

**Quicksilver Masters Mid-Distance Pentathlon  
Pacific Masters Swimming Short Course Meet  
Saturday, March 30<sup>th</sup>, 2024**

Start time: **9:00 AM warm up; 10:00 AM meet start**

Check-in: **Required for all events**

Deck Entries: **None**

**Sanctioned by the Pacific Masters for USMS, Inc. Sanction #384-S008**

**LOCATION:** Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136.

**DIRECTIONS:** Take SR 85 to the Santa Teresa Blvd exit. Head south on Santa Teresa and turn right onto Thornwood Drive past the mall. Turn right on Chynoweth, and right on Gaundabert Lane onto campus. The pool is located at the back of the campus.

**PARKING INSTRUCTIONS:** We share the campus with other sporting events and request that athletes and spectators use the large parking lot in front of the school when possible. There is a sidewalk connecting the front of the school to the pool facility in the back of the school. All spaces are first come, first serve.

**FACILITY:** Outdoor 25-yard x 20 lanes pool with up to 8 lanes available for competition. At least an additional 6 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the deep 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 automatic timing. Times can be submitted for world records, USMS records, and USMS Top 10 consideration. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

**TIME:** Saturday, March 30, 2024. Doors open at 8:30am. Warm-ups 9:00 AM. Events 10:00 AM.

**ELIGIBILITY:** 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. To register with USMS and obtain a USMS ID, visit: <https://www.usms.org/join-usms/join-or-renew>. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

**RULES:**

- Current USMS rules will govern the meet.
- Athletes who compete in all 5 events are eligible for a Pentathlon award in their respective age group.
- Teams with 10 or more participants shall fill a timer slot for the duration of the meet, beginning with the 100 Fly. Lane assignments will be emailed to each team prior to the start of the meet.

**ENTRY LIMITS:** Athletes may compete in up to 5 events. Registrations for the meet will close when the meet timeline has reached 4 (four) hours.

**ONLINE ENTRIES:** Online entries are available at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1889&smid=18144](https://www.clubassistant.com/club/meet_information.cfm?c=1889&smid=18144). There is a flat fee of \$30 for meet entry. The deadline to register is Monday, March 25, 2024 at 11:59pm. No refunds shall be made. Use short course yard times when entering an event. Entries with "No time" or "NT" will not be accepted. If you do not have an official time, make a best guess or ask your coach for an estimate.

**MAILED ENTRIES:** Shall not be accepted. Contact the Meet Director, Megan Waters, at [megan@swimgss.org](mailto:megan@swimgss.org) if you need assistance registering online.

**DECK ENTRIES:** Shall not be accepted.

**CHECK-IN:** Positive check-in is required for all events. Check-in for the first two events, Women's and Men's 100 Fly, will close at 9:30am. Check-in for all other events will close between 30-60 minutes prior to the estimated start time of the event.

**SEEDING:** All events shall be seeded by gender, with combined age groups from fastest to slowest.

**SCRATCHES:** No penalty for scratches or a no-show to an event.

**AWARDS:** An award shall be given to those athletes, in each age group for each gender, with the fastest combined time for all five events. Athletes who do not compete in all five events are not eligible for an award.

**HOSPITALITY:** Athletes are encouraged to bring their own snacks and/or meals. Snacks will be provided for Coaches and Volunteers. A meal will be provided for Officials.

**MEET DIRECTOR:** Megan Waters      Email: [megan@swimgss.org](mailto:megan@swimgss.org)      Office hours 1:00-3:00pm.

**MEET REFEREE:** Trevor Gillis      Email: [trevordgillis@att.net](mailto:trevordgillis@att.net)

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

Women's Event #	Event	Men's Event #
1	100 Fly	2
3	100 Back	4
5	100 Breast	6
7	100 Free	8
9	200 IM	10

**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.
- 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 heaters are permitted.
- All shelters must be properly secured (e.g. buckets and bungees).
- Deck Changes are prohibited. Locker rooms are open in the main school building. Additional restrooms can be found at the entrance to 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.
- 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.