



## STAS/STARM Spring Meet March 5, 2017



Presented by: Spare Time Aquatics Sharks and Spare Time American River Masters

Rio Del Oro Racquet Club, Sacramento, CA

- SANCTION:** By Pacific Masters Swimming, Inc. for USMS, Inc., Sanction Number 387-S010
- LOCATION:** Rio Del Oro Racquet Club, 119 Scripps Drive, Sacramento, CA 95825.  
Directions from Downtown Sacramento: Take Highway 50 east to Howe Avenue. Turn left/north onto Howe Avenue, travel 1.2 miles to American River Drive. Turn right onto American River Drive, then take first left onto Scripps Drive. **Parking in the main parking lot is reserved for Rio Del Oro Racquet Club Members. Swim meet parking will be available on Scripps Drive and in neighboring parking lots. Attendants will be on duty to direct swim meet participants.**
- FACILITY:** Competition will be conducted in a 25 yard 8 lane outdoor heated pool with 8 lane electronic scoreboard. A separate 25 yard 2 lane outdoor heated pool will be available for warm-up throughout the meet. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS (USMS articles 105.1.7 and 107.2.1). The pool has been measured and meets the USMS requirements, but is not yet on file with USMS.
- TIMES:** Warm-up begins at 9:00 AM. Meet begins at 10:00 AM.
- RULES:** Current USMS rules will govern the meet. Current 2017 USMS registration is required. Be prepared to verify your USMS registration at the meet. The meet will be deck seeded. All events are timed finals. Events will be swum fastest to slowest.
- CHECK-IN:** All swimmers must check-in prior to the close of their event. Check-in for the first two events will close by 9:30 AM. Check-in for later events will close 45 minutes before the estimated start of the event. Events may be deck entered.
- ENTRIES:** **Option 1: Postal Mail Entries:**  
Entries are to be made on a Consolidated Entry Card. This must be completely filled out, including best short course time. "No Time" entries are accepted if the swimmer has never swum an event before. Maximum of 5 individual events per swimmer. Mail entries to the meet entry coordinator: Richard Levin, 119 Scripps Drive, Sacramento, CA 95825 with a copy of your 2017 USMS Card, and a check payable to **Rio Del Oro Racquet Club**. If you wish to confirm your entry, please include an email address and we will be happy to notify you.
- Option 2: Online Meet Entries (No Refunds): Due by 11:59 pm, Wednesday, March 1, 2017.** Enter online on Club Assistant to receive immediate confirmation of acceptance via email [https://www.clubassistant.com/club/meet\\_information.cfm?c=2394&smid=8633](https://www.clubassistant.com/club/meet_information.cfm?c=2394&smid=8633). The "billing information" email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a flat \$25.00 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 meet. Online Meet Entry is in no way required of swimmers. Admission for spectators is free. Programs will not be available for this meet. The meet will be on Meet Mobile.
- DECK ENTRY:** Deck entries will be accepted. Deck entry fee is \$30.00.
- DISTANCE:** Swimmers in long freestyle races will be required to provide their own lap counters. Lap counting devices will be provided by Rio Del Oro.
- RELAYS:** There is no additional charge for relays. Relay teams will be assembled from those swimmers who indicate an interest in participating. We will draw lots to assign swimmers to a team and a lane.
- PLEASE NOTE:** Smoking will not be allowed on the Rio Del Oro Racquet Club property. No pets are allowed. Overnight parking is not permitted at the Club. "Easy-ups" may be left overnight but ground tarps must be removed. Use of propane heaters is prohibited. *The facility is a private club and will be open for members during the competition. Limited use of the facility, especially locker rooms and showers, will be directed by meet staff.*

**SNACK BAR:** A snack bar will be available throughout the meet. Working officials and coaches will be served lunch and refreshments. Timers will be served refreshments.

**AWARDS:** No awards will be available.

**OFFICIALS:** Head Referee: Donna Evans  
Head Starter: Diane Walker  
Meet Director: Richard Levin (coachrichard@riorapids.com)

**TIMING:** STAS will provide all timers for this meet.

**EVENTS:**

<b>Women</b>	<b>Men</b>	<b>Event</b>
1	2	50 Fly
3	4	100 Free
5	6	100 IM
7	8	50 Breast
9	10	100 Back
11	12	50 Free
13	14	200 IM
15	16	500 Free
17		Mixed 200 Free Relay