

**San Mateo Masters
2013 Pacific Masters
Long Course Swimming Championships
July 12, 13, 14, 2013**

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 383-S015

Location: College of San Mateo & San Mateo Athletic Club, 1700 W Hillsdale Blvd. Building 5

Directions:

From Hwy 280: take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd traffic light. Turn right onto campus at College Heights Drive.

From Hwy 101: take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed uphill through the traffic light. Turn right onto campus at College Heights Drive.

The Aquatic Center pool is adjacent to the Health and Wellness Building 5, located up College Heights Drive on the right next to circular drop-off. Signs will be posted to direct you to pool entrance.

Parking: Do not park in Olympian Lot 12 or any Staff parking lots. Ample free parking is available on campus in Beethoven Lot 2 on Saturday and Sunday. Friday parking is \$2; pay at permit machines in parking lot. See Campus map at:

http://collegeofsanmateo.edu/map/docs/CSM%20Campus%20Map%202_12.pdf

Course: Outdoor. Competition pool is 50 meters, 8 lanes will be used for competition. Instructional pool is 25 yards, 6 lanes will be available for warm ups

Time: Friday, Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m.

You must check-in each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Rules: 2013 USMS Rules will govern this meet. You must be 2013 USMS registered. Maximum of 5 events per day, 7 events for three-day meet, excluding relays. This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

Age Groups: Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age is determined by your age on December 31, 2013.

Online Entries: Enter this meet online at

https://www.clubassistant.com/club/meet_information.cfm?c=1725&smid=4831. You will receive immediate confirmation of acceptance via email.

Online Entry Deadline: On-line entries must be submitted by Friday, July 5, 11:59 pm. No entries accepted after that time.

Online Entry Fee: 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. Your credit card will be charged by 'ClubAssistant.com Events' for this meet. (No refunds). ***Bring a copy of your entry confirmation with you to the meet.***

Mail Entries: US Mail entries must be on Consolidated Entry Form (available at:

<http://www.pacificmasters.org/comp/entrycard.pdf>). If you would like proof of entry, please enclose SASE.

Mail your check made out to SMAC, consolidated entry form, and 2013 USMS registration photocopy to:

San Mateo Athletic Club
Attn. Aquatics
1700 W Hillsdale Blvd
San Mateo, CA 94402

Mailed Entry Deadline: Mail-in entries must be postmarked no later than Wednesday, June 26, 2013, and/or received no later than Monday, July 1, 2013.

Mailed Entry Fee: 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. (no refunds)

Relay Fees: \$6 per relay.

Relays: Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

Seeding: Individual events up to 200 meters will be deck seeded from **slowest to fastest**. Individual events 400 meters and longer will be deck seeded from **fastest to slowest**. Women and men will be seeded together for the 400, 800, and 1500 freestyle. All events will be swum one per-lane.

Snack Bar: A full snack bar will be open during the meet.

Service Animals: Please contact the meet director by July 5, 2013, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.

Meet Director: Jim Stretch (415) 297-0059 stretchj@smccd.edu

Referee: TBD

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each gender and age group. Team trophies will be awarded to the top teams in each PacMasters team size division.

Program: A program listing the psych sheets for each event will be available for \$5 at the meet.

Timing: SMM will provide at least one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too.

Accommodations: Contact Meet Director for an email or fax list of accommodations.

Schedule of Events (odd # events for women, even # events for men):

FRIDAY, JULY 12 warm-up begins at 7:00 a.m. Meet starts at 8:30 a.m.

- 1-2 1500m mixed freestyle (women and men seeded together, fast to slow)
- 3-4 800m free relay
- 5-6 400m I.M. (seeded fast to slow)

SATURDAY, JULY 13 warm-up at 7:00 a.m. Meet starts at 8:30 a.m.

- 7-8 200m freestyle
- 9-10 50m backstroke
- 11 400m mixed free relay
- 13-14 200m backstroke
- 15-16 100m butterfly
- 17-18 100m breaststroke
- 19-20 50m freestyle
- 21 200m mixed medley relay
- 23-24 800m mixed freestyle (women and men seeded together, fast to slow)

SUNDAY, JULY 14 warm-up at 7:00 a.m. Meet starts at 8:30 a.m.

- 25-26 400m mixed freestyle (women and men seeded together fast to slow)
- 27-28 200m I.M.
- 29-30 50m butterfly
- 31-32 200m breaststroke
- 33-34 200m freestyle relay
- 35-36 100m backstroke
- 37-38 200m butterfly
- 39-40 50m breaststroke
- 41-42 100m freestyle
- 43-44 400m medley relay