



2023 SLOS Firecracker Invitational

San Luis Obispo, CA

June 23-25, 2023



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.

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. 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. 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. *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 <u>NOT</u> use touchpads for timing and will not have splits available through automatic timing. Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.
WARM UP PROCEDURES	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. 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	<ul style="list-style-type: none"> This is a dual-sanctioned USA Swimming & 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. Masters events will be combined and seeded with the 13 & Over events. 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. The 400 Free, 800 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating Women and Mens heats.
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.
SWIMWEAR	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.
DECK CHANGES	Deck changes are prohibited.
ELEGIBILITY/AFFILIATION	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.
SEEDING & RESULTS	ALL events will be seeded fastest to slowest. 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.



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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
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

Administrative Referee: Alina de Armas – Email: meetprocessor@gmail.com

Meet Director: Alan Peterson – Email: 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).



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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