

**South Sound Masters
Beat the Clock VIII Masters Meet
Saturday, February 1, 2014**

**Warm-up: 8:30 AM Meet starts at 9:00 AM
Sanctioned by PNA for USMS Inc. #363-S004**

LOCATION: Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA](#)
98501, (360) 753- 6576

FACILITY: 25yd pool, 6 lanes, separate warm-up pool. Temp
81.5°F

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

MEET DIRECTOR: Mel Smith, melcomplynow@msn.com,
360-970-9466

MEET REFEREE: Mike Stein, mestein@mail.tss.net

CONCESSIONS: Available

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 02/01/2014. Age groups based on the swimmer's age as of 02/01/2014.

ENTRIES: Swimmers may enter up to 5 individual events.

Entries must be postmarked by Friday, January 24 or online by 11:59 PM (Pacific) Wednesday, January 29th. NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below. Enter at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=5048

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 1650 free, 400 IM, and 500 free.

CHECK-IN: Positive check-in required for the 1650 Free by 8:45 AM, 500 Free by 9:15am and the 400 IM by the conclusion of event #8. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ORDER OF EVENTS:

#	Description	#	Description
1	1650 Free* Warm down pool available for 500 Freestyler warm ups		
- - -	15 min Warm-up	- - -	25 yd pool warm up for 500 freestylers.
2	500 Free		
- - -	30 min Warm-up	- - -	25 yd pool warm up for rest of meet
3/4	W/M 200 Free Relay	14	50 Breast
5	100 Back	15	400 IM
6	200 Free		Break 15 minutes
7	50 Fly	16/17	W/M 200 Medley Relay
8	200 Breast	18	50 Back
9	100 IM	19	100 Free
	Break 15 minutes	20	200 Fly
10	200 Mixed Free Relay	21	100 Breast
11	200 Back	22	200 IM
12	50 Free	23	200 Mixed Medley Relay
13	100 Fly		*1650 Free limited to 18 entrants

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=5048

PAPER ENTRIES: Use the Entry Form on the next page. Make checks payable to **Aquatics Dept, Briggs YMCA** and mail to: **Mel Smith, Masters Coach; c/o Aquatics** see location (above) for address.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland onramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

From the South-- take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

NOTE: If there are open lanes for the 1650 after the positive check-in deadline, swimmers already in the meet may deck enter the 1650 and will be placed in open lanes in the first heat only. A first-come first-served sign-up sheet will be available at the meet for swimmers interested in deck entering the 1650. Only swimmers already entered in the meet may deck enter.