



**Sacramento Masters 47th Annual Sprint Short Course Meters Pentathlon
Sunday, October 6, 2019**

Start time: 11:00 AM (warm up at 9:30 AM)
Check in: Required for all events
Deck entries: Available

**Sanctioned by the Pacific
Sanction #389-S014**

Masters for USMS, Inc.

LOCATION: Folsom Aquatic Center: 1200 Riley St, Folsom, CA 95630

DIRECTIONS:

- From I-80 (east or west) take the Greenback Lane exit (exit 98) and head east. Continue on Greenback, across the bridge, and it will merge onto Riley Street. The pool is on the right after crossing Glenn Street.
- From Hwy 50, take the Folsom Street exit (exit 23) turning north. In 2.2 miles, turn right onto Glenn Drive. In 1.4 miles, turn right onto Riley street, the pool is on the right.

FACILITY: The Folsom Aquatic Center is a 50 meter pool with a bulkhead creating a 25 meter, 8 lane section and an 8 lane, 25 yard section for warm up/warm down. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration. 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)

TIME: Warm-up starts at: 9:30 AM, Meet Starts at 11:00 AM and typically concludes by 1:30 PM

RULES & ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ENTRY LIMITS: None, participants may enter any or all the events.

ONLINE ENTRIES: On-line entries must be submitted by Midnight on Friday, October 5, 2018. \$5 per event plus a \$6 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. The URL for online entry is: https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=12445

MAILED ENTRIES: Entry Fees: \$6 per event plus a \$6 surcharge if postmarked by Monday, October 1, and/or received no later than Thursday, October 3, 2019, no refunds. Make checks payable to Sacramento Masters. Mail your check, consolidated race entry, and 2019 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818. The consolidated entry form is available at <http://www.pacificmasters.org/sites/default/files/docs/entrycard.pdf>.

DECK ENTRIES: Opens at 9 a.m. and closes at 10:30 AM. Entry Fees: \$7 per event plus \$6 surcharge.

CHECK-IN: Deck entries will close at 10:30 a.m.; and check in for pre-entered swimmers closes at 10:40.

SEEDING: Events are swum slowest to fastest and entering "no time (NT)" is permitted and will be swum in the first heat.

RELAYS: Relays must be entered by 12:00 noon. The relay entry cost is \$6

AWARDS: Special awards to those with the fastest combined time for all five events in each age group.

MEET DIRECTOR: Andy Brenan, andybrenan@mac.com, (916) 801-2627 (cell)

MEET REFEREE: Niffey Carmody

EVENTS: (Odd=Women, Even=Men)

1-2 50 Fly

3-4 50 Back

5-6 50 Breast

7-8 50 Free

9-10 100 IM

11-13 200 Medley Relay Mixed, Women and Men