

**Pacific Masters Swimming
Long Course Championships
July 21 – 23, 2023**

Start times: Friday, July 21, 2023; Warm-ups 7:30 am, Meet starts at 8:30 am
Saturday, July 22, 2023; and Sunday, July 23; Warm-ups 7:30 am, Meet starts at 9:00 am
Check in: only for 1500 Free, 400 IM, 800 Free, 400 Free
Deck Entries: Only for Relay Entries

Sanctioned by the Pacific Masters for USMS, Inc. Sanction #383-S014

Location: Miwok Aquatics Center, Indian Valley College. 1800 Ignacio Blvd., Novato, CA 94949

NO SINGLE USE PLASTIC: Miwok Aquatic Center/Indian Valley College has a NO SINGLE USE PLASTIC POLICY on campus. Please help us follow the rules and bring only reusable water bottles into the facility. We will have free water bottle filler stations on deck and canned water available for purchase.

Directions: From Southbound Highway 101: Take Ignacio Boulevard exit, turn right onto Ignacio Boulevard at the light, go straight approximately two miles, enter Indian Valley Campus. Pool is in the center of campus. From Northbound Highway 101: Take Ignacio Boulevard exit, go left and cross over 101, go straight approximately two miles, enter Indian Valley Campus. Pool is in the center of Campus.

Parking: Parking requires a permit on Friday and Saturday, except in upper lot #5. On Sunday parking is free in all lots. To purchase a parking pass, there are machines in each lot and a QR code to pay by phone. Please secure vehicles and contents. The Marin Community College District, the Marin Aquatics Masters, nor Pacific Masters Swimming, take ANY responsibility for damages or theft to any vehicles or personal belongings.

Facility: Miwok Aquatic Center. 25 yard x 50-meter outdoor heated pool. Eight (8) lanes are available for competition. 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. There will be six (6) lanes for warm up and cool down. Locker rooms and additional restrooms are available. The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

Timing Chairs During Meet: Participating teams will be assigned timing chairs according to the number of their swimmers entered in the meet. Teams shall be advised of their timing responsibilities approximately 1 week before the meet starts.

Time: Friday, July 21, 2023; Warmups at 7:30 am, meet begins at 8:30 am.
Saturday, July 22, 2023; and Sunday, July 23, 2023 - Warmups at 7:30 am, meet begins at 9:00 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 shall contact the meet director to facilitate their entries and must provide proof of current membership in their country's Masters Swimming governing body.

Entry Limits: Maximum of 6 events per day, 7 events for three-day meet, excluding relays. This meet is long course (LC) meters. To convert SC yard times to LC meters times, conversion tables can be found at swiminfo.com.

Event Caps:

- 1500 Free – capped at 9 heats (72 swimmers, men and women together)
- 800 Free – capped at 6 heats (48 swimmers total, men and women together)
- 400 Free – capped at 10 heats (80 swimmers, men and women together)

Online Entries: Entries may be made at the following website:

https://www.clubassistant.com/club/meet_information.cfm?c=2619&smid=16457

Individual entries close Wednesday, July 12, 2023, 11:59 pm.
Swimmers entering relays only must register online (no charge) between Thursday, July 13 and Sunday, July 16, 2023, 11:59 pm.

Relay Teams may be entered online beginning Monday, July 17, 2023, and closing Saturday, July 22, 2023, 11:59 pm.

Note: No late or individual deck entries will be accepted. Relays may be deck entered. Relay deck entries will close approximately 90 minutes before the estimated start of the specific relay block.

Entry Fees for Individual Events: \$22 per one event, \$48 for 2-4 events, and \$55 for 5-7 events. No refunds will be made.

Mailed Entries: No paper entries for individual events shall be accepted. If you cannot enter online, please contact Shari Cruse (Meet Director) at (415) 302-4466, swim@marinaquaticmasters.com, before July 10, 2023.

Deck Entries: Only for relay teams (relay team members must already be entered either as relay-only or individual swims).

Check In: This is a partially pre-seeded meet. Swimmers are considered checked-in for all individual events with 200 yards and less. Online check-in on Swimphone.com will be available as follows:

- 1500 and 400 IM from 6:00pm July 20, 2023, until 5:00 am July 21, 2023
- 800 from 6 pm July 21, 2023, to 5 am July 22, 2023
- 400 free from 6 pm July 22, 2023, to 5 am July 23, 2023

In person check-in closing times below:

Event 1 1500 Free	8:00 am	Friday
Event 3 Women's 400 IM	11:00 am	Friday
Event 4 Men's 400 IM	11:30 am	Friday
Event 29 800 Free	11:00 am	Saturday
Event 53 400 Free	11:00 am	Sunday

Note: Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

Seeding: All events shall be swum fastest to slowest. Because this is a Championship meet, NT (No Time) entries are not allowed. Women and Men will swim together for the 1500 Free (event 1), 800 Free (event 29), and 400 Free (event 55).

Relays: Swimmers may swim in either the gender or mixed relay of a particular type, but not both. Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events must enter online (no charge). Teams are encouraged to enter relays online and Teams may pay relay fees online as well. Online Relay entry instructions will be sent to the

coaches in a separate email. Coaches may contact the meet director for additional assistance if necessary.

Relay Entry Fees: Relay entry fees are \$10.00 per entered relay. Relay entries are required 90 minutes prior to relay events being swum.

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 for relays for each age group.

Note: Only 2 relays per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place. High point awards for each gender and age group. Team awards will be given for the top three teams in large, medium, and small groups.

Psych Sheet and Program: Emailed to all participants prior to start of meet.

Hospitality: A continental breakfast and lunch will be provided for all working officials at the meet.

Snack bar: Healthy food and beverage options available.

Meet Director: Shari Cruse swim@marinaquaticmasters.com (415) 302-4466

Meet Referee: John King

Hotels:

[Courtyard by Marriott](#): 1400 Hamilton Parkway, Novato.

[Best Western Plus Novato Oaks Inn](#): 215 Alameda del Prado, Novato

[Four Points by Sheraton](#): 1010 Northgate Drive, San Rafael.

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, parking lots, and in all areas used by athletes, during the meet and during warm-up periods.

Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

No glass containers are allowed in the meet venue.

No propane heater is permitted except for snack bar/meet operations.

All shelters must be properly secured. Please do not use stakes in the landscaping due to irrigation system.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Animals with the exclusion of service animals are NOT permitted on the pool deck at any time.

Events: Women's events are numbered (Odd) and Men's events are numbered (Even). The 1500, 800 and 400 free events will be combined women and men (mixed).

Friday, July 21, 2023 Session 1

Warmups start at 7:30am

Meet Session begins at 8:30 am

Event Number	Gender(s)	Stroke
1	Mixed	1500 Free
3	Women	400 IM
4	Men	400 IM
5	Women	800 Free Relay
7	Mixed	800 Free Relay
8	Men	800 Free Relay

* Event 7 is a Mixed Gender Event. Event 1 shall be swum combined women and men.

Saturday July 22, 2023 Session 2

Warmups start at 7:30 am

Meet Session begins at 9:00 am

Event Women's	Stroke		Event Men's	Stroke
9	100 Free		10	100 Free
11	50 Back		12	50 Back
13	100 Fly		14	100 Fly
15	400 Free Relay			
17	Mixed 400 Free Relay		18	400 Free Relay
19	200 back		20	200 Back
21	100 Breast		22	100 Breast
23	50 Free		24	50 Free
25	200 Medley Relay			
27	Mixed 200 Medley Relay		28	200 Medley Relay
29	Mixed 800 Free			

*Events 17, 27 are Mixed Gender Events. Event 29 shall be swum combined women and men.

Sunday July 23, 2023 Session 3

Warmups start at 7:30 am

Meet Session begins at 9:00 am

Event Women's	Stroke		Event Men's	Stroke
31	200 Free		32	200 Free
33	200 IM		34	200 IM
35	50 Fly		36	50 Fly
37	200 Breast		38	200 Breast
39	200 Free Relay			
41	Mixed 200 Free Relay		42	200 Free Relay
43	100 Back		44	100 Back

45	200 Fly		46	200 Fly
47	50 Breast		48	50 Breast
49	400 Medley Relay			
51	Mixed 400 Medley Relay		52	400 Medley Relay
53	Mixed 400 Free			

** Events 41, 51 are Mixed Gender Events. Event 53 shall be swum combined women and men.*