

**Rose Bowl Masters
SCY Distance Meet
Saturday, February 4th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-002

Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up.

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.

Entries: The pre-entry postmark deadline is Saturday, January 28th, 2012. Deck entries will close at 8:00 a.m. Age on February 4th determines age group for the meet. You must be at least 18 to compete.

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

Relays: All relays will be exhibition and deck entered at no cost.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries and online entries after January 28th are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

Questions: Chad Durieux, cdurieux@rosebowlaquatics.org.

Saturday, February 4, 2012

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 500 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 200 yd. Breaststroke
5. 1000 yd. Freestyle
6. 200 yd. Butterfly
7. 200 yd. Freestyle
8. 200 yd. Individual Medley
9. 400 yd. Freestyle Relay (Men, Women, Mixed)
10. 200 yd. t-shirt relay