**SANTA ROSA MASTERS**

**SCY FLOWER POWER MEET**

**Saturday, January 12th, 2013**

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc., Sanction # Pending

**LOCATION**: Quinn Aquatic Complex, 1501 Mendocino Ave., Santa Rosa, CA.

**DIRECTIONS:**

**From Highway 101**

Exit at College Avenue turnoff

Proceed east-bound on College Avenue to Mendocino Avenue

Turn LEFT onto Mendocino Avenue

At the intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way

Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium

**From the east**

Travel west on Highway 12

Highway 12 becomes 4th Street as you enter Santa Rosa

Turn RIGHT onto College Avenue

Turn RIGHT onto Mendocino Avenue

At the intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way

Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium

**Parking**: $4.00 Parking Fee

**FACILITY:** The competition will be held in a 25 yard - 8 lane indoor pool. Warm/up – warm/down will be available in a 25 yard - 6 lane outdoor pool available throughout the meet. Electronic timing system will be used.

**TIME:** Warm-up from 8:00 AM to 8:45 AM. Meet will start at 9:00 AM.

**CHECK IN:** All pre-registered swimmers in the first two events must be checked in by 8:30 AM. Swimmers who deck enter the first two events must do so by 8:15 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event.

**ENTRIES:**

Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line or surface mail or deck enter the day of the meet. Relays are deck entry only and must be on official yellow relay entry cards.

**To enter on line:** Enter at <https://www.clubassistant.com/club/meet_information.cfm?c=1191&smid=4216> to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Your credit card will be charged by “ClubAssistant.com Events”. Online entries close at 11:59 pm on Thursday, January 10, 2013.

**To enter via surface mail:** Send to Flower Power Meet, 65 Montgomery Drive, Santa Rosa, CA, 95405. Cost: $6 per swimmer and $5 per event. Make checks payable to Santa Rosa Masters and include a copy of your 2013 USMS Card and a consolidated entry form. Entries must be postmarked by January 4, 2013.

**To deck enter:** All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 AM. To help us start the meet on time, please pre-register.

**FEES:**

**On line Entry Event Fee**: $6.00 Surcharge plus $4.00 per event.

**Mailed Entry Event Fee:** $6.00 Surcharge plus $5.00 per event. Please note that a discount is offered for on line entry.

**Deck/Late Entry:** $6.00 Surcharge plus $6.00 per event.

**RULES:**  Current USMS/PacMasters rules will govern the meet. All swimmers must be registered with USMS for 2013.

**Smoking is prohibited in the building.**

**MEET REFEREE:** TBD

**MEET DIRECTOR:** John Morales, erjomo@sonic.net or 707 495-6954

**EVENTS** (deck seeded slow to fast, women and men combined):

1/2 200 yd Free

3/4 50 yd Fly

5/6 200 yd Breast

7/8 50 yd Back

9/10 200 yd. Fly

11 Women 100 Free Relay (Inter-team allowed)\*

12 Men 100 Free Relay (Inter-team allowed)\*

13/14 50 yd Free

15/16 200 yd Back

17/18 50 yd Breast

19/20 200 yd IM

\* Special event

**FLOWER POWER 50 FREE CHALLENGE**: All entrants in the 50 Free are automatically entered at no charge into the Flower Power 50 Free Challenge. This “event” will attempt to determine a single winner from all age groups and both sexes. Participants’ times will be adjusted by a multiplier to determine their Flower Power Challenge time. The multiplier is the FINA Men’s 50 M Long Course WR divided by FINA Age Group 50 M Long Course WR times participant’s 50 Yard time. Example for a female swimmer in the 60-64 year old age group - FINA WR (20.91) divided by Female 60-64 Record (29.31) times meet time (30.00) = Flower Power Challenge Time of 21.40.