

2019 Pacific Masters Swimming Long Course Meters Championships

Sunday, July 14

Friday, July 19, Saturday, July 20, and Sunday, July 21

Hosted by Pacific Masters and Walnut Creek Masters
Sanctioned by Pacific Master Swimming for USMS Inc.

Sanction #389-S012

Pool: 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: Soda Aquatic Center, Campolindo High School, 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.

Rules: 2019 USMS Rules will govern this meet. You must be 2019 USMS registered. Maximum of 6 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

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, 20 19.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200M and less. Online check-in on SwimPhone.com available for the 1500M Free, 400M IM, 400M Free, and 800M Free. Online check-in opens at 6PM the day before the event and closes at 6AM the day of the event. Check-in is also available at the meet:

Events 1-2, 1500M Free (Sunday, July 14) and Events 3-4, 400M IM, (Friday, July 19) will close 30 minutes prior to the start of the meet.

Events 9-10, 400 M Free (Friday, July 19) and Event 29-30, 800M Free (Saturday, July 20) will close no more than 45 minutes before the expected start time for each event.

Athletes who do not check-in will not be seeded and will not be allowed to compete in that event

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Relays: 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). Teams are encouraged to enter relays online and Teams may pay relay fees online as well. Online Relay entry instructions will be sent to the coaches in a separate email. Coaches may contact the meet director for additional assistance if necessary.

MEET ENTRY: Online: (deadline: Wednesday, July 10, 2019, 11:59 PM)

Enter this meet at:

https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=12410

You will receive an immediate entry confirmation via email. No paper entries accepted - online entries only. Relay only swimmers must enter online (no charge) by July 17 and bring a copy of their entry confirmation to the meet.

Individual Online Entries Due: Wednesday, July 10, 2019, 11:59 PM

Relay Only Entries Due: Wednesday, July 17, 2019, 11:59 PM – relay only swimmers may enter after the individual online entries close.

Relay Team Online Entries Due: Saturday, July 20, 2019, 11:59 PM – Relay Team entries may be entered after the individual online entries close.

Note: No late or individual deck entries will be accepted. Relays may be deck entered. 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 long course meter times for seeding purposes.

Swimmers may enter no more than six 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 Women and Men will swim together for the 1500M (events 1,2), 800M (events 29,30), and 400M (events 9,10) Free.

Entry Fees: \$22 for one event, \$48 for 2-4 events, and \$55 for 5-7 events.

Splash Fee: 1500M Free ONLY. Day of the event bring \$10 per swimmer. Cash (exact change appreciated) or a check payable to Pacific Masters Swimming.

Relay Entry Fees: \$10 for each relay. Relay entry fee is discounted to \$8 if entered online.

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.

Snack Bar: Available on July 19, 20, and 21

Meet Director: Gordon Bell, gordon.ed.bell@gmail.com, 925-285-7024

Head Referee: John King

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Events: Women = Odd Men = Even

Sunday, July 14, 2019 - Warm-ups begin at 8:00 AM. Meet starts at 9:00 AM

1 - 2 1500M Free **(Women and Men swim together)**

Friday, July 19, 2019 - Warm-ups begin at 9:30 AM. Meet starts at 10:30 AM

3 - 4 400M IM
5 800M Free relay women
6 800M Free mixed relays
7 800M Free relay men
9 - 10 400M Free **(Women and Men swim together)**

Saturday, July 20, 2019 - 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 - 30 800M Free **(Women and Men swim together)**

Sunday, July 21, 2019 - Warm-ups begin at 7:00AM. Meet starts at 8:30 AM

31 200M Free
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