

**VACAVILLE SUPER BOWL MASTERS MEET  
SPRINT AND MID-DISTANCE  
PENTATHLON  
SATURDAY, FEBRUARY 11, 2023**

Start time: <b>9:30 AM warm up, 11:00 AM start</b> Check in: <b>None</b> <b>No same day entries</b>
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**Sanctioned by the Pacific Masters for USMS, Inc. Sanction #383-S006**

**GENERAL INFORMATION:** This meet will consist of a Sprint Pentathlon (50's of each stroke plus a 100 IM) and a Mid-Distance Pentathlon (100's of each stroke plus a 200 IM). One final unofficial event will culminate the meet, an "anything goes" 50 sprint. Swimmers entering this event will be able to utilize fins, paddles, buoys, etc. For the "anything goes" 50 sprint, swimmers using fins may dive from the blocks and swimmers using paddles must start in the water and will have the touchpad removed from their lane.

**COVID-19 SAFETY:** Any State and local government safety measures will be enforced for our participants, volunteers, Coaches and Officials and spectators. You must follow all posted instructions while visiting the Walter Graham Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Walter Graham Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19. Face coverings that cover the mouth and nose are strongly recommended at all times except for participants when swimming. Health and safety measures are subject to change as the State and Solano County adjust COVID protocols.

**LOCATION:** Walter Graham Aquatic Center, 1100 Alamo Dr., Vacaville, CA. 95687

**DIRECTIONS:** From eastbound Interstate 80: Alamo Drive Exit, stay to the right. Turn right at the second light, Marshall Rd. (at McDonald's). Pool and parking on the left. Westbound Interstate 80: Alamo Drive exit, stay to the right. Turn right at the light (Alamo Dr.) Turn right at the third light, Marshall Rd. (at McDonald's). Pool and parking is on the left.

**PARKING INSTRUCTIONS:** Public parking is available around the Aquatic Center. See the provided parking diagram below.

**FACILITY:** Outdoor, 10 lane, 25-yard pool, with deep gutters and Kiefer lane lines. Eight (8) lanes will be used for competition. An 8-lane recreation pool will be available for warm-ups prior to the meet and for warm-up/cool down throughout the competition.

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).

The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

**TIME:** Saturday, February 11, 2023. Warmups begin at 9:30 AM with competition start at 11:00 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:** The meet will be capped at 300 swimmers. Swimmers are limited to a maximum of six (6)

individual entries. No time (NT) entries will be accepted.

**ONLINE ENTRIES:** ONLY ONLINE ENTRIES WILL BE ACCEPTED. Late and deck entries will not be accepted.

Online entries will be accepted through 11:59 PM on Wednesday, February 8, 2023 or when the meet reaches the 300-swimmer cap. Enter at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2636&smid=15602](https://www.clubassistant.com/club/meet_information.cfm?c=2636&smid=15602) to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry.

**FEES:** There will be a \$12 entry fee plus a \$5 fee per event entered. Entry fees will not be refunded for any reason.

**EVENT ORDER:** 50 Fly, 100 Fly, 50 Back, 100 Back, 50 Breast, 100 Breast, 50 Free, 100 Free, 100 IM, 200 IM, Anything Goes 50.

**MAILED ENTRIES:** Mailed entries will not be accepted.

**DECK ENTRIES:** Deck entries will not be accepted.

**CHECK-IN:** All events will be pre-seeded with no check in required

**SEEDING:** All events will be swum slowest to fastest and as Timed Finals. No time (NT) entries will be accepted.

**SCORING:** Individual events will be scored for each age using the following scores for 1<sup>st</sup> through 6<sup>th</sup> place respectively: 7-5-4-3-2-1.

**AWARDS:** Ribbons will be awarded for first place, in each age and gender category, for both the sprint and mid-distance pentathlons. Placement will be on a high point system based on the results of each event. Commemorative "Super Pentathlete" ribbons will be awarded to any athlete completing all of the pentathlon events. A special award will be presented to the top male and female finisher of the "anything goes" 50 sprint.

**PSYCH SHEET:** Meet information will be posted on Meet Mobile.

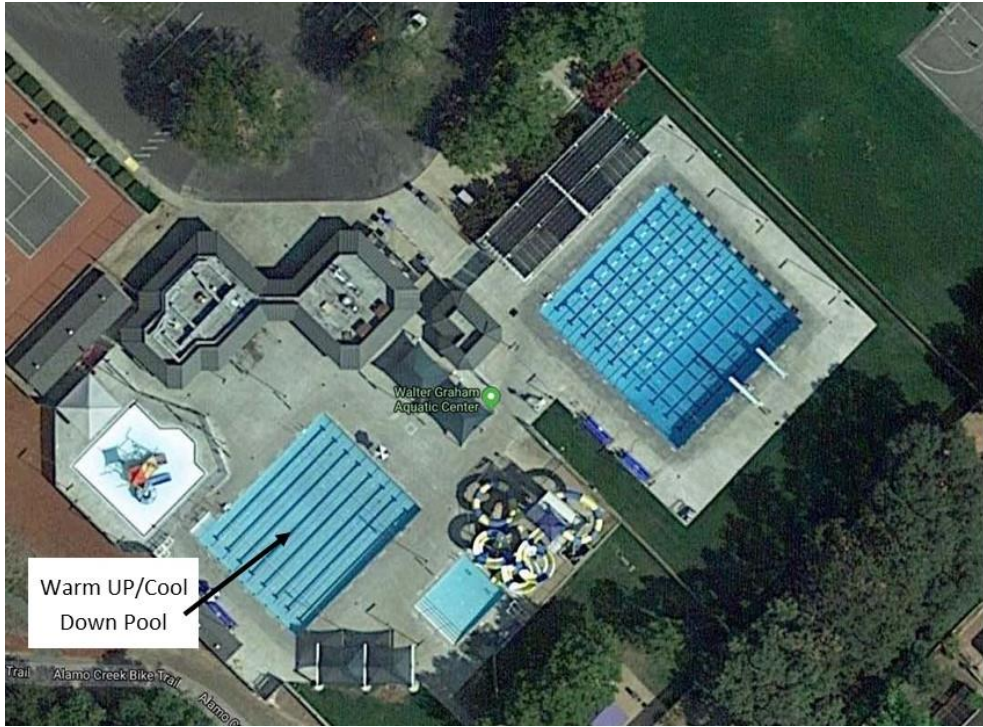
**HOSPITALITY:** Hospitality will be available to Officials and light refreshments may be available for purchase.

**MEET DIRECTOR:** Morgan Doran, [meetdirector@vacavilleswimclub.com](mailto:meetdirector@vacavilleswimclub.com).

**MEET REFEREE:** Niffey Carmody

**HEAD STARTER:** Jeremy Craig

**ADMINISTRATIVE OFFICIAL:** Becky Craig



**SCHEDULE OF EVENTS – ALL EVENTS ARE RUN SLOWEST TO FASTEST**

<b>Saturday, February 11, 2023</b>		
<b>Womens Event #</b>	<b>Mens Event #</b>	<b>Event</b>
1	2	50 Fly
3	4	100 Fly
5	6	50 Back
7	8	100 Back
9	10	50 Breast
11	12	100 Breast
13	14	50 Free
15	16	100 Free
17	18	100 IM
19	20	200 IM
21	22	50 Medley*

**\* 50 Medley is the “anything goes” event that can be swum in any stroke or combination of strokes and with paddles, fins, kickboard, floaty, etc., and must be completed within 1:00 minute. You must start from in the water if using paddles. A special award will be offered to the overall top male and female finisher.**

**OVERNIGHT ACCOMMODATIONS**

All are Vacaville Locations:

Holiday Inn Express	(707) 451-3500	Motel 6	(707) 447-5550
Fairfield Inn/ Marriott	(707) 469-0800	Best Western	(707) 448-8453
Hampton Inn & Suites	(707) 469-6200	Courtyard	(707) 451-9000
Residence Inn	(707) 469-0300		