



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

### Start times:

- Friday, May 17<sup>th</sup>: Warm-ups at 7:30 AM; Meet starts at 8:30 AM
- Saturday, May 18<sup>th</sup> and Sunday, May 19<sup>th</sup>: 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 13<sup>th</sup> at 10:00am, closing Thursday, May 16<sup>th</sup> 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 17<sup>th</sup>, warm-up will begin at 7:30 AM and the meet will begin at 8:30 AM. On both Saturday, May 18<sup>th</sup> and Sunday, May 19<sup>th</sup>, 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.

**UPDATE: the following entry caps will be applied to the distance events:**

**1650 mixed limited to 90 entries**

**500 women limited to 80 entries**

**500 men limited to 80 entries**

**1000 mixed limited to 80 entries**

**ONLINE ENTRIES:** Entries may be made at the Club Assistant web site:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1266&smid=18333](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 Brennan 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 15<sup>th</sup> until 5:00 AM Friday, May 17<sup>th</sup>. 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](mailto:sixkings@gmail.com)

**ASSISTANT REFEREE:** David Benjamin [david.benjamin.dstlane@gmail.com](mailto:david.benjamin.dstlane@gmail.com)

**EVENTS:**

**Friday, May 17<sup>th</sup>, 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 18<sup>th</sup>, 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 19<sup>th</sup>, 2024, Session 3.** Warm-ups at 7:00 AM, competition begins at 8:00 AM

| <b>Event Women's</b> | <b>Stroke</b>          | <b>Event Men's</b> | <b>Stroke</b>    |
|----------------------|------------------------|--------------------|------------------|
| 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  
[https://www.hilton.com/en/hotels/sacnnhx-hampton-suites-sacramento-airport-natomas/?SEO\\_id=GMB-AMER-HX-SACNNHX&y\\_source=1\\_MjA4MzU4MS03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/sacnnhx-hampton-suites-sacramento-airport-natomas/?SEO_id=GMB-AMER-HX-SACNNHX&y_source=1_MjA4MzU4MS03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)

