Rinconada Masters Spring Short Course Meet
Saturday March 11, 2017

Sanctioned by Pacific Master Swimming Inc. for USMS Inc., Sanction No: # _____

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. 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. Snack Bar available.

Time: Warm-up 7:30am - 8:45 am. Meet starts at 9:00 am.

Check In: Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

Entries: Swimmers may swim up to 5 individual events.

Option 1 – Online Entry (No Refunds) – Due by 11:59 pm, Wednesday, March 8, 2017.
Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1469&smid=8414 You will receive immediate confirmation of acceptance via email. The "billing information" email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a surcharge of $8.00 per swimmer and $5.50 per individual event entered. Please note that the online processing fee of $1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. Online meet entry is in no way required of swimmers.

Option 2 – Mail In Entry (No Refunds) – Due by Wednesday, March 8, 2017 (or postmarked by Friday March 3, 2017). You must use the consolidated entry form on the Pacific Masters Swimming website or request an entry form from Shawn Sasse (see below). The cost to enter this meet is a surcharge of $8.00 per swimmer and $5.50 per event. Mail entry and check payable to Rinconada Masters along with a copy of your 2017 USMS registration card to:

Rinconada Masters Swim Meet
c/o Shawn Sasse, 836 Live Oak Ave, Menlo Park, CA 94025
tel. 650.224.0494; email: RinconadaMastersSwimMeet@gmail.com

Note: There is an additional $10.00 surcharge for late or deck entries. NO DECK ENTRIES FOR 1000 Free. All swimmers must be registered (numbers on file) with USMS to enter this meet.

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 80-84 Bernice Silber Award (100 Back, 1st place), Women's 90-94 Ellen Tait Award (50 free, 1st place), Aldo da Rosa Award (1650 Fly - Special Event, all finishers)

Meet Directors: Shawn Sasse (tel. 650.224.0494)/Clinton Prior (tel. 650.575.8571)

Referees: John King, Peter Guadagni

Events: Odd numbered events are Women; even events are Men. Heats are seeded slowest to fastest.

1	2	1000 yd	Free

Event #3 will not start before 11 a.m.

3	4	200 yd	Breast	15	16	50 yd	Back Novice *
5	6	50 yd	Free Novice *	17	18	200 yd	IM
7	8	50 yd	Free	19	20	100 yd	Breast
9	10	100 yd	Fly	21	22	50 yd	Fly
11	12	100 yd	Back	23	24	400 yd	IM
13	14	200 yd	Free	25	26	100 yd	Free

* Novices are those with no prior competitive masters experience.

1650 yd Fly (Special-event) **

** Special-event records are kept. Entry is free. Email entry to Shawn Sasse (see above), or deck enter. There will be only one heat of 14 lanes, filled in order of registration. Bring your own counter and timer. Watches will be provided. Event must be completed within 45 minutes.