



2023 SLOS Pumpkin Pie Invite



November 17-19, 2023

MEET DATES: Friday, November 17, 2023
Saturday, November 18, 2023
Sunday, November 19, 2023

SANCTIONED BY: USA Swimming, Southern California Swimming, & SCS Coastal Committee

HOSTED BY: SLO Swim Club, Inc.

SANCTION #: #S23-266

ENTRY DEADLINE: **Wednesday, November 8, 2023**

5:00 PM

MEET TIMES			
Sessions	Deck Opens	Warm-up	Start
Friday PM Age group	3:45 PM	4:00 PM	5:00 PM
Saturday AM Age group	7:15 AM	7:30 AM	9:00 AM
Saturday NOVICE	N/A	1:00 PM	1:45 PM
Sunday AM Age group	7:15 AM	7:30 AM	9:00 AM

***Notes:**

- *Warm-up & start times for NOVICE Session may be adjusted based on the timeline for the Saturday AM age group session (a minimum of 30 minutes of warmup will be provided)*
- *If the timeline exceeds the 4 hour rule for the Saturday and/or Sunday Age Group Session(s), the meet may be split into a 12 & Under AM session and a 13 & Over PM session. If this occurs, new session times will be provided.*

POOL SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401

PARKING Parking is available in the parking lot adjacent to the pool in marked spaces only.

COURSE/FACILITY Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. 6 to 8 lanes (depending on entries) will be used for the competition and a minimum of 7 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 6 ft deep in lanes 1-8 and Turn End is 13 ft in lane 1 to 12.5 ft in lane 8. Ample deck space is available for structures and seating. *Bring tie-downs/weights to secure your canopies/structures.

TIMING EQUIPMENT This meet MAY not have automatic timing (and splits) if touchpads are not available. If touchpads are available, they will be used. If touchpads are not available, the meet will use semi-automatic timing via CTS timing console, timing buttons (2 per lane), and manual backup timing via stopwatches.

WARM UP PROCEDURES All lanes will be open for warm-up under the direct supervision of a current 2023/2024 USA Swimming member coach from 4:00-4:50 PM on Friday and 7:30-8:50 AM on Saturday & Sunday for Age group Sessions. Warmup for the Saturday Novice session will begin as soon as the Age group session concludes. A minimum of 30 minutes of warmup will be provided for the Novice session. The pool will close 10 minutes before the start of ALL sessions. Warm-up rules will be announced and enforced. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving except for dive/sprint lanes designated by the Meet Referee; dive lanes will open approx. 45 minutes prior to the start of the session. Marshals will be designated to oversee the warm-up procedures.

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.

- **Meet Referee: Ernie Peterson** – email: erniep@kcienv.com

- 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.
 - This meet will follow the “4 Hour” rule for all sessions that include 12 and under athletes. If the timeline exceeds the 4 hour rule for the Saturday and/or Sunday Age Group Session(s), the meet may be split into a 12 & Under AM session and a 13 & Over PM session. If this occurs, events will be renumbered, and new session times will be provided. The host team may limit entries to meet the “4 Hour” rule if needed.
 - Check-in will be completed one of the two methods listed below – the decision on which method will be made by the Admin Referee and Meet Director, and will be communicated to attending teams prior to the meet:
 1. Athlete Check-in – Athletes will check in with the Clerk of Course prior to each event. Events will close 30 minutes before they begin



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2. Team Check-in – Coaches from each team will provide scratches to the Admin Referee at least 30 min before the start of each session.
- Results will be categorized into the following age group divisions: 5-8, 9-10, 11-12, 13-14, and 15 & Over.
 - Athletes may compete in a maximum of 3 events for the Friday PM session, and 5 events for all other sessions.
 - Swimmers must swim in their actual age group as determined by their age on the first day of the meet – November 17, 2023. Swimmers must be at least 5 years of age to enter. Swimmers may enter in Age-Group Sessions OR Novice Session. Swimmers are NOT permitted to enter both the Age-Group and Novice Session.
 - Each team will be requested to provide timers; timing assignments will be provided after processing entries.
 - Swimmers competing in the 1650 Free, 400 IM, and 500 Free should provide their own timers (2 per lane). Swimmers competing in the 1650 or 500 Free should provide a lap counting device and someone to count laps.
 - All events will be seeded and swum fastest to slowest. The 500 Freestyle, 1650 Freestyle, and 400 IM will be seeded and swum fastest to slowest, alternating girls and boys heats.
 - All coaches and officials on deck must complete the CDC or NFHS Concussion course prior to the meet start date.
 - All coaches and officials on deck must complete 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.

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. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

DECK CHANGES

Deck changes are prohibited.

RACING START CERTIFICATION

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.

ELEGIBILITY

This meet is open to athletes from SCS teams and out-of-LSC athletes who hold 2023/2024 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted.

All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.

CHANGE OF AFFILIATION

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 but is responsible to complete the Club Transfer process online in SWIMS 3.0.

SUBMITTED ENTRY TIMES

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.

AWARDS

Age-group sessions: 1st through 6th ribbons will be awarded for the age-group session events in following age-groups: 5-8, 9-10, 11-12.

Novice: 1st through 6th place ribbons will be awarded for Novice Session events in following age-groups: 5-8, 9-10, 11-12, and 13 & Over.



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ENTRY PROCEDURE

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.

ENTRY FEES

Each Individual Event: \$5.50; Surcharge per swimmer: \$15.50.

Payment of the above fees must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee.

MAIL CHECKS TO: Pam Nguyen - 237 Spruce Drive Goleta, CA 93117

*****Checks payable to "SLO Swim Club"*****

ENTRIE DEADLINE

ENTRIES MUST BE RECEIVED BY MEET PROCESSOR BY 5:00PM; WEDNESDAY, NOVEMBER 8, 2023.

EMAIL ENTRIES TO: Pam Nguyen – email: pam.jam24@gmail.com

IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

MAAPP 2.0 STATEMENT

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.

MEET CONTACTS

For questions regarding conduct of the meet:

- **Meet Referee: Ernie Peterson – Email: ernieP@kcienv.com**

For questions regarding meet entry, fees, and/or seeding, contact:

- **Administrative Referee: Pam Nguyen – Email: pam.jam24@gmail.com**

For all other questions, contact:

- **Meet Director: Alan Peterson – email: swim@sloseahawks.org**

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.

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.



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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 PM Age-Group Session

November 17, 2023 – Warm-up: 4:00-4:50 PM / Meet Start: 5:00 PM

GIRLS			AGES	EVENT	BOYS		
Event #	SCY Min	LCM Min			SCY Min	LCM Min	Event #
1			13 & Over	50 Fly			2
3	2:57.19	3:20.99	9-10 (Girls)	500 Free – Girls			
	6:38.19	5:56.49	11-12 (Girls)				
4			13 & Over	50 Back			5
			9-10 (Boys)	500 Free – Boys	2:47.99	3:12.09	6
			11-12 (Boys)		6:27.49	5:48.69	
7			13 & Over	50 Breast			8
9	23:07.29	23:55.39	OPEN	1650 Free	22:37.49	23:25.49	10

SESSION NOTES:

- Maximum # Events for this Session = 3 events
- 500 Free (9-12) – Events 3 and 6 are open to swimmers 9-12 who meet the applicable minimum time. Swimmers ages 9-10 may enter the event with the 9-10 'BB' time in the 200 free (please enter 200 time). Swimmers ages 11-12 may enter with the 11-12 BB time in the 500 free. Swimmers in these events should provide their own lap counting device and an individual to count laps.
- OPEN 1650 Free – Events 9 & 10 are OPEN events – Swimmers 11 & over may enter who meet the minimum time (11-12 'BB' standard). Events 9 & 10 will alternate 1 heat of girls then 1 heat of boys. Swimmers in these events should provide their own lane timers (2 per lane), a lap counting device, & an individual to count laps.

Saturday AM Age-Group Session

November 18, 2023 – Warm-up: 7:30-8:50 AM / Meet Start: 9:00 AM

GIRLS			AGES	EVENT	BOYS		
Event #	SCY Min	LCM Min			SCY Min	LCM Min	Event #
11			13 & Over	200 Free			12
13			5-12	200 Free			14
15			13 & Over	100 IM			16
17			5-12	100 IM			18
19	2:43.99	3:09.89	OPEN	200 Back	2:39.69	3:05.19	20
21			5-12	50 Back			22
23			13 & Over	100 Fly			24
25			5-12	100 Fly			26
27			13 & Over	50 Free			28
29			5-12	50 Free			30
31	5:56.79	6:48.29	OPEN	400 IM	5:46.39	6:39.19	32

SESSION NOTES:

- Maximum # Events for this Session = 5 events
- OPEN events (19, 20, 31, 32) are open to 11 & over athletes who meet the minimum time (11-12 'BB' standard)
- Swimmers in the 400 IM – 31 and 32 – should provide their own lane timers (2 per lane). These events will alternate Girls and Boys heats.
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.

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Saturday PM Novice Session

November 18, 2022 – Warm-up: ~1:00 PM / Meet Start: 1:45 PM

**Times are subject to change based on AM timeline – Minimum 30 of warmup will be provided.*

GIRLS		AGES	EVENT	BOYS	
Event #				Event #	
33		5 & Over	100 Free		34
35		5 & Over	50 Back		36
37		5 & Over	25 Back		38
39		5 & Over	50 Breast		40
41		5 & Over	25 Breast		42
43		5 & Over	50 Free		44
45		5 & Over	25 Free		46
47		5 & Over	50 Fly		48
49		5 & Over	25 Fly		50
51		5 & Over	100 IM		52

SESSION NOTES:

- Maximum # Events for this Session = 5 events
- Swimmers entering the Age-Group Session may NOT enter the Novice Session
- 25 Events will start from the diving board end of the pool, no blocks.
- All ages will be seeded together for each event but will be awarded separately in the following age-groups: 5-8, 9-10, 11-12, 13 & Over

Sunday AM Age-Group Session

November 19, 2023 – Warm-up: 7:30-8:50 AM / Meet Start: 9:00 AM

GIRLS			AGES	EVENT	BOYS		
Event #	SCY MIN	LCM MIN			SCY MIN	LCM MIN	Event #
53			13 & Over	200 IM			54
55			5-12	200 IM			56
57			13 & Over	100 Free			58
59			5-12	100 Free			60
61	3:06.59	3:35.99	OPEN	200 Breast	3:00.19	3:28.69	62
63			5-12	50 Breast			64
65			13 & Over	100 Back			66
67			5-12	100 Back			68
69			13 & Over	100 Breast			70
71			5-12	50 Breast			72
73	2:47.19	3:10.19	OPEN	200 Fly	2:40.79	3:06.19	74
75			5-12	50 Fly			76
77			13 & Over	500 Free			78

SESSION NOTES:

- Maximum # Events for this Session = 5 events
- OPEN events (61, 62, 73, 74) are open to 11 & over athletes who meet the minimum time (11-12 'BB' standard)
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.
- 500 free – 13 & Over: Events 77 & 78 will alternate 1 heat of girls and 1 heat of boys. Swimmers competing in these events should provide their own lane timers (2 per lane), lap counting individual, and lap counting device.



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Masters Meet Information



MEET DATES: Friday, November 17, 2023
Saturday, November 18, 2023
Sunday, November 19, 2023

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

HOSTED BY: SLO Swim Club, Inc.

SANCTION #: 333-S018

ENTRY DEADLINE: **Wednesday, November 8, 2023**
5:00 PM

MEET TIMES			
Sessions	Deck Opens	Warm-up	Start
Friday PM	3:45 PM	4:00 PM	5:00 PM
Saturday AM	7:15 AM	7:30 AM	9:00 AM
Sunday AM	7:15 AM	7:30 AM	9:00 AM

NOTE: If the timeline exceeds the 4 hour rule for the Saturday and/or Sunday Session(s), the meet may be split into a 12 & Under AM session and a 13 & Over PM session. If this occurs, Master would swim in the 13 & Over session and new session times will be provided.

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 25 yard by 50-meter, 20 lane outdoor heated pool. **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 to 8 lanes (depending on entries) used for the competition and a minimum of 7 lanes will be used for warm-up/warm down. . Pool Depth: Start End is 6 ft deep in lanes 1-8 and Turn End is 13 ft in lane 1 to 12.5 ft in lane 8. Ample deck space is available for structures and seating. *Bring tie-downs/weights to secure your canopies/structures.

TIMING EQUIPMENT This meet MAY not have automatic timing (and splits) if touchpads are not available. If touchpads are not available, the meet will use semi-automatic timing via CTS timing console, timing buttons (2 per lane), and manual backup timing via stopwatches. **Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.**

WARM UP PROCEDURES All lanes will be open for warm-up from 4:00-4:50 PM on Friday and 7:30-8:50 AM on Saturday & Sunday. 1-2 Masters warm-up lane(s) 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.** The pool will close 10 minutes before the start of ALL sessions.

MEET REFEREE The Meet Referee will be in charge of the meet.
Meet Referee: Ernie Peterson – email: erniep@kcienv.com
Any questions regarding the conduct of the meet should be directed to the referee.

RULES 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 and/or OPEN events. This meet will follow USA Swimming "4 Hour" rule. If the timeline exceeds the 4 hour rule for the Saturday and/or Sunday Age Group Session(s), the meet may be split into a 12 & Under AM session and a 13 & Over PM session. If this occurs, events will be renumbered and new session times will be provided. The host team reserves the right to limit entries if necessary (last received, first rejected).

Swimmers competing in the 1650 Free, 400 IM, and 500 Free must provide their own timers (2 per lane). Swimmers in the 1650 Free and 500 Free must provide a lap counting device and an individual to count laps.



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Entry Limit Swimmers may swim a maximum of 4 events per day.

The 1650 Free, 400 IM, and 500 Free will be seeded and swum fastest to slowest, alternating Women's and Men's 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 November 17, 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.**

ENTRY DEADLINE

The ENTRY DEADLINE is WEDNESDAY, November 8, 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 FEES

\$30.00 per swimmer flat fee for registration.

Payment of the above fees entry. NO REFUNDS. Returned checks will incur a service fee. Mail payment to address above.

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 with USMS Waiver (Linked below, also attached at the end of this form)

- **Link to Entry Form:** 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: Pam Nguyen - 237 Spruce Drive Goleta, CA 93117

*****Checks payable to "SLO Swim Club"*****

AWARDS

There will be no awards for this meets.

MEET CONTACTS

For questions regarding conduct of the meet:

- **Meet Referee:** Ernie Peterson – Email: ernieP@kcienv.com

For questions regarding meet entry, fees, and/or seeding, contact:

- **Administrative Referee:** Pam Nguyen – Email: pam.jam24@gmail.com

For all other questions, contact:

- **Meet Director:** Alan Peterson – email: swim@sloseahawks.org
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Friday PM Session

November 17, 2023 – Warm-up: 4:00-4:50 PM / Meet Start: 5:00 PM

WOMEN	AGES	EVENT	MEN
Event #			Event #
1	MASTERS – 18 & Over	50 Fly	2
4	MASTERS – 18 & Over	50 Back	5
7	MASTERS – 18 & Over	50 Breast	8
9	MASTERS – 18 & Over	1650 Free	10

SESSION NOTES

- Maximum # Events for this Session = 3 events
- 1650 Free – Events 9 & 10 will alternate women's and men's heats. Swimmers in these events should provide their own lane timers (2 per lane), a lap counting device, & an individual to count laps.

Saturday AM Session

November 18, 2023 – Warm-up: 7:30-8:50 AM / Meet Start: 9:00 AM

WOMEN	AGES	EVENT	MEN
Event #			Event #
11	MASTERS – 18 & Over	200 Free	12
15	MASTERS – 18 & Over	100 IM	16
19	MASTERS – 18 & Over	200 Back	20
23	MASTERS – 18 & Over	100 Fly	24
27	MASTERS – 18 & Over	50 Free	28
31	MASTERS – 18 & Over	400 IM	32

SESSION NOTES

- Maximum # Events for this Session = 5 events
- 400 IM – Events 31 and 32 will alternate women's and men's heats. Swimmers in these events should provide their own lane timers (2 per lane).

Sunday Session

November 19, 2023 – Warm-up: 7:30-8:50 AM / Meet Start: 9:00 AM

WOMEN	AGES	EVENT	MEN
Event #			Event #
53	MASTERS – 18 & Over	200 IM	54
57	MASTERS – 18 & Over	100 Free	58
61	MASTERS – 18 & Over	200 Breast	62
65	MASTERS – 18 & Over	100 Back	66
69	MASTERS – 18 & Over	100 Breast	70
73	MASTERS – 18 & Over	200 Fly	74
77	MASTERS – 18 & Over	500 Free	78

SESSION NOTES:

- Maximum # Events for this Session = 5 events
- 500 free – Events 77 & 78 will alternate women's and men's heats. Swimmers in these events should provide their own lane timers (2 per lane), a lap counting device, & an individual to count laps.

SOUTHERN PACIFIC MASTERS ASSOCIATION – CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> FOR OFFICE USE ONLY Amt Rec'd _____ Date _____ </div> Meet _____ No. of events _____ × \$ _____ = \$ _____ Surcharge \$ _____ Total \$ _____							
	800/1000 : .								
	1500/1650 : .								

Include a copy of USMS card

Maximum 5 individual events per day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date **MAY BE REJECTED!**

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

" I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes No Non-SPMA swimmers please include your address:
 Read the meet information sheet carefully. Make your Street: _____ check
 payable as shown on the meet information sheet City, State, Zip: _____
 and mail it to the address shown.



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