



**The 2022 Inaugural STROKE SPECIALIST Short Course Yards Meet**  
**Hosted by SilverPeak Performance**  
**Saturday and Sunday, February 19 to 20, 2022**

**Sanctioned by Southern Pacific Masters Swimming for USMS Inc. #332-S005**

**Facility:** Glendale High School Aquatic Center is an outdoor, 25 yard by 38 meter competition pool, located at 1440 East Broadway, Glendale, CA 91205. There are 8 competition lanes with additional warm-up lanes. 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.

**Directions & Parking:** Glendale High School is located on the SW corner at the intersection of East Broadway and South Verdugo Road, in Glendale, CA, which is South of the 134 Fwy between the I-5 Fwy and the CA SR 2 Hwy. From the 134 Fwy, exit at Harvey Drive, continue onto East Broadway, Left on South Verdugo Road. Parking lot is on Left. Follow signs to the pool.

From the CA 2 Hwy South, Exit at Holly Drive, Right on Holly Drive to Harvey Drive, Left on Harvey Drive, continue onto East Broadway, Left on South Verdugo Road. Parking lot is on Left. Follow signs to the pool.

From the CA 2 Hwy North, exit at Colorado Blvd, Left on Colorado Blvd to South Verdugo Road, Right on South Verdugo Road. Parking lot is on Right. Follow signs to the pool.

**Timing System:** The primary timing system will be fully automatic. Times may be submitted for USMS records and Top 10 consideration.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on February 20, 2022 determines age for the meet, except for 18 year olds who must be 18 years old on February 19, 2022 to compete in the meet.

**Warm-up:** USMS warm-up policies will be enforced. There will be NO DIVING into the pool any time except into the designated sprint lane(s). Warm-up rules will be announced and posted. Warm-up in the competition lanes will be available for one hour prior to the start of each session.

**Entries:** Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 3 individual events per day. The 500yd, 1000yd, and 1650yd Freestyle Events may be limited at the discretion of the meet director. Entry Fee \$50.00 flat fee per swimmer. Early entry price closes Friday February 11<sup>th</sup> at 11:59pm. Late entries will be allowed for a fee of \$60.00. Entries close Wednesday February 16<sup>th</sup> at 11:59pm.

**NO DECK ENTRIES ALLOWED FOR INDIVIDUAL ENTRIES.**

**Seeding:** All events are timed finals and will be seeded slowest to fastest, by entered time, ages and sexes combined.

**Check-in:** Positive check-in is required for all events 400 yards and longer. Check-in closes at 7:30 AM on Saturday for Event #1 1650yd Freestyle and at 7:30 AM on Sunday for Event #13 1000yd Freestyle. Check-in for Event #11 400yd Individual Medley and Event #24 500yd Freestyle will close one hour prior to the anticipated start of the event

**Relays:** All relays will be deck entered on SPMS relay forms. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$20.00 and a signed liability release must be submitted prior to the start of Event # 1.

A swimmer may swim only ONE 200yd Medley Relay (Events #8/9/10) and ONE 200yd Freestyle Relay (Events #20/21/22).

**Snack Bar:** No snacks or food will be available for purchase. Attendees are encouraged to bring their own beverages and snacks. There is a Smart & Final located at N. Verdugo Road and E. Wilson Avenue. A water bottle refillable station is located on the pool deck. Hospitality for Officials, Volunteers, and Coaches will be provided.

**Other Meet Information:** Want to support the meet and volunteer? Swim one day, volunteer the next if you are not going for the Stroke Specialist title. To volunteer, please email: [silverpeakperformance@gmail.com](mailto:silverpeakperformance@gmail.com)

**Stroke Specialist Awards:** Swimmers all over the world have their favorite "niche" in swimming. Either you're a sprinter, distance swimmer, IM'er, etc. At this meet, we want to find the Stroke Specialists. The Stroke Specialists will need to have a blend of sprinting and distance within them to have the lowest combined time within their age group in the stroke categories.

**Participants must enter and complete all 3 events in a single category to be considered for an award.**

Freestyle: 50yd, 100yd, 200yd free

Butterfly: 50yd, 100yd, 200yd fly

Backstroke: 50yd, 100yd, 200yd back

Breaststroke: 50yd, 100yd, 200 yd breast

Individual Medley: 100yd, 200yd, 400yd IM

Distance Freestyle: 500yd 1000yd, 1650yd free (distance freestyle has its own category at this meet)

**The Specialist Title will be awarded to the swimmer who has the lowest combined times in these categories in their age group.** We will be using the Pentathlon method with timing to determine the Stroke Specialist Awards. There will not be ribbons or medals for individual events or relays at this meet.

**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 and gathering sizes/capacity limits/spectators for events at the pool facility. If necessary, we will adjust the meet to adhere to these mandates.**

**Meet Directors:** Charles and Kris McPeak, silverpeakperformance@gmail.com, 626-818-7948

**Meet Admin:** Kelly Linskey

**Questions:** Robin Smith, vicechair@spmasterswim.org

## Order of Events

### Saturday, February 19<sup>th</sup>

**Warm-up starts at 7:00 AM**

**Meet starts at 8:00 AM**

1. 1650 yd Freestyle (entries may be limited)
2. 50 yd Breaststroke
3. 100 yd Backstroke
4. 100 yd Individual Medley
5. 200 yd Freestyle
6. 50 yd Butterfly
7. 200 yd Breaststroke
- 8/9/10. 200 yd Medley Relay (M/W/X)  
(Swimmers are limited to 1 Medley Relay)
11. 400 yd Individual Medley
12. 50 yd Freestyle

### Sunday, February 20<sup>th</sup>

**Warm-up starts at 7:00 AM**

**Meet starts at 8:00 AM**

13. 1000 yd Freestyle (entries may be limited)
14. 100 yd Butterfly
15. 200 yd Individual Medley
16. 50 yd Backstroke
17. 100 yd Freestyle
18. 100 yd Breaststroke
19. 200 yd Backstroke
- 20/21/22. 200 yd Freestyle Relay (M/W/X)  
(Swimmers are limited to 1 Freestyle Relay)
23. 200 yd Butterfly
24. 500 yd Freestyle (entries may be limited)