

2nd Annual Paul Cate Invite

A Sedona Masters Meet

Sunday, June 19th, 2016

8:00 AM warm-up

9:00 AM meet start

Meet director: A.Jay Bronson, ab355@nau.edu.

Sanctions: Sanctioned by AZ LMSC for USMS Inc.

Sanction number: TBD

Eligibility: Open to all registered Masters swimmers holding a valid 2016 USMS card. For further information on registration contact the AZLMSC Registrar, Katy James at katyjameswims@gmail.com.

Rules: 2016 USMS rules apply. Limit of five (5) individual events. Breaks as requested. Age for the meet is your age on June 19th, 2016. You may enter the 1000 or the 1650 but not both.

Entries and fees: Entries must be **received by** June 13, 2016. Flat rate fee of \$30.00 for a maximum of 5 events. Only enter events you plan to swim. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you wish to swim. Consolidated entry cards are available online: <http://azlmsc.org/wp-content/uploads/2013/11/Consol.EntryForm.pdf>

Mail check made out to Sedona SwimTeam, consolidated entry form, photocopy of 2016 USMS card to Sedona SwimTeam, 360 Bristlecone Pines Road, Sedona, AZ 86336; questions?, email A.Jay at ab355@nau.edu.

There is a \$5 discount for online registration. The online registration deadline is 6/13/16 at 11:59pm. Save time and money by registering online using the link below.

Online Entry Link: https://www.clubassistant.com/club/meet_information.cfm?c=2269&smid=7836

Long distance events: The 1000 and the 1650 events will be run slowest to fastest, ages and sexes combined. You may swim either the 1000 or the 1650 but not both. Positive check-in by 8:30AM is required for the 1000 and 1650 events.

Deck entries: \$7.00 surcharge plus \$7.00 for each event. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis (we will not add extra heats for deck entries). Deck entries will close at 8:30 AM sharp!

Event seeding: All events will be pre-seeded (women & men swim together) by time, slowest to fastest.

Location: Sedona Community Pool located at 570 Posse Ground Road Sedona AZ, 86336. Outdoor, 8 lane, 25 yard pool operated at 82° F with non-turbulent lane lines and electronic timing.

We will run 6 lanes for competition, with two lanes designated as warm up/warm down.

Events:

1	1000 Free	11	200 Fly
2	1650 Free	12	100 IM
3	200 Free Relay	13	400 IM
4	200 Free	14	50 Breast
5	50 Fly	15	100 Back
6	200 Back	16	500 Free
7	100 Breast	17	100 Fly
8	100 Free	18	200 Breast
9	200 IM	19	50 Free
10	50 Back	20	200 Medley Relay

For any questions about the meet email the meet director: A.Jay Bronson at ab355@nau.edu