



Rose Bowl Masters SCY Swim Meet Sunday April 16, 2023

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #333-S006

Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena, CA 91103. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up. 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 may be submitted for 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 (Lot I). *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 April 16, 2023, determines age group for the meet. You must be at least 18 years of age on April 16, 2023 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 2023 or foreign equivalents. Online Entry Fee is \$35. Deadline for entries is Wednesday April 12, 2023 at 11:59pm Pacific Time.

There will be no deck entries for individual events 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 are timed finals and will be deck-seeded slowest to fastest, by entered time, ages and sexes combined.

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

All relay swimmers must be entered in at least one individual event in the meet.

A swimmer may swim only **ONE** 4x200 yd Freestyle Relay (Events # 8, 9, 10)) and **ONE** 4x100 yd Freestyle Relay (Events # 17, 18, 19).

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

Questions/Meet Director: Ralph (RJ) Porrazzo, (610) 413-0277,
rporrazzo@rosebowlaquatics.org

Meet Admin: Bettie Williams

Meet Referee: Sandy Komar

Sunday April 16th

Warm-up at 8:00AM-8:30AM

Meet starts at 8:45AM

Event #	Event
1.	200 yd Freestyle
2.	400 yd Individual Medley
3.	50 yd Backstroke
4.	100 yd Breaststroke
5.	200 yd Backstroke
6.	50 yd Butterfly
7.	100 yd Freestyle
8 / 9 / 10.	4 x 200 yd Freestyle Relay (Men, Women, Mixed) (Swimmers are limited to ONE Relay)
11.	200 yd Breaststroke
12.	50 yd Freestyle
13.	100 yd Backstroke
14.	200 yd Butterfly
15.	50 yd Breaststroke
16.	100 yd Butterfly
17 / 18 / 19.	4 x 100 yd Freestyle Relay (Men, Women, Mixed) (Swimmers are limited to ONE Relay)
20.	100 yd Individual Medley