



# 2023 SLOS Firecracker Invitational

San Luis Obispo, CA

June 23-25, 2023



**MEET DATES:** Friday, June 23, 2023  
Saturday, June 24, 2023  
Sunday, June 25, 2023

**SANCTIONED BY:** USA Swimming, Southern California Swimming, & SCS Coastal Committee  
**SANCTION #:** #S23-181

**HOSTED BY:** SLO Swim Club, Inc.

**ENTRY DEADLINE:** 5:00 PM; Wednesday, June 14, 2023

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	12:15 PM	12:30 PM	2:00 PM
Saturday AM	7:15 AM	7:30 AM	9:00 AM
Saturday PM*	N/A	12:00 PM	1:30 PM
Sunday AM	7:15 AM	7:30 AM	9:00 AM
Sunday PM*	N/A	12:00 PM	1:30 PM

\*Note: warm-up times for Sat & Sun PM sessions may be adjusted based on AM timeline.

- POOL** SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401.
- PARKING** Parking is available in the parking lot adjacent to the pool. Park in marked spaces only.
- COURSE/FACILITY** Pool is a by 50-meter by 25-yard pool with outdoor heated pool with 8 long course lanes. There will be 6-7 lanes (depending on entries) used for competition and a minimum of 1-2 lanes will be used for warm-up/warm down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.  
Pool Depth: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End is 4 ft.  
Ample deck space is available for structures and seating. **\*Bring tie-downs/weights to secure your canopies/structures.**
- TIMING EQUIPMENT** This meet will use semi-automatic timing via CTS timing console and timing buttons (2 per lane) and manual backup timing via stopwatches. This meet will NOT use touchpads for timing and will not have splits available through automatic timing.
- WARM UP PROCEDURES** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30AM-8:50AM for the AM session. Warm up for the PM session will be a minimum of 50 minutes (Meet will start at least one hour after conclusion of AM session). Team warm-up lane assignments and/or shifts may be provided depending on the number of entered swimmers. One lane may be reserved for Masters swimmers for all PM sessions.  
All swimmers must use 3-point, "sit and slide" entries when entering the pool during warm up – no jumping or diving except into the designated dive lane(s) under the supervision of the coaches and marshals. Dive lanes will be assigned by the Meet Referee and will be open approximately 45 minutes before the start of the meet. The pool will close 10 minutes before the start of each session. **WARM-UP RULES WILL BE ANNOUNCED AT THE MEET.**
- MEET REFEREE** The Meet Referee will be in charge of the meet.  
Any questions regarding the conduct of the meet should be directed to the referee – Omar de Armas.
- RULES**
- USA Swimming rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.
  - The Friday PM Session (12 and under events) and Saturday and Sunday AM 12 & Under sessions will limit entries to meet the "4 Hour" rule.
  - Swimmers must swim in their actual age group as determined by their age on the first day of the meet – June 23, 2023. Swimmers must be at least 5 years of age to enter.
  - Results will be categorized into the following age group divisions: 5-8, 9-10, 11-12, 13-14, and 15 & Over.
  - Timers are requested to be provided by each team; club timing assignments will be provided after entries have been processed. Swimmers competing in the 400 Free, 800 Free, and 1500 Free must provide their own timers (2 per lane).
  - Entry Limit Swimmers may swim a maximum of 4 events per day.
  - Check-in/Seeding: This meet will be pre-seeded, and no deck entries will be allowed. Scratches must be submitted by 5:00 p.m. the evening before each day of competition. Relay must be pre-entered including the names of the relay participants.
  - The Meet Administrator will email heat sheets to coaches no later than 6:00 p.m. the evening before each day of competition. All events will be seeded and swum fastest to slowest. The 400 Free, 800 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating girls and boys heats.
  - All coaches and officials on deck must have completed the CDC or NFHS Concussion course prior to the meet start date.
  - All coaches and officials on deck must have completed the CANRA Mandatory Reporting course prior to meet start date.
  - Changes to the meet management may be made with approval of the Meet Host and SCS.
- RECORDING DEVICES & MEDIA NOTICE** The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
- DRONES** 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.



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<b>SWIMWEAR</b>	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.
<b>DECK CHANGES</b>	Deck changes are prohibited.
<b>RACING START CERTIFICATION</b>	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<b>ELEGIBILITY/AFFILIATION</b>	Open to SCS Coastal Committee & out-of-LSC athletes who hold a 2023 USA Swimming membership. Swimmers must be registered with USA Swimming through SWIMS 3.0. Out-of-LSC athletes will be accepted space-available, please include a copy of registration with entry. No late or deck registration will be accepted. <b>All athletes 18 years or older must complete the free online <a href="#">ATHLETE PROTECTION TRAINING</a> in order to compete.</b>
<b>CHANGE OF AFFILIATION</b>	Club Transfers (to unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as "Unattached" affiliation. It is the swimmer's responsibility to complete the Club Transfer process online in SWIMS 3.0 to compete as unattached.
<b>SUBMITTED ENTRY TIMES</b>	Times submitted must be the best recorded times short course or long course from this or the preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.
<b>SEEDING &amp; RESULTS</b>	ALL events will be seeded fastest to slowest. Relays age groups will be the following: 12 & Under, 14 & Under, and 15 and Over. All relay age groups will be seeded together for each relay event. Relay teams' age groups will be determined by the age of the oldest swimmer on each relay team. Each swimmer may compete on only one relay team per relay event.
<b>ENTRY DEADLINE</b>	<b>ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN <u>5:00PM; WEDNESDAY, JUNE 14, 2023.</u></b>
<b>ENTRY PROCEDURE</b>	Team electronic entry via email is recommended. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached PDF file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. Prior to entry deadline new swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.  <b><u>EMAIL ENTRIES TO:</u> Alina de Armas – <a href="mailto:meetprocessor@gmail.com">meetprocessor@gmail.com</a></b>
<b>ENTRY FEES</b>	<b>Each Individual Event: \$5.50; Each Relay: \$10.00; Surcharge per swimmer: \$15.50.</b> Payment of the above fees must accompany each team's entry or individual entry card. NO REFUNDS. Returned checks will incur a service fee. <b><u>MAIL CHECKS TO:</u></b> Alina De Armas PO Box 63 Simi Valley, CA 93062-0063 ***Checks payable to <b>"SLO Swim Club"</b> ***
<b>AWARDS</b>	Ribbons will be awarded for 1 <sup>st</sup> thru 6 <sup>th</sup> place in the "A", "B", and "pre-B" Divisions for the following age-groups: 5-8, 9-10, 11-12.
<b>MAAPP 2.0 STATEMENT</b>	<b>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0) govern this meet.</b>
<b>MEET CONTACTS</b>	<b><u>Meet Referee:</u> Omar de Armas – Email: <a href="mailto:omarswimref@gmail.com">omarswimref@gmail.com</a></b> <b><u>Administrative Referee:</u> Alina de Armas – Email: <a href="mailto:meetprocessor@gmail.com">meetprocessor@gmail.com</a></b> <b><u>Meet Director:</u> Alan Peterson – Email: <a href="mailto:swim@sloseahawks.org">swim@sloseahawks.org</a> (For all other questions regarding this meet)</b>

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**IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.**

**COVID 19 Acknowledgement:** We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. 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 people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID 19 Sanction Requirements:** Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.



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**SLO Swim Center Facility Waiver:** The City of SLO requires electronic completion of the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center. This is required for participation in this event. A link and QR code are available on the following page. Coaches will be reminded to distribute the link to this waiver in advance of the meet.



## Parks & Recreation

### SLO Swim Center – Facility Waiver

Upon entry and use of the SLO Swim Center, all participants will be required to review and execute the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center.

Link: <https://forms.slocity.org/forms/sloswimwaiver>

QR Code:



If the participant is under the age of 18, his or her parent or legal guardian must sign on behalf of the participant



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## Friday, June 23, 2023

### PM SESSION - ALL Age Groups

Warmup: 12:30 PM / Session Start: 2:00 PM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
1			13 & Over	100 Free			2
3			12 & Under	100 Free			4
5	2:47.19	3:10.19	11 & Over	200 Fly	2:40.79	3:06.19	6
7			13 & Over	100 Back			8
9			12 & Under	100 Back			10
11	3:06.59	3:35.99	11 & Over	200 Breast	3:00.19	3:28.69	12
13	23:07.29	23:55.39	11-12	1500 Free	22:37.49	23:25.49	14
15			13 & Over	1500 Free			16

#### Session Notes

- Swimmers entering #5, #6 (11 & Over 200 Fly), #11 & #12 (11 & Over 200 Breast), and #13 & 14 (11-12 1500 Free) must meet the 11-12 'B' minimum time in the respective event.
- 1500 Free – Event #13, 14, 15, 16 will alternated Girls and Boys heats. Swimmers in these events must provide their own timers (2x) and a lap counter (individual & device)



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## Saturday, June 24, 2023

### AM SESSION – 12 & UNDER

Warmup: 7:30-8:50 AM / Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
17			5-12	200 Medley Relay			18
19			11-12	200 IM			20
21			5-10	200 IM			22
23			11-12	50 Free			24
25			5-10	50 Free			26
27			11-12	100 Breast			28
29			5-10	100 Breast			30
31			11-12	50 Fly			32
33			5-10	50 Fly			34
35	2:43.99	3:09.89	11-12	200 Back	2:39.69	3:05.19	36
37	2:57.19	3:20.99	9-10	400 Free	2:47.99	3:12.09	38
	6:38.19	5:56.49	11-12		6:27.49	5:48.69	

#### Session Notes

- Relays (Event #17 & #18) must be pre-entered by the entry deadline.
- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 7-10 100 of same stroke
- 5-6 swimmers meeting 5-8 B standard in 100 Yd IM may enter 7-10 200 IM.
- Swimmers entering the #35, #56 (11-12 200 Back) must meet the 11-12 B time for the event.
- For Event #37 & #38 (400 Free), 11-12 swimmers must enter with a time that meets the 11-12 400 Free 'B' minimum; 9-10 swimmers must enter with a 200 free time that meets the 9-10 200 free 'B' minimum.
- 400 Free – Event #37 & #38 will alternated Girls and Boys heats. Swimmers in these events must provide their own timers (2x).

### PM SESSION – 13 & OVER

Warmup: ~12:00 PM / Session Start: 1:30 PM (at least 1 hour after the end of the AM session)

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
39			13 & Over	200 Medley Relay			40
41			13 & Over	200 IM			42
43			13 & Over	50 Free			44
45			13 & Over	100 Breast			46
47			13 & Over	50 Fly			48
49			13 & Over	200 Back			50
51			13 & Over	400 Free			52

#### Session Notes

- Relays (Event #39 & #40) must be pre-entered by the entry deadline.
- 400 Free – Event #51 & #52 will alternated Girls and Boys heats. Swimmers in these events must provide their own timers (2x).



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## Sunday, June 25, 2023

### AM SESSION – 12 & UNDER

Warmup: 7:30-8:50 AM / Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
53			5-12	200 Free Relay			54
55	5:56.79	6:48.29	11-12	400 IM	5:46.39	6:39.19	56
57			5-10	50 Back			58
59			11-12	50 Back			60
61			5-10	200 Free			62
63			11-12	200 Free			64
65			5-10	50 Breast			66
67			11-12	50 Breast			68
69			5-10	100 Fly			70
71			11-12	100 Fly			72
73	13:44.69	12:26.69	11-12	800 Free	13:30.19	12:15.19	74

#### Session Notes

- Relays (Event #53 & #54) must be pre-entered by the entry deadline
- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 7-10 100 of same stroke
- 5-6 swimmers meeting 5-8 B standard in 100 yd/meter free may enter 7-10 200 Free.
- Swimmers entering the #55, #56 (11-12 400 IM) and #73 & #74 (11-12 800 Free) must meet the 11-12 B minimum in the respective event.
- 800 Free – Event #73 & #74 will alternated Girls and Boys heats. Swimmers in these events must provide their own timers (2x) and a lap counter (individual & device)

### PM SESSION – 13 & OVER

Warmup: ~12:00 PM / Session Start: 1:30 PM (at least 1 hour after the end of the AM session)

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
75			13 & Over	200 Free Relay			76
77			13 & Over	400 IM			78
79			13 & Over	50 Back			80
81			13 & Over	200 Free			82
83			13 & Over	50 Breast			84
85			13 & Over	100 Fly			86
87			13 & Over	800 Free			88

#### Session Notes

- Relays (Event #75 & #76) must be pre-entered by the entry deadline.
- 800 Free – Event #87 & #88 will alternated Girls and Boys heats. Swimmers in these events must provide their own timers (2x) and lap counters (individual and device).



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## Masters Meet Information

**MEET DATES:** Friday, June 23, 2023  
Saturday, June 24, 2023  
Sunday, June 25, 2023

**SANCTIONED BY:** Southern Pacific Masters Swimming for USMS, Inc.

**SANCTION #:** 333-S012

**HOSTED BY:** SLO Swim Club, Inc.

**ENTRY DEADLINE:** 5:00 PM; Wednesday, June 14, 2023

<u>MEET TIMES</u>			
Session	Deck Opens	Warm-up	Start
Friday PM	12:15 PM	12:30 PM	2:00 PM
Saturday PM*	N/A	12:00 PM	1:30 PM
Sunday PM*	N/A	12:00 PM	1:30 PM

\*Note: warm-up times for Sat & Sun PM sessions may be adjusted based on AM timeline.

<b>POOL</b>	SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401.
<b>PARKING</b>	Parking is available in the parking lot adjacent to the pool. Park in marked spaces only.
<b>COURSE/FACILITY</b>	Pool is a by 50-meter by 25-yard pool with outdoor heated pool with 8 long course lanes. <b>The length of the competition course without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 107.2.1.</b> There will be 6-7 lanes (depending on entries) used for competition and a minimum of 1-2 lanes will be used for warm-up/warm down. Pool Depth: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End is 4 ft. Ample deck space is available for structures and seating. <b>*Bring tie-downs/weights to secure your canopies/structures.</b>
<b>TIMING EQUIPMENT</b>	This meet will use semi-automatic timing via CTS timing console and timing buttons (2 per lane) and manual backup timing via stopwatches. This meet will <u>NOT</u> use touchpads for timing and will not have splits available through automatic timing. <b>Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.</b>
<b>WARM UP PROCEDURES</b>	Warm-up time for the Saturday and Sunday PM session may be adjusted based on the AM session timelines. A Masters warm-up lane may be assigned for each warm-up session. All swimmers must use 3-point, "sit and slide" entries when entering the pool during warm up – no jumping or diving except into the designated dive lane(s). The pool will close 10 minutes before the start of each session. <b>WARM-UP RULES WILL BE ANNOUNCED AT THE MEET.</b>
<b>MEET REFEREE</b>	The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee – Omar de Armas.
<b>RULES</b>	<ul style="list-style-type: none"> <li>This is a dual-sanctioned USA Swimming &amp; USMS Meet. USA Swimming rules will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.</li> <li>Masters events will be combined and seeded with the 13 &amp; Over events.</li> <li>Swimmers competing in the 400 Free, 800 Free, and 1500 Free must provide their own timers (2 per lane).</li> <li>Entry Limit Swimmers may swim a maximum of 4 events per day.</li> <li>The 400 Free, 800 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating Women and Mens heats.</li> </ul>
<b>RECORDING DEVICES &amp; MEDIA NOTICE</b>	The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
<b>DRONES</b>	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.
<b>SWIMWEAR</b>	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
<b>DECK CHANGES</b>	Deck changes are prohibited.
<b>ELEGIBILITY/AFFILIATION</b>	Swimmers must be 2023 USMS Members to compete. Age on December 31, 2023 determines age-group for the meet. You must be registered with USMS and be at least 18 years old on June 23, 2023 to compete.
<b>SEEDING &amp; RESULTS</b>	ALL events will be seeded fastest to slowest. <b>All events are timed finals and will be deck seeded by entered time, all ages combined. Deck entries will only be accepted if there is space available.</b>



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- ENTRY DEADLINE** The **ENTRY DEADLINE** is **WEDNESDAY, JUNE 14, 2023; 5:00PM**. If the meet fills prior to the entry deadline, entries can close before the deadline and entries received after the meet fills may be rejected. Masters deck entries will be taken **ONLY** if there is space available.
- ENTRY PROCEDURE** Entries must be submitted by filling out the SPMS Consolidated Entry Card & Completing the USMS PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. This form can be found on the final page of this meet form and can also be found using the following link:  
SPMS Consolidated Entry Card: [https://www.spmasterswim.org/c/8B6A80C/file/meets/consolidated\\_entry\\_card.pdf](https://www.spmasterswim.org/c/8B6A80C/file/meets/consolidated_entry_card.pdf)  
Include a copy of your 2023 USMS registration with your entry.
- MAIL CHECKS & ENTRIES TO:** Alina De Armas  
PO Box 63 Simi Valley, CA 93062-0063  
\*\*\*Checks payable to "[SLO Swim Club](#)"\*\*\*
- ENTRY FEES** **\$30.00 per swimmer flat fee for registration.**  
**\$50.00 per swimmer flat fee for any deck entries.**  
Payment of the above fees entry. NO REFUNDS. Returned checks will incur a service fee. Mail payment to address above.
- AWARDS** There will be no awards for this meets.
- MEET CONTACTS**  
**Meet Referee:** Omar de Armas – Email: [omarswimref@gmail.com](mailto:omarswimref@gmail.com)  
**Administrative Referee:** Alina de Armas – Email: [meetprocessor@gmail.com](mailto:meetprocessor@gmail.com)  
**Meet Director:** Alan Peterson – Email: [swim@sloseahawks.org](mailto:swim@sloseahawks.org) (For all other questions regarding this meet)
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## Friday, June 23, 2023

### PM SESSION - ALL Age Groups

Warmup: 12:30 PM / Session Start: 2:00 PM

WOMEN	EVENT	MEN
1	100 Free	2
5	200 Fly	6
7	100 Back	8
11	200 Breast	12
15	1500 Free	16

**Session Notes**

- 1500 Free – Event #15, 16 will alternated Women and Men heats. Swimmers in these events must provide their own timers (2x) and a lap counter (individual & device)

## Saturday, June 24, 2023

### PM SESSION – Masters with 13 & OVER

Warmup: ~12:00 PM / Session Start: 1:30 PM (at least 1 hour after the end of the AM session)

WOMEN	EVENT	MEN
39	200 Medley Relay	40
41	200 IM	42
43	50 Free	44
45	100 Breast	46
47	50 Fly	48
49	200 Back	50
51	400 Free	52

**Session Notes**

- Relays (Event #39 & #40) must be pre-entered by the entry deadline.
- 400 Free – Event #51 & #52 will alternated Women and Men heats. Swimmers in these events must provide their own timers (2x).



# 2023 SLOS Firecracker Invitational

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## Sunday, June 25, 2023

### PM SESSION – Masters with 13 & OVER

Warmup: ~12:00 PM / Session Start: 1:30 PM (at least 1 hour after the end of the AM session)

WOMEN	EVENT	MEN
75	200 Free Relay	76
77	400 IM	78
79	50 Back	80
81	200 Free	82
83	50 Breast	84
85	100 Fly	86
87	800 Free	88

#### Session Notes

- Relays (Event #75 & #76) must be pre-entered by the entry deadline.
- 800 Free – Event #87 & #88 will alternated Women and Men heats. Swimmers in these events must provide their own timers (2x) and lap counters (individual and device).



# PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (check) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed