

## The City Mile Sunday, February 25, 2024

Start time: 8:00 AM Warmup; 9:00 AM start Check in: none – Pre-seeded Meet Pre-seeded Meet- No same day entries
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**Sanctioned by the Pacific Masters for USMS, Inc. Sanction #384-S006**

### Bring a swimmer... Get a Cap

Bring a swimmer new to the City Mile and enter The City Mile 1650. After you've both entered, let Michael know ([michael@pacificMasters.org](mailto:michael@pacificMasters.org)) and you'll both will receive a PacMasters/USMS Swim Cap.

**LOCATION:** City College of San Francisco, Wellness Center, 50 Frida Kahlo Way, San Francisco, CA 94112

**DIRECTIONS:** [Google Maps](#) (Outer Mission / Ingleside, San Francisco). You may also use it by going to URL: <https://w3w.co/soft.menu.linked>. The pool is about an eight minute walk from the Balboa Park BART station.

**PARKING INSTRUCTIONS:** Free local parking is available.

**FACILITY:** Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. 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. Due to the wiring of the timing system, lanes are numbered from left to right as the swimmer faces the course. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

**TIME:** Sunday, February 25, 2024, 9:00 am start time. Warmups 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:** One event.

**ONLINE ENTRIES:** Online entries must be completed by 11:59 P.M., February 22, 2024. Entry fee is \$38. No refunds will be made. Entries will be limited to 96 total swimmers on a first received basis.  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2037&smid=17919](https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=17919)

**SPLIT REQUESTS:** Swimmers may request splits for events. The first split request is free. For each additional split request there will be a \$5.00 charge (cash only). Requests must be made at the meet.

**MAILED ENTRIES:** Not available. You must register on-line.

**DECK ENTRIES:** Not available. This is a pre-seeded meet.

**CHECK-IN:** No check-in. This is a pre-seeded meet. Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.

**SEEDING:** Events will be swum fastest to slowest. "No time" (NT) entries are not permissible. The meet will be pre-seeded and preliminary heat assignments will be made. An approximate timeline will be emailed to participants. Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.

The Athlete's age will be the age of the Athlete on the first day of the meet.

**AWARDS:** Each swimmer who establishes a new meet record (for their age group) will receive a certificate suitable for framing. There will be special recognition for the swimmer who comes closest to his seed time (\$35 gift certificate).

**PSYCH SHEET:** A heat sheet will be sent to all participants to the e-mail address they gave at registration.

**HOSPITALITY:** Refreshments (coffee and bagels) are provided to all participants.

**MEET DIRECTOR:** Michael Moore, swim@mwmooore.org

**MEET REFEREE:** John King

**RESTRICTIONS:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.

No glass containers are allowed in the meet venue.

The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

An AED (Automated External Defibrillator) is maintained at the pool.

Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

No pets are allowed at pool, except service assistance animals.

**EVENTS:** Pre-seeded fast to slow. Women and men combined.

1. 1650 Freestyle