

**CAL Aquatic Masters (CALM) Spring Short Course Yards Meet  
Sunday, March 19, 2017**

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction #: 387-S009

**Location:** Spieker Aquatics Complex, 2301 Bancroft Way, UC Berkeley 94720.

**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 to left on Bancroft Way.

**Parking:** Free parking is available on neighboring streets. Limited hourly indoor parking is available in the garage at Bancroft Way @ Ellsworth.

**Course:** Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition, ten lanes for warm-ups. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**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 60 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. Seeding for the meet will be fastest to slowest.

**Entries:** Swimmers are limited to five events. The 500 Free is limited to 40 swimmers - 5 heats - each for men and women: men and women heats will be combined and seeded by time.

**Fees (No Refunds): Online entry event fees:** \$10.00 meet entry plus \$4.00 per event. (RELAY's are deck entry only)

Enter at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1410&smid=8506](https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=8506) 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:** \$15.00 meet entry plus \$4.00 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

**Deck/late entry:** \$15.00 meet entry plus \$5.00 per event. (RELAY's are "deck entry only" - \$8 per team/event)

**Mail:** Consolidated entry form, a photocopy of your 2017 USMS registration card, and your entry fee made out to UC Regents and send to:

CALM Swim Meet 2017 - Cal Rec Club - 2301 Bancroft Way - Berkeley, CA 94720-4420

**Deadline:** Online entries accepted until 11:59 p.m. FRIDAY March 17. Mailed entries must be postmarked no later than March 4th (or received by March 10). Please do not send mail requiring a signature. **FREE MEET T-SHIRT for the first 275 entrees.**

**Snack Bar:** The Rec Center snack bar will be open during the meet beginning at 7:30. Complimentary coffee and snacks for early arrival swimmers.

**Meet Director::** Ben Swiggett, email: [ben.c.swiggett@msn.com](mailto:ben.c.swiggett@msn.com) or call 510-375-6016 (cell)—Assistant Directors: Jeremy Cohen – 510-734-4780 and Pamela Waxman – 510-502-1636

**Referee:** John King

**Events:** (Odd=Women; Even=Men)

| Event #s | Distance      | Stroke             | Event #s | Distance      | Stroke            |
|----------|---------------|--------------------|----------|---------------|-------------------|
| 1-2      | 500 yd        | Freestyle          | 17-18    | 100 yd        | Butterfly         |
| 3-4      | 200 yd (4x50) | MEDLEY RELAY       | 19-20    | 200 yd        | Freestyle         |
| 5-6      | 200 yd        | Individual Medley  | 21-22    | 100 yd        | Breastroke        |
| 7-8      | 50 yd         | Butterfly          | 23-24    | 100 yd        | Backstroke        |
| 9-10     | 50 yd         | Backstroke         | 25-26    | 100 yd        | Individual Medley |
| 11-12    | 100 yd        | Freestyle          | 27-28    | 50 yd         | Freestyle         |
| 13-14    | 50 yd         | Breastroke         | 29-30    | 200 yd (4x50) | FREE RELAY        |
| 15       | 200 yd (4x50) | MIXED MEDLEY RELAY |          |               |                   |
| 16       | 200 yd (4x50) | MIXED FREE RELAY   |          |               |                   |

*RELAYS will be run at 3 times during the meet to provide rest. A short break will occur before the start of each relay set.*

*Relays will be: Women, Men, and Mixed (2 Women/2 Men). All relays deck entered. \$8.00 per relay - \$2.00 per swimmer. There will be one heat of each relay, so each will be limited to the first 8 relay teams. The age of the youngest relay team member determines the age group for short course yards top ten and records.*