

FOG City
Winter Quadrathon Meet
Sunday, January 26, 2014

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 384-S009

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 6 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Time: Warm-up from 10:00 a.m. to 10:55 a.m., Meet starts at 11:00 a.m. Check In: 10:45 a.m. for 500 Freestyle deck entries. 10:30 a.m. for 500 Freestyle pre-entered swimmers. 11:59 a.m. for all other events.

Online Entries (Preferred): Enter at https://www.clubassistant.com/club/meet_information.cfm?c=2018&smid=5050 to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is a flat fee of \$22.50. The online processing fee of \$1.50 plus 5% of the individual event costs is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing". Online meet entry closes at 9:00 a.m., January 23, 2014.

Mailed Entries: Send your entry on a consolidated entry form with a copy of your 2014 USMS Card. Flat fee of \$20.00 (for 1 to 4 events) if received at the pool by Wednesday, January 22, 2014. Late entries are a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Late and Deck Entries: Late and deck entries (accepted until 10:30 a.m. on the day of the meet) for a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

Meet Referee: Michael Moore

Remember Freestyle is the most permissive of all events, because the swimmer is allowed to use any stroke!

According to the rules of FINA, the international governing body of swimming and other water sports, a swimmer may swim using any style or stroke. The four most common strokes are the front crawl, backstroke, breaststroke and butterfly. The exception to the rule is in the individual medley, an event combining one-fourth of the designated distance in each stroke in the following order: butterfly, backstroke, breaststroke and freestyle. In the IM event, a swimmer cannot swim backstroke, breaststroke or butterfly in the freestyle length of the event.

Events: (Odd=Women, Even=Men)

1-2 500 yd. Free

3-4 100 yd. Free

5-6 200 yd. Free

7-8 50 yd. Free