

2024 BAY AREA SENIOR GAMES Short Course Yards Meet

For sports other than swimming, please visit www.bayareaseeniorgames.org

Sanctioned by the Pacific Masters for USMS, Inc. Sanction #384-R002

Bay Area Senior Games office is 650.323.9400

DATE: Sunday, March 24, 2024

TIMES: Check-in opens 7:45am. Warm-ups begin at 8:00am. Meet starts at 9:00am.

LOCATION: Rinconada Pool, 777 Embarcadero Rd, Palo Alto, CA 94303

Free street parking is available along the backside of the pool by the Magical Forest, and tennis courts, and on neighborhood streets.

FACILITY: 10 lane x 25yard pool (6 competition, 3 warm-up-down, 1 buffer)

The primary timing System will be semi-automatic with 2 buttons.

For USMS members: times can be submitted for USMS Top 10. Times cannot be submitted for USMS records. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS. Note: Timing system is push button only with no pads. 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

EVENTS: A maximum of six events may be selected. Events are listed below. First event starts at 9:00 am

FEES: Base entry fee of \$60.00 plus \$7.00 per individual swimming event. Refunds will be given only in the event of cancellation due to low numbers of entries.

ONLINE ENTRIES: Register for swimming directly at this link: [waiting for Club Assistant link https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=18056](https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=18056)

ENTRY DEADLINE: March 15, 2024 at 5:00pm Pacific time.

DECK ENTRIES: None

SEEDING: Events are seeded by entry times, slow to fast, regardless of age or gender. The meet is pre-seeded and seeding will be sent in advance to athletes, by email.

MEDALS: 1 – 3 will be awarded in each event to both genders by 5- year increments, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84 and 85 – 89, 90 + Gold, Silver and Bronze medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed unless award winner pays postage and handling fee in advance (\$7).

BENEFITS

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, event staff, medals, security, liability

insurance, entry confirmation, commemorative event T-shirt, posting on website and results administration.

REFUND POLICY - NO refunds will be made if an entrant fails to compete for whatever reason including: event rescheduling, or event cancellation due to inclement weather, war, terrorism, or an act of God. Games officials or the Bay Area Senior Games Board of Directors reserve the right to cancel or postpone events to a later time. All times and venues are subject to change. Refunds of entry fees are subject to a processing fee and may occur only for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants
- 4) Injury, if occurs prior to event

CONFIRMATIONS

Athlete confirmations will be e-mailed when online registration is complete. Athletes will also receive a final event information e-mailing just prior to the event. (Please check your email inbox and spam folder)

CHECK-IN

All athletes must report to the check-in table/tent at the entrance to the competition venue. The location, address and start times will be included in the final confirmation e-mailing.

This meet is part of the multi- sport series - **the 2024 Bay Area Senior Games**, athletic competitions for men and women over 50 years old, including Swimming, Golf, Track & Field, Basketball, Volleyball, Tennis, Table Tennis, Archery, Pickleball, Soccer and Basketball.

HOSPITALITY: There is no snack bar available, please bring your own refreshments and a refillable water bottle.

MEET DIRECTOR: Anne Cribbs 650.323.9400 or 415.264.2067 (mobile)

REFEREE:

Warm-ups start at 8:00 AM
Meet starts at 9:00 AM

| # | Sex | Event | |
|----|---------|-------|--------|
| 1 | Females | 100 Y | Fly |
| 2 | Males | 100 Y | Fly |
| 3 | Females | 200 Y | Free |
| 4 | Males | 200 Y | Free |
| 5 | Females | 50 Y | Breast |
| 6 | Males | 50 Y | Breast |
| 7 | Females | 100 Y | Back |
| 8 | Males | 100 Y | Back |
| 9 | Females | 400 Y | IM |
| 10 | Males | 400 Y | IM |
| 11 | Females | 100 Y | Breast |

| # | Sex | Event | |
|----|---------|-------|--------|
| 12 | Males | 100 Y | Breast |
| 13 | Females | 200 Y | Back |
| 14 | Males | 200 Y | Back |
| 15 | Females | 100 Y | IM |
| 16 | Males | 100 Y | IM |
| 17 | Females | 50 Y | Free |
| 18 | Males | 50 Y | Free |
| 19 | Females | 200 Y | Fly |
| 20 | Males | 200 Y | Fly |
| 21 | Females | 50 Y | Back |
| 22 | Males | 50 Y | Back |
| 23 | Females | 200 Y | IM |
| 24 | Males | 200 Y | IM |
| 25 | Females | 50 Y | Fly |
| 26 | Males | 50 Y | Fly |
| 27 | Females | 100 Y | Free |
| 28 | Males | 100 Y | Free |
| 29 | Females | 200 Y | Breast |
| 30 | Males | 200 Y | Breast |
| 31 | Females | 500 Y | Free |
| 32 | Males | 500 Y | Free |

Note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

MORE INFORMATION: For more information, including previous years' swim meet results, please visit the www.bayareaseniorgames.org