



**Rose Bowl Masters  
LCM Swim Meet  
Saturday July 30<sup>th</sup> 2022**

**Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 332-S013**

**NOTICE: All local, city, county, and state COVID-19 safety mandates at the time of the meet will be strictly followed. This includes mandates on masks, gathering sizes/capacity limits, and spectators for events at the pool facility. If necessary, we will adjust the meet to adhere to these mandates per our Safety Plan.**

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool. 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 107.2.1.

**Timing System:** The primary timing system will be fully automatic. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration. Colorado Timing will be used.

**Directions:** *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2022, determines age group for the meet. You must be at least 18 years of age on July 30<sup>th</sup> to compete

**Deck Changes: Deck Changes are prohibited during ALL MEETS at the Rose Bowl Aquatics Center.**

**Entries:** All swimmers must be registered with USMS for 2022 or foreign equivalents. Online Entry Fee is \$35. Deadline for entries is July 27<sup>th</sup> 2022 at 11:59pm. There will be no Deck Entries and no mail in entries.

**Disability Swimmers:** Disability swimmers are welcome. Please notify the meet director and meet referee, prior to the competition, of any disability and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

**Relays:** All relays will be deck entered at no cost and are due at or before event 6.

**Awards:** Individual: Rose Bowl ribbons for places 1 to 3. Relays: Rose Bowl ribbons for first place.

**Questions:** Ralph Porrazzo, [rporrazzo@rosebowlaquatics.org](mailto:rporrazzo@rosebowlaquatics.org).

Meet Admin:

Meet Referee:

## **Saturday, July 30<sup>th</sup> 2022**

Warm-up at 7:00am – 7:50am

Meet start 8:00am

1. 50 M Freestyle
2. 200M Backstroke
3. 100M Breaststroke
4. 50M Butterfly
5. 200M Breaststroke
6. 100M Backstroke
7. 200M Butterfly
8. 50M Backstroke
9. 200M Individual Medley
10. 100M Freestyle
11. 50M Breaststroke
12. 200M Freestyle
13. 100M Butterfly
14. 200M Freestyle Relay (Men, Women, Mixed)