

**CAL Aquatic Masters (CALM) Spring Short Course Yards Meet
Sunday, March 25, 2018**

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction #: 388-S007

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. The course will not utilize the bulkhead for turns. The primary timing system will be automatic timing (Colorado Timing system.) Times may be submitted for USMS records and USMS Top 10 consideration.

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 48 swimmers - 6 heats - each for men and women: men and women heats will be combined and seeded by time.

Fees (No Refunds): Online entry event fees: \$20.00 meet entry plus \$4.00 per event. (RELAY's are deck entry only -\$8 per team of 4 - for registered meet swimmers) (The \$1.50 +5% online processing fee has been included in these fees)

Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=9964 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: \$25.00 meet entry plus \$3.00 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/late entry: \$25.00 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 2018 USMS registration card, and your entry fee made out to UC Regents and send to:

CALM Swim Meet 2018 - Cal Rec Club - 2301 Bancroft Way - Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 p.m. FRIDAY March 23. Mailed entries must be postmarked no later than March 10th (or received by March 15). Please do not send mail requiring a signature. **FREE SWIM MEET CAP for the first 300 entrees.**

Snack Bar: The Rec Center snack bar will be open during the meet beginning at 7:30. *Free coffee, bagels, bananas and water served until supplies run out.*

Meet Director:: Ben Swiggett, email: 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. The age of the youngest relay team member determines the age group for short course yards top ten and records.