



2023 SLOS Pumpkin Pie Invite

November 17-19, 2023



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;"> <p style="text-align: center; margin: 0;">FOR OFFICE USE ONLY</p> <p>Amt Rec'd _____</p> <p>Date _____</p> </div> <p>Meet _____</p> <p>No. of events _____ × \$ _____ = \$ _____</p> <p>Surcharge \$ _____</p> <p>Total \$ _____</p> | | | | | | | |
| | 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
 and mail it to the address shown. City, State, Zip: _____



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 |