

2014 SCY Flower Power Meet

Santa Rosa Masters

Saturday, January 11, 2014

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc., Sanction # 384-S002

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 9:00 AM to 9:45 AM. Meet will start at 10:00 AM.

CHECK IN: All pre-registered swimmers in the first two events must be checked in by 9:30 AM.

Swimmers who deck enter the first two events must do so by 9:15 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 done online on Club Assistant, by surface mail, or by deck entry the day of the meet. Relays (\$4.00) are deck entry only and must be on official yellow relay entry cards.

To enter online:

Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1191&smid=4958 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 9, 2014. Online Entry Fee: Flat fee \$20.00 per swimmer.

To enter via surface mail: Send to Flower Power Meet, 65 Montgomery Drive, Santa Rosa, CA, 95405. Cost \$24.00 flat fee per swimmer. Make checks payable to Santa Rosa Masters and include a copy of your 2014 USMS Card and a consolidated entry form. Entries must be postmarked by January 3, 2014.

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 9:15 AM. To help us start the meet on time, please pre-register. Deck/Late Entry fee: Flat fee \$24.00 per swimmer.

FEES:

Online Entry Fee: Flat fee \$20.00 per swimmer

Mailed Entry fee: Flat fee \$24.00 per swimmer. Please note that a discount is offered for online entry.

Deck/Late Entry fee: Flat fee \$24.00 per swimmer

RULES: Current USMS/PacMasters rules will govern the meet. All swimmers must be registered with USMS for 2014.

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*
- 12 Men 100 Free Relay*
- 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. Each participant's 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.