



Saturday, May 31, 2014
Recognized by Pacific Masters Swimming Inc. for USMS Inc.

LOCATION: Quinn Aquatic Complex , 1501 Mendocino Ave., San 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 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 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 with touchpads 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. All other swimmers should check in no later than 9 am. There will be no deck entry available. Swimmers must check in and may scratch events. Any swimmers that do not check in on deck will automatically be scratched from their events. If you do arrive late you may check with Clerk of Course to re-instate your entry if you event has not taken place.

ENTRIES:

There are no entry limitations but please keep in mind order of events. There will not be breaks between events. Your entry does allow you to enter other sports at a minimal fee. Try a new sport this year too!

To enter online: <http://winecountrygames.seniorgamesregistration.com/>

Online entry requires credit card payment at time of checkout.

Mail entry is available for an additional fee. Please call 707-525-0143 X121 to have an entry form mailed to you.

FEES:

Event Entry Fee:

\$40.00 athlete registration fee plus \$2.00 per event.

The registration fee entitles you to all of the benefits of the Wine Country Senior Games including t-shirt, entrance to one Celebration event and other benefits as stated on the entry form.

Smoking is prohibited in the building.

RULES: Current USMS/PacMasters rules will govern the meet. All Master swimmers must be registered with USMS for 2013. The events are open to non-Masters swimmers. Non-Master swimmers will swim in a different heat than Master swimmers.

AWARDS: Age group and gender awards thru third place.

HEAD STARTER:

MEET REFEREE: Peggy Ramirez

MEET DIRECTOR: Ericka Richards erichards78@gmail.com 707-566-4062

EVENTS (deck seeded slow to fast, women and men combined, non-Masters in separate heats):

- 1/2 500 Free (please provide your own counter)
- 3/4 100 IM
- 5/6 50 Fly
- 7/8 100 Breast
- 9/10 50 Back
- 11/12 200 Free
- 13/14 50 Breast
- 15/16 100 Back
- 17/18 50 Free
- 19/20 200 IM
- 21/22 100 Free
- 23/24 1650 Free (please provide your own counter)



A healthy aging program benefitting the Council on Aging Services for Seniors



General Event Information

The 2014 Sonoma Wine Country Games are a sanctioned qualifying games for the California State Senior Games. The Sonoma Wine Country Games promote healthy, active lifestyles for adults 50+.

Eligibility

All participants must be 50 on or before December 31 of the event year. There is no upper age limit. Proof of age will be required at event check in. Age divisions are in five-year age groups except where noted: 50-54, 55-59, 60-64, 65-69, 70-74, etc. Age divisions for doubles and team competitions will be determined by age of the youngest player as of December 31 of the event year.

Medals

Medals will be awarded to the top three finishers in each age category. *Social athletic events will not be awarded medals.*

Registration & Fees

Online registration is the preferred method of registration. Mailed registrations will submit to a \$10 additional processing fee. Individuals may enter any sport or event subject to the entry limitations of that sport. There is a \$40 individual registration fee plus a small event fee for each sport. Each partner in a doubles competition must submit an entry form and payment and write the full name of his or her partner. Each team member on a team must submit an entry form and payment and input the team number, team name or captain's name on their registration. Team Captains will be given a team number that they will share with each team member. Registration and event fees include: event administration and organization, venue rental and restrooms, officials, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, event t-shirt and results administration. Please do not register for overlapping events. No schedule changes will be made to accommodate multi-sport or multi-event entrants. Refunds will not be given.

Liability Waivers

Each participant will e-sign a release waiver during online registration. If athletes mail in a registration form, they must include a signed liability release for the entry to be processed. Sonoma Wine Country Senior Games is not responsible for the loss or damage of any athlete's personal belongings. The General Liability Insurance Policy only covers medical costs when an accident or injury is caused by our negligence. Each participant is responsible for his or her own medical insurance. Emergency medical assistance will be in place at most events. If the athlete must be transported by ambulance, it will be at the athlete's expense.

Registration Confirmation and Check In

All athletes must report to their event check in prior to their first competition. Participants will be required to show proof of age and will be given their credentials. Additional information will be included in the confirmation letter and in correspondence closer to the event.

Equipment and Uniforms

Participants are required to provide their own equipment, athletic apparel and shoes as is customary for the sport in which they are participating. Team sports require like-color and style, numbered uniforms.

Sportsmanship

Unsportsmanlike or disorderly conduct on the part of competitors, coaches or fans will be grounds for immediate removal and disqualification without refund of fees. Please help make this a fun, family-friendly event!

Sonoma Wine Country Games reserves the right to combine or cancel events.



Register online at: www.WineCountryGames.com

Registration Deadline:

May 16, 2014 (online)

There will be no event day registration.

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