2	Mixed	100 Y IM
3	Mixed	50Y Fly
4	Mixed	200 Y Breast
5	Mixed	50 Y Back
6	Mixed	200 Y Fly
7	Mixed	100 Y Free Relay (Nonconforming event)
8	Mixed	50 Y Free
9	Mixed	200 Y Back
10	Mixed	50Y Breast
11	Mixed	100 Y Free
12	Mixed	200 Y IM