

2018 Pacific Masters Swimming Long Course Meters Championships

Sunday, July 8th

Friday, July 13th, Saturday, July 14th, and Sunday, July 15th

Hosted by Pacific Masters Swimming

Sanctioned by Pacific Master Swimming for USMS Inc.

Sanction #388-S011

Pool: Soda Aquatic Center, Campolindo High School. 50 meter by 25 yards outdoor heated pool. Eight lanes used for competition. 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. A separate 8 lane 25 yard warm up/down pool will be available. Locker rooms and additional restrooms are available. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

Location: 300 Moraga Road, Moraga, CA 94556.

Directions: Drive to the City of Lafayette. From eastbound Highway 24, take Central Lafayette (Oak Hill Rd.) Turn right on Oak Hill Ln. Turn left onto Mt. Diablo Blvd. Then turn right onto Moraga Blvd. From westbound Highway 24 take Central Lafayette/Moraga (EXIT 18) offramp. Turn right onto Deer Hill Rd. Take the first right onto 1st St. Turn right onto Mt. Diablo Blvd. and then left onto Moraga Blvd. Continue west on Moraga Rd. In approximately 2.3 miles 300 Moraga Rd. (Campolindo High School/Soda Aquatic Center) will be on your right.

Hotel: A special group rate may be available. Contact Meet Director.

Time: Sunday, July 8th- mixed 1500 meter free only. All participants requested to time at least one heat, or bring a timer to time two heats.

Friday, July 13th- 400m IM, 800 m relays, and 200m free

Saturday, July 14th and Sunday, July 15th – remainder of events. Check schedule below

Rules: 2018 USMS Rules will govern this meet. You must be 2018 USMS registered. Maximum of 5 events per day, 7 events for three-day meet, excluding relays. This meet is long course meters. To convert SC yard times to LC meters times conversion tables can be found at swiminfo.com. Meet director can request a ½ hour break if timeline is over 1.5 hours ahead of schedule.

Age Groups: Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' 72-99, 100-119, 120-159, 160-199, etc. Age is determined by your age on December 31, 2018.

Check-In: Swimmers can check in on Swimphone for all events by 8am each day.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$8.00 per relay. Swimmers may swim in either the gender or mixed relay of a particular type, but not both. Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events must enter online (no charge) and bring a copy of their entry confirmation to the meet. Team relay tabs are acceptable with a blank check payable to Pacific Masters Swimming.

TWO OPTIONS FOR MEET ENTRY:

Option 1 – Online Meet Entry: (deadline: 11:59 p.m., Wednesday, July 4th, 2018. Enter this meet at:

https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=10712

You will receive an immediate entry confirmation via email. Relay only swimmers must enter online (no charge) by July 4th and bring a copy of their entry confirmation to the meet.

Option 2 – Traditional Mailed: (Entries must be postmarked by 11:59 p.m. Friday, June 29th, 2018 and received by 5:00 p.m. Monday July 2, 2018. Entries must be on a Consolidated Entry Form. Mail form with a copy of your 2018 USMS Card, and check payable to Pacific Masters Swimming to the below address. (To confirm your entry include a stamped envelope or post card.)

Address for Mailed Entries:

Pacific Masters Swimming
380 La Vista Road
Walnut Creek, CA, 94598

Note: No late or deck entries will be accepted. No refunds will be made. Incomplete entries cannot be processed and will be returned. The Meet Director is forbidden to accept late or incomplete entries

Event Limits and Seeding: Enter Meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (No Time) entries are not allowed. All events will be seeded FASTEST to SLOWEST. The 1500m and 800m freestyles will be mixed gender.

Entry Fees: \$18 for one event, \$38 for 2-4 events, and \$43 for 5-7 events.

Relay Entry Fees: \$8 for each relay. Relay entry fee is discounted to \$5 if submitted by 3 p.m. Friday, July 6.

Scoring and Awards: Individual events: 21-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 and double for relays for each age group. *NOTE* Only two relay teams per club may score per age group of a relay. Ribbons will be presented first through eighth place. High point awards for each gender and age group. Team awards will be given for the top three teams in large, medium and small divisions.

Timing: Pacific Masters Swimming will be trying to recruit timers from local service organizations. If there is a shortfall in timers, clubs will be given responsibility for providing lane timers in proportion to the number of swimmers participating in the meet.

Snack Bar: Available on July 14 & 15. **Program:** Available for \$5.00

Head Referees: John King

Meet Director: Eric Hektner

Sunday, July 8th, 2018 - Warm-ups begin at 8:00 AM Meet starts at 9:00 AM

1 1500M Free (**Women and Men swim together**)

Friday, July 13th, 2018 - Warm-ups begin at 12:00 PM. Meet starts at 1:00PM

3 - 4 400 M IM
5 800M Free relay women
6 800M Free mixed relays
7 800M Free relay men
9- 10 200M Free

Saturday, July 14th, 2018- Warm-ups begin at 7:00AM. Meet starts at 8:30AM

11-12 50M Back
13-14 100M Fly
15 400M Free relay women
16 400M Free relay mixed
17 400M Free relay men
19-20 200M Back
21-22 100M Breast
23-24 50M Free
25 200M Medley Relay Women
26 200M Medley Relay Mixed
27 200M Medley Relay Men
29 800M Free (Women and Men swim together)

Sunday, July 15th - Warm-ups begin at 7:00AM. Meet starts at 8:30 AM

31 400M Free (Women and Men swim together)
33-34 200M IM
35-36 50M Fly
37-38 200M Breast
39 200M Free Relay Women
40 200M Free Relay Mixed
41 200M Free Relay Men
43-44 100M Back
45-46 200M Fly
47-48 50M Breast
49-50 100M Free
51 400M Medley Relay Women
52 400M Medley Relay Mixed
53 400M Medley Relay Men