

**South Sound Masters**  
**Beat the Clock X Masters Meet**  
**Saturday, March 12, 2016**

**Warm-up: 8:30 AM Meet starts at 9:00 AM**  
**Sanctioned by PNA for USMS Inc. #366-S003**

**LOCATION:** Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA](#)  
98501, (360) 753- 6576

**FACILITY:** 25yd pool, 6 lanes, separate warm-up pool. Temp 81.5°F  
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

**MEET DIRECTOR:** Mel Smith, [melcomplynow@msn.com](mailto:melcomplynow@msn.com),  
360-970-9466

**MEET REFEREE:** Jim Davidson

**CONCESSIONS:** Available

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2016 USMS or foreign registered swimmers 18 and above as of 03/12/2016. Age groups based on the swimmer's age as of 03/12/2016.

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, March 4<sup>th</sup> or online by 11:59 PM (Pacific) Wednesday, March 9<sup>th</sup>. NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below.

**SEEDING:** All events slow to fast, age group and sexes mixed. Pre-seeding except for 1650 free, 400 IM, and 500 free.

**CHECK-IN:** Positive check-in required for the 1650 Free by 8:45 AM, 500 Free by end of event #13 and the 400 IM by the conclusion of event #20. Swimmers missing the check-in deadline may be scratched from the event.

**RELAYS:** Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

**AWARDS:** Available for purchase at meet

**ENTRY FEES:** \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=7083](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7083)

**ORDER OF EVENTS:**

<b>1</b>	1650 Free	<b>13</b>	50 Free
	<b>15 minute warm-up</b>		<b>10 minute Break</b>
<b>2/3</b>	200 W/M Free Relay	<b>14/15</b>	200 W/M Medley Relay
<b>4</b>	200 Fly	<b>16</b>	100 Fly
<b>5</b>	200 Back	<b>17</b>	50 Back
<b>6</b>	50 Breast	<b>18</b>	500 Free
<b>7</b>	100 Free	<b>19</b>	100 Breast
	<b>10 minute Break</b>	<b>20</b>	200 Free
<b>8</b>	200 Mixed Free Relay		<b>10 minute Break</b>
<b>9</b>	200 IM	<b>21</b>	100 IM
<b>10</b>	50 Fly	<b>22</b>	200 Mixed Medley Relay
<b>11</b>	100 Back	<b>23</b>	400 IM
<b>12</b>	200 Breast		

**PAPER ENTRIES:** Use the [PNA Generic Paper Entry Form](#) elsewhere in this WetSet or available for download from the PNA website. Make checks payable to **Aquatics Dept, Briggs YMCA** and mail to: **Mel Smith, Masters Coach; c/o Aquatics** see location (above) for address.

**DIRECTIONS: From the North--** take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland onramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

**From the South--** take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

**NOTE:** If there are open lanes for the 1650 after the positive check-in deadline, swimmers already in the meet may deck enter the 1650 and will be placed in open lanes in the first heat only. A first-come first-served sign-up sheet will be available at the meet for swimmers interested in deck entering the 1650. Only swimmers already entered in the meet may deck enter.

