



**Splash & Dash 2023 Sprint Pentathlon**  
**Hosted by Albany Armada Aquatic Masters**  
**Saturday, February 25, 2023**



**Start times:** Warm-ups at 8:00 am. Meets at 9:00 am.

**Check in:** Positive Check-in with Clerk at 8:30 am.

**Deck Entries:** Only for Relay Entries.

**Sanctioned by the Pacific Masters for USMS Inc. Sanction #383-S004**

**This meet will close at 180 registrants.**

**LOCATION:** Albany Aquatic Center, 1311 Portland Avenue, Albany, CA 94706

Albany Armada Aquatic Masters follows the COVID-19 requirements of Alameda County.

**DIRECTIONS:** From Highway 80, take Buchanan exit and head east. Make a left on San Pablo Ave. Make a right on Portland Ave.

**PARKING INSTRUCTIONS:** There is no parking lot at this site and parking in the surrounding neighborhood is very limited. Please be courteous to our neighbors and do not block driveways, park in red zones, or over designated parking markers.

**FACILITY:** Outdoor, 25 yard 10-lane pool with 6 lanes used for competition. An indoor 25-yard pool with up to 5 lanes will be available for warm-up/cool down. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and turn end. 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 semiautomatic timing with two buttons. Times can be submitted for USMS Top 10 consideration but cannot be submitted for USMS records. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

**TIME:** Saturday, February 25, 2023, 9:30AM (warm-ups 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 7 events, including relays.

**ONLINE ENTRIES:** Enter online at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2390&smid=15556](https://www.clubassistant.com/club/meet_information.cfm?c=2390&smid=15556)

Deadline for individual entries: Friday, February 24, 2023 at 8:00 PM. You will receive an immediate entry confirmation via email. No paper entries accepted - online entries only.

All Relay-Only swimmers must enter online by Saturday, February 25 at 8:30 a.m. No fee will be charged.

Relay Teams will be deck-entered at the meet by 10:00 a.m. Only swimmers who have already registered online may be entered into relays. A fee of \$10.00 per relay will be collected on deck.

**ENTRY FEES:** Flat entry fee of \$40 per swimmer for online registration. Relays are \$10 for each entry. Please note: when paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

**ENTRIES:** Deck entries will not be permitted. Pacific Masters requires all swimmers be registered with a valid USMS number before entering meet. Paper USMS registrations will not be accepted at the meet. Non-members can register online using a mobile device and will receive a USMS number at the end of the registration process.

**CHECK-IN:** This meet will be deck seeded. Athletes must check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the event. Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

**SEEDING:** All events will be seeded FASTEST to SLOWEST by gender. Enter short course yard times for seeding purposes. Entries with "No time" or "NT" will not be accepted.

**SCRATCHES:** Any athlete not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**RELAYS:** All relays will be swum as mixed relays (2 men, 2 women). Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events may enter during check-in.

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

**HOSPITALITY:** A light snack bar will be available throughout the competition.

**MEET DIRECTOR:** Carol Nip, [cnip@albanyarmada.com](mailto:cnip@albanyarmada.com)

**MEET REFEREE:** John King, [sixkings@gmail.com](mailto:sixkings@gmail.com)

**EVENTS: Women = Odd      Men = Even**

EVENT #	EVENT	EVENT #
1	50 Fly	2
3	50 Back	4
5	50 Breast	6
7	50 Free	8
9	100 IM	10
11	200 Free Mixed Relay	11
12	200 Medley Mixed Relay	12

**RESTRICTIONS:** None