

## **“Mother of All Medley Relays” Meet**

**Mother’s Day Sunday, May 10<sup>th</sup>, 2015**

Hosted by: Stanford Masters Swimming

<b>Sanction:</b>	Pacific Masters Swimming, Inc. for USMS # TBD
<b>Location:</b>	Avery Aquatic Center 235 Sam McDonald Drive Stanford, CA 94304
<b>Pool:</b>	50m x 25m Pool with 10 lanes. Deep water across entire course in all lanes. 10 competitive lanes with 2 x 50m lanes in adjacent pool for warm-ups. Manual timing, 4 watches per lane. Head timer with 2 backup watches, and 2 timers per lane provided. Each relay provides 2 additional timers. No concessions available.
<b>Time</b>	Facility Open: 6:30am Warm-up: open at 7:00am Meet starts: 7:30am
<b>Rules:</b>	Current 2015 USMS Rules will be followed. All participants must be USMS registered for 2015 prior to entry. All participating swimmers must bring a copy of their USMS card with them to the meet.
<b>Check-in</b>	Check-in opens at 6:50am. All relays must check in by 7:20am. Heats will be seeded slowest to fastest
<b>Entries:</b>	Entries via email only (no mailed or deck entries). A single email per relay with 4 consolidated entry forms (1 per relay swimmer) with a PDF or photo of each swimmer’s 2015 USMS Card attached, and a USMS Relay Card. Swimmers may swim in one relay (Men, Women, or Mixed). Please put: “RELAY MEET ENTRY” in subject line of entry email.
<b>Fees:</b>	None
<b>Email Entries to:</b>	<a href="mailto:Tim.Edmonds@stanford.edu">Tim.Edmonds@stanford.edu</a> (Please put: “RELAY MEET ENTRY” in subject line.)
<b>Entries Due:</b>	Entry email must be received no later than 11:59pm, Sunday, May 3 <sup>rd</sup> .
<b>Officials:</b>	Referee: Nan McKenna Meet Director: Tim Edmonds ( <a href="mailto:Tim.Edmonds@stanford.edu">Tim.Edmonds@stanford.edu</a> )
<b>Age Groups:</b>	LCM Cumulative Age of 4 swimmers: <a href="#">72-99</a> , <a href="#">100-119</a> , <a href="#">120-159</a> , <a href="#">160-199</a> , ... (40 year increments as high as necessary).
<b>Awards:</b>	All participants will receive a flower in honor of Mother’s Day.
<b>Events:</b>	1: Mixed 400m Medley Relay (Start no earlier than 7:30am) 2: Women’s 400m Medley Relay (Start no earlier than 7:45am) 3: Men’s 400m Medley Relay (Start no earlier than 8:00am)