

**San Mateo Masters  
2016 Pacific Masters  
Long Course Swimming Championships  
July 22, 23, 24, 2016**

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 386-S014

**Location:** College of San Mateo & San Mateo Athletic Club, 1700 W Hillsdale Blvd. Building 5

**Time:** Friday, Saturday and Sunday: Check-in and warm-up at 6:45 a.m. Meet starts at 8:00 a.m.

**Directions:** From Hwy 280: take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd traffic light. Turn right onto campus at CMS Drive.

From Hwy 101: take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed uphill through the traffic light. Turn right onto campus at CMS Drive.

The Aquatic Center pool is adjacent to the Health and Wellness Building 5 that is located on College Heights Drive to the right of the circular drop-off. Signs will be posted to direct you to pool entrance.

**Parking:** Ample free parking is available on campus in Beethoven Lot 2 on Friday, Saturday and Sunday. Take West Hillsdale Blvd, turn right on CMS Drive, take the first right into Beethoven Lot 2. Do not park in the SMAC reserved parking area. There is additional parking for about 100 cars in the Olympian Lot 12; do not park in the Staff area. See Campus map at: <http://collegeofsanmateo.edu/exploreesm/index.php/interactivemap>

**Course:** Outdoor. Competition pool is 50 meters, 8 lanes will be used for competition. The Instructional pool is 25 yards, 6 lanes and will be available for warm ups. 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.

**Check In:** You must check-in with the Clerk of Course each day. Check-in will close for each event 45 minutes prior to the estimated start of the event. However, the check-in deadline for the first event of each day is 30 minutes before the scheduled start of the meet. Online check in via [SwimPhone](#) will be available for events #1 and #2 only.

**Rules:** 2016 USMS Rules will govern this meet. You must be 2016 USMS registered. You can enter a maximum of 5 events per day, 7 events for the three-day meet, excluding relays. This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at [swiminfo.com](http://swiminfo.com).

**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.

**Seeding:** All events will be deck seeded from **fastest to slowest**. Women and men will be seeded together for the 400, 800, and 1500 freestyle. For all relays, women, men and mixed relays will be seeded together by time. All events will be swum one per-lane. For the distance events, swimmers are responsible to provide their own lap counter and someone to count.

**Relays:** Deck entered on yellow relay cards. Swimmers may swim only once in each relay type. Cards must show correct first and last names and correct age for each swimmer. The cards must show the order of the swimmers. Women, men, and mixed relays will be seeded together by time. ***Relay cards must be turned in by the time shown on the Schedule of Events.***

**Entry Fees:** Individual events : \$18 for one event, \$38 for 2-4 events, and \$43 for 5-7 events for both online and mail entries. Relays: \$8 per relay

**Online Meet Entry:** **Deadline: Friday, July 15, 2016 11:59 pm.** No entries accepted after that time. Enter at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1725&smid=8079](https://www.clubassistant.com/club/meet_information.cfm?c=1725&smid=8079) to receive an immediate entry confirmation via email. ***Bring a copy of your entry confirmation with you to the meet.*** This entry process will include a processing fee by Club Assistant and requires a credit card for payment. The processing fee is included in the online entry fee. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. *Relay only swimmers must enter online (no charge) and bring a copy of their entry confirmation to the meet.*

**Mail Entry:** ***Entries must be postmarked by Wednesday, July 6, 2016 and received by Monday July 11, 2016.*** Entries must be on a Consolidated Entry Form (available at: [http://www.usms.org/files/sanction/20120929381216S/entry\\_form/20120524074522\\_ConsolidatedEntryFormPacificMastersSwimming.pdf](http://www.usms.org/files/sanction/20120929381216S/entry_form/20120524074522_ConsolidatedEntryFormPacificMastersSwimming.pdf)). Mail your form to the address below *with a copy of your 2016 USMS Card, and check*

payable to SMAC. We suggest in order to confirm your entry that you include a stamped envelope or post card addressed to you.

Entries for the 2016 Pacific Masters Long Course Championships should be addressed to:

San Mateo Athletic Club  
Attn. Aquatics  
1700 W Hillsdale Blvd  
San Mateo, CA 94402

**Snack Bar:** A full snack bar will be open during the meet.

**Service Animals:** Please contact the meet director by July 15, 2016, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.

**Meet Director:** Jim Stretch (415) 297-0059 [stretchj@smccd.edu](mailto:stretchj@smccd.edu)

**Referee:** Pacific Masters Swimming

**Scoring:** Individual events: 22-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 (twenty places). Relays: 44-38-36-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2 for each age group. \*NOTE\* Only two relay teams per club may score per age group of a relay.

**Awards:** Ribbons will be presented to first through tenth place. High point awards for each gender and age group. High-Point award winners have choice of an award or donating cost of award to USMS Swimming Saves Lives Foundation. Suitable awards will be given to the top three teams in each PacMasters team size division.

**Psych Sheets:** Psych sheets will be posted on Swim Phone after entries close.

**Timing:** SMM will provide at least two timer per lane during the meet.

**Accommodations:** Contact Meet Director for an email or fax list of accommodations.

**Schedule of Events** (odd # events for women, even # events for men):

**FRIDAY, July 22 warm-up begins at 6:45 a.m. Meet starts at 8:00 a.m.**

1-2            1500m mixed freestyle (women and men seeded together)  
3-4-5        800m free relay (women, men, mixed; seeded together by time; **relay cards due by 8 a.m.**)  
7-8            400m I.M. (seeded fast to slow)

**SATURDAY, July 23 warm-up at 6:45 a.m. Meet starts at 8:00 a.m.**

9-10         200m freestyle  
11-12        50m backstroke  
13-14-15    400m free relay (women, men, mixed; seeded together by time; **relay cards due by 8 a.m.**)  
17-18        200m backstroke  
19-20        100m butterfly  
21-22        100m breaststroke  
23-24        50m freestyle  
25-26-27    200m medley relay (women, men, mixed; seeded together by time: **relay cards due by 1 p.m.**)  
29-30        800m mixed freestyle (women and men seeded together)

**SUNDAY, July 24 warm-up at 6:45 a.m. Meet starts at 8:00 a.m.**

31-32        400m mixed freestyle (women and men seeded together)  
33-34        200m I.M.  
35-36        50m butterfly  
37-38        200m breaststroke  
39-40-41    200m freestyle relay (women, men, mixed; seeded together by time: **relay cards due by 8 a.m.**)  
43-44        100m backstroke  
45-46        200m butterfly  
47-48        50m breaststroke  
49-50        100m freestyle  
51-52-53    400m medley relay (women, men, mixed; seeded together by time; **relay cards due by 1 p.m.**)