



Pacific Masters Swimming Short Course Yards Championships Sacramento, CA. May 17-19, 2024

Start times:

- Friday, May 17th: Warm-ups at 7:30 AM; Meet starts at 8:30 AM
- Saturday, May 18th and Sunday, May 19th: Warm-ups at 7:00 AM; Meet starts at 8:00 AM

Registration Deadline: Closes Wednesday, May 8, 2024 at 11:59pm for swimmers entering individual events and Sunday, May 12, at 11:59 for relay-only swimmers

Check in: Only for 1650 Free, 400 IM, 500 Free, 1000 Free

Relay Deck Entries: Online starting Monday, May 13th at 10:00am, closing Thursday, May 16th at 3:00pm. Deck Entries for relays are accepted.

Sanctioned by the Pacific Masters for USMS, Inc. Sanction #384-S010

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

<https://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics/NoNatAquaticsComplex>

DIRECTIONS:

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

PARKING: Free parking is available in front of the facility. There are a limited number of EV stations that are free to use. There is also overflow parking at the public park adjacent to the pool and at Inderkum High School across the street.

FACILITY AND COURSE: The North Natomas Aquatic Complex contains two outdoor pools, a 50 meter x 25 yard pool and a 25-yard pool. The racing course will be the 50 meter x 25 yard pool, which will be set up on the 25 yard course with 10 lanes for competition and 6 lanes for warm-up. 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 106.2.1. The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

TIME: On Friday, May 17th, warm-up will begin at 7:30 AM and the meet will begin at 8:30 AM. On both Saturday, May 18th and Sunday, May 19th, the warm-up will begin at 7:00 AM and the meet will begin at 8:00 AM.

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: Maximum of 6 events a day. Maximum of 7 events for the three-day meet, excluding relays. This meet is short course yards (SCY). Conversion tables can be found at <https://www.swimmingworldmagazine.com/time-conversion> to convert from short or long course meters (SCM/LCM) to SCY times.

ONLINE ENTRIES: Entries may be made at the Club Assistant web site:

https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=18333

Registration Deadline: Closes Wednesday, May 8, 2024 at 11:59pm for swimmers entering individual events and Sunday, May 12, at 11:59 for relay-only swimmers.

Relay Deck Entries: Online starting Monday, May 13th at 10:00am, closing Thursday, May 16th at 3:00pm. Deck Entries for relays are accepted. Your credit card will be charged to 'Sacramento Masters'.

Note: No late or individual deck entries will be accepted.

MAILED ENTRIES: No paper entries for individual events will be accepted. If you cannot enter online, please contact either Meet Co-Director before Monday, May 6th: Andy Brenan at (916) 801-2627 or Nick Barajas at (916) 798-4374.

ENTRY FEES FOR INDIVIDUAL EVENTS: \$22 for one event, \$48 for 2-4 events, and \$55 for 5-7 events. No refunds will be made.

ENTRY FEES FOR RELAYS: \$10 per entered relay. Relay entries are required 90 minutes prior to the relay events being swum.

RELAYS: Online relay entries will open Monday, May 13, 2024, at 10:00 AM and close on Thursday, May 16 at 3:00 PM. It is best for one coach/representative to submit ALL of the relays for their club on one credit card. This card will not be charged until after the meet concludes based on the actual number of relays for club. Swimmers may swim in either the gender or mixed relay of a particular race, but not both. Cards must show the correct first and last names and correct age of each swimmer. Relay swimmers not participating in any individual events must have entered the meet online (no charge). Teams are encouraged to enter and pay for relays online. Coaches may contact the meet director for additional assistance if necessary.

RELAY DECK ENTRIES: Relays can be deck entered and relay entries close 90 minutes prior to the start of that particular relay.

CHECK-IN: This is a partially pre-seeded meet. Registered swimmers are considered checked-in for all individual events of 200 yards or less. Online check-in on Swimphone.com (located on the ClubAssistant site for this meet) will be available for the 1650 free and 400 IM from 6:00 PM Wednesday, May 15th until 5:00 AM Friday, May 17th. Online check-in will be available for the 500 and 1000 yard freestyle events starting at 6:00 PM on the day prior to the event and closing at 5:00 AM on the day of the event. In person check-in closing times are listed below:

Events 1 Mixed 1650 Free	8:00 AM	Friday
Event 7 Women's 400 IM	11:30 AM	Friday
Event 8 Men's 400 IM	12:00 Noon	Friday
Event 11 Women's 500 Free	7:30 AM	Saturday
Event 12 Men's 500 Free	7:50 AM	Saturday
Events 55 Mixed 1000 Free	11:00 AM	Sunday

Note: Athletes who do not check-in for the 1650 Free, 400 IM, 500 Free, and 1000 Free will not be seeded and will not be allowed to compete in that specific event.

SEEDING: Events are swum fastest to slowest. Because this is a Championship meet, NT (No Time) entries are not allowed. Women and Men will swim together for 1650 yard Free (Events 1 & 2) and the 1000 yard Free (Events 55 & 56).

TIMING ASSIGNMENTS: Based on the number of entries, as well as the lanes being run during competition, timing assignments will be given to the teams attending the meet. Notification of timing assignments will be provided to each team following the closure of online meet entries.

SCORING: Individual Events: 21-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 and double points for relays for each age group. **Note:** Only 2 relays per club per age group will be scored.

AWARDS: Ribbons will be available for first through eighth place. High point awards will be given for each age group for each gender. Team awards will be given for the top three teams in large, medium, and small team categories.

PSYCH SHEET AND PROGRAM: Can be accessed through SwimPhone and will be e-mailed to all participants prior to the start of the swim meet.

HOSPITALITY: Breakfast and lunch, as well as water and snacks, will be provided to all working officials at the meet.

MEET CO-DIRECTORS: Andy Brenan, andybrenan@mac.com, (916) 801-2627 (cell) and Nick Barajas, nickbarajas@hotmail.com, (916) 798-4374 (cell)

MEET REFEREE: John King sixkings@gmail.com

ASSISTANT REFEREE: David Benjamin david.benjamin.dstlane@gmail.com

EVENTS:

Friday, May 17th, 2024, Session 1. Warm-ups start at 7:30 AM, competition begins at 8:30 AM

Event Women's	Stroke	Event Men's	Stroke
1 (Women and Men)	Mixed 1650 Free		
3	800 Free Relay	6	800 Free Relay
5	Mixed 800 Free Relay		
7	400 IM	8	400 IM
9	200 Free	10	200 Free

Saturday, May 18th, 2024, Session 2. Warm-ups start at 7:00 AM, competition begins at 8:00 AM

Event Women's	Stroke	Event Men's	Stroke
11	500 Free	12	500 Free
13	50 Back	14	50 Back
15	200 Breast	16	200 Breast
17	100 Fly	18	100 Fly
19	400 Free Relay	22	400 Free Relay
21	Mixed 400 Free Relay		
23	100 IM	24	100 IM
25	200 Back	26	200 Back
27	50 Fly	28	50 Fly
29	400 Medley Relay	32	400 Medley Relay
31	Mixed 400 Medley Relay		

Sunday, May 19th, 2024, Session 3. Warm-ups at 7:00 AM, competition begins at 8:00 AM

Event Women's	Stroke	Event Men's	Stroke
33	100 Free	34	100 Free
35	50 Breast	36	50 Breast
37	200 Fly	38	200 Fly
39	100 Back	40	100 Back
41	200 Free Relay	44	200 Free Relay
43	Mixed 200 Free Relay		
45	200 IM	46	200 IM
47	50 Free	48	50 Free

49	100 Breast	50	100 Breast
51	200 Medley Relay	54	200 Medley Relay
53	Mixed 200 Medley Relay		
55 (Women and Men)	Mixed 1000 Free		

SAFETY: Lifeguards will be on duty during this swim meet. Safety equipment including an AED is also available.

WARM-UP RULES: The following rules apply to the warm-up period before each session, and to warm-up/down during the meet.

- Swimmers shall enter the water feet first except for starts, which are limited to specified lanes.
- There will be designated lanes for pace 50's and also for one-way sprints. There will be lane(s) designated for older swimmers.
- Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.

RESTRICTIONS:

- The use of hand paddles, kick boards, fins and other devices are not allowed during general warm-up.
- The use of hand paddles at any time during which touch pads are installed is forbidden.
- Smoking, tobacco products, and alcoholic beverages are not allowed in all areas of the meet venue including the parking lot.
- Glass containers and pets are not allowed in the pool area.
- No personal heaters will be allowed in the pool facility.
- Operation of a drone, or any other flying apparatus, over the entire facility, is prohibited.
- No photos may be taken within the locker room.

HOTELS/LODGING: There are several hotels close by that also have a complimentary hot breakfast, including:

1. Holiday Inn: 1/2 mile from the pool. Phone: 916-928-9400
<https://www.ihg.com/holidayinnexpress/hotels/us/en/sacramento/sacdp/hoteldetail>
2. Marriott Town Place Suites: 1.5 miles from the pool. Phone: 916-419-8811
<https://www.marriott.com/en-us/hotels/sacta-towneplace-suites-sacramento-airport-natomas/overview/?scid=f2ae0541-1279-4f24-b197-a979c79310b0>
3. Hampton Inn: 1/2 mile from the pool. Phone: 916-928-5700

