

WALNUT CREEK MASTERS

2016 Pacific Masters Short Course Meters Championship  
October 7, 8 and 9, 2016

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc.

Sanction # 386-S015

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

**Directions:** From I-680 North, take Ygnacio Valley Road Exit. Turn right onto Ygnacio Valley Rd. and drive east about 2 miles to San Carlos Dr.. Enter the left turn lane and turn left onto North San Carlos Dr.. Go one block to Heather Drive turn left. The Clarke Swim Center is on your right. From I-680 South, take the North Main exit going south. Continue south on N. Main Street to Ygnacio Valley Road. Turn left onto Ygnacio Valley Road and continue east on Ygnacio Valley Road to San Carlos Drive, as above.

**Facility:** All deep 6-Lane 25 Meter course for competition with separate 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 200m and less. Swimmers must check in for ALL Friday events, the 800m Free on Saturday, and the 400m Free on Sunday. The 400m IM (Friday events 1,2) must be checked in by 8:30 AM. All other events over 200m must be checked in **45 minutes** prior to the estimated start of the event.

**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 is determined by your age on December 31, 2016.

**Online Meet Entry: (Deadline: Wednesday, September 28, 2016, 11:59 PM).** Enter this meet at:

You will receive immediate confirmation of acceptance via email.

***Relay only swimmers must enter online (no charge) and bring a copy of their entry confirmation to the meet.***

**Mailed or Hand-Delivered Entries: (Deadline: must be postmarked by Friday, September 23, 2016, and/or received no later than Monday, September 26, 2016)**

Entries must be on a Consolidated Entry Form (available at: <http://www.pacificmasters.org/comp/entrycard.pdf>). If you would like proof of entry, please enclose a self-addressed, stamped envelope or post card. Mail your check made out to Walnut Creek Masters, consolidated entry form, and 2016 USMS registration copy to:

<u>Mailed</u>	<u>Hand-Delivered (see directions above)</u>
Walnut Creek Masters	Clarke Swim Center
c/o Gordon Bell	Attn: Kerry O'Brien
511 La Vista Road	Heather Farm Park
Walnut Creek, CA 94598	Walnut Creek, CA

**Rules:** 2016 USMS Rules govern this meet. You must be 2016 USMS registered. Maximum of 5 individual events per day, 7 events for the three-day meet, excluding Relays. Enter short course meter times for seeding purposes. SC yard times to SC meters times conversion tables can be found at:

<http://www.swimmingworldmagazine.com/results/conversions.asp>

**All events will be seeded from the FASTEST heats to the SLOWEST heats.**

Women and men will swim together for the 1500m Free (events 7,8) and the 800m Free (events 31,32). **Deck check-in for the 1500m Free on Friday will close at 10:00 AM.** The 1500m Free events will not start any earlier than 10:30 AM. There will be a brief five minute break after event 2 to prepare for the 800m Relays.

**Online Check-In** for Friday's 400m IM (events 1,2) and the 1500m Free (events 7,8) will be available at [www.SwimPhone.com](http://www.SwimPhone.com). Online check-in will close at 6:00 AM on Friday, October 7. There will be no online check-ins for any of the Saturday or Sunday events. Saturday and Sunday events must be deck check-ins.

**Mailed Entry Fees:** \$18 for one event, \$38 for 2-4 events, \$43 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: Relays:** Deck entered. Fees for RELAYS are \$8.00 per Relay. Cards must show correct first and last names and correct age for each swimmer. ***Swimmers may swim in either the gender or mixed relay of a particular type, but not both.***

**Awards:** Ribbons will be given 1<sup>st</sup> through 8<sup>th</sup> 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. High-Point award winners have choice of an award or donating cost of award to USMS Swimming Saves Lives Foundation: <http://www.usms.org/giving/>. Top three teams in each PacMasters team size division receive distinctive awards.

**Snack Bar:** Available all three days. **Program:** Available for \$5.00

**Meet Director:** Gordon Bell (925) 285-7024, [gordon.ed.bell@gmail.com](mailto:gordon.ed.bell@gmail.com)

**Referee:** John King

**Events:** Women = Odd    Men = Even

**Friday, October 7    Warm-up begins at 8:00 AM. Meet starts at 9:00 AM.**

1 – 2	400m IM
3 – 4	800m Free Relay
5	800m Mixed Free Relay
7 – 8	1500m Free (men & women swim together)

**Saturday, October 8    Warm-up begins at 7:30 AM. Meet starts at 8:30 AM.**

9 – 10	100m Back
11 – 12	200m Fly
13 – 14	50m Breast
15 – 16	200m Medley Relay
17	200m Mixed Medley Relay
19-20	200m IM
21 – 22	100m Free
23 – 24	50m Fly
25 – 26	100m Breast
27 – 28	400m Free Relay
29	400m Mixed Free Relay
31 – 32	800m Free (men & women swim together)

**Sunday, October 9    Warm-up begins at 7:30 AM. Meet starts at 8:30 AM.**

33 – 34	200m Free
35 – 36	50m Back
37 – 38	200m Breast
39 – 40	200m Free Relay
41	200m Mixed Free Relay
43 – 44	100m Fly
45 – 46	50m Free
47 – 48	100m IM
49 – 50	200m Back
51 – 52	400m Medley Relay
53	400m Mixed Medley Relay
55 – 56	400m Free