



## Sacramento Masters 50th Semi-Annual Sprint Short Course Yards Pentathlon Sunday, March 26, 2023

Start time: 11:00 AM (warm up at 9:30 AM)  
Check in: Required for all events  
Deck entries: Available

Sanctioned by the Pacific  
Sanction #383-S007

Masters for USMS, Inc.

**LOCATION:** North Natomas Aquatic Complex: 2601 New Market Drive, Sacramento CA 95835

**DIRECTIONS:**

- From I-80 (east or west) - proceed to I-5 North. The second exit is Del Paso Road, turn right. The second light is New Market Drive, turn left. The pool is on the right, after the round-a-bout
- From I-5 - The exit is 2 miles north of I-80 and 6 miles south of the airport. Exit at Del Paso Road, turn east (left if going from the north) Proceed to New Market Drive, turn left. The pool is on the right, after the round-a-bout

**FACILITY:** The North Natomas Aquatic Complex just opened summer of 2022 and consists of a 50 meter x 25 yard and a 25-yard pool. The meet will be taking place within the 19 lanes of the big pool. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS (USMS articles 105.1.7 and 106.2.1)

**TIME:** Warm-up starts at: 9:30 AM, Meet Starts at 11:00 AM and typically concludes by 2:00 PM

**RULES & ELIGIBILITY:** Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

**ENTRY LIMITS:** None, participants may enter any or all the events.

**ONLINE ENTRIES:** On-line entries must be submitted by Midnight on Friday, March 24, 2023. \$7 per event plus a \$7 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. The URL for online entry is:

**MAILED ENTRIES:** Entry Fees: \$7 per event plus a \$7 surcharge if postmarked by Monday, March 20, 2023, and/or received no later than Thursday, March 23, 2023, no refunds. Make checks payable to Sacramento Masters. Mail your check, consolidated race entry, and 2023 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

**DECK ENTRIES:** Opens at 9 a.m. and closes at 10:30 AM. Entry Fees: \$8 per event plus \$7 surcharge.

**CHECK-IN:** Deck entries will close at 10:30 a.m; and check in for pre-entered swimmers closes at 10:40.

**SEEDING:** Events are swum slowest to fastest and entering "no time (NT)" is permitted and will be swum in the first heat.

**RELAYS:** Relays must be entered by 12:00 noon. The relay entry cost is \$6

**AWARDS:** Special awards to those with the fastest combined time for all five events in each age group.

**MEET DIRECTOR:** Andy Brenan, andybrenan@mac.com, (916) 801-2627 (cell)

**MEET REFEREE:** Niffey Carmody

**EVENTS:** (Odd=Women, Even=Men)

1-2 100 Fly

3-4 100 Back

5-6 100 Breast

7-8 100 Free

9-10 200 IM

11-13 200 Medley Relay Mixed, Women and Men