



2024 SLOS Firecracker Invitational

San Luis Obispo, CA
June 21-23, 2024



MEET DATES: Friday, June 21, 2024
Saturday, June 22, 2024
Sunday, June 23, 2024

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

SANCTION #: #S24-166

HOSTED BY: SLO Swim Club, Inc.

ENTRY DEADLINE: **5:00 PM; Wednesday, June 12, 2023**

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	2:30 PM	2:45-3:50 PM	4:00 PM
Saturday AM – 12&U	7:30 AM	7:45-8:50 AM	9:00 AM
Saturday PM – 13&O	N/A	12:15-1:20 PM	1:30 PM
Sunday AM – 12&U	7:30 AM	7:45-8:50 AM	9:00 AM
Sunday PM – 13&O	N/A	12:15-1:20 PM	1:30 PM

- The warm-up/start times for Sat & Sun PM sessions may be adjusted based on AM timeline. A minimum of 60 minutes of warm-up time will be allotted prior to the start of the PM session.
- Sessions may be combined/modified depending on the number of entries received and the projected timeline. Events may be renumbered if any changes are made to sessions.

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 The Pool is a 50-meter by 25-yard outdoor pool with 8 long course lanes. There will be 6 lanes used for competition and 2 lanes will be used for warm-up/warm down throughout the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
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 automatic timing equipment via touchpads and CTS Gen7 timing with semi-automatic timing buttons and manual stopwatches as back-up. A scoreboard will be viewable at the start end of the pool.

WARM UP PROCEDURES All lanes will be open for USA Swimming Member Coach supervised warm-up up during scheduled warm-up times. Warm up for the PM session will be a minimum of 60 minutes (Meet will starts at least 75 minutes after the conclusion of AM session). Team warm-up lane assignments and/or shifts may be provided depending on the number of entered swimmers. One lane may be reserved for Masters swimmers for PM sessions. 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) under the supervision of the coaches and marshals. Dive lanes will be available upon request at the discretion of the Meet Referee. 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.

- 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.
- ALL sessions that include athletes 12 and under will be held to the “4 Hour” rule.
- Swimmers must swim in their actual age group as determined by their age on the first day of the meet – June 21, 2024. Swimmers must be at least 5 years of age to enter.
- Sessions may be combined/modified depending on the number of entries and projected timeline. Events may be renumbered if any changes are made to sessions.
- Results will be categorized into the following age groups: 5-8, 9-10, 11-12, 13-14, and 15-18, and 19 & Over.
- Timers are requested to be provided by each team; club timing assignments will be provided after entries have been processed.



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



- Swimmers competing in the 400 Free, 400 IM, and 1500 Free must provide their own timers (2 per lane). Swimmers in the 1500 free are responsible for providing a lap counter (individual & dvice).
- This meet will follow a TEAM check-in procedure. All coaches should provide a list of swimmers who will not be swimming by **45 minutes** prior to the session starting. After the event has been officially closed, swimmers may not check-in or scratch.
- The 400 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating girls and boys heats.
- All coaches and officials on deck must have completed the **CDC or NFHS Concussion course** & the **CANRA Mandatory Reporting course** prior to the meet start date.
- Changes to the meet management may be made with approval of the Meet Host and SCS.

DISABILITY	Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
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/ AFFILIATION	Open to SCS Coastal Committee & out-of-LSC athletes who hold a 2024 USA Swimming membership. Swimmers must be registered with USA Swimming through SWIMS 3.0. Out-of-LSC athletes will be accepted space-available, please include a copy of registration with entry. 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. It is the swimmer's responsibility to complete the Club Transfer process online in SWIMS 3.0 to compete as unattached.
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.
ENTRY LIMIT	Swimmers may compete in a maximum of 5 events per session.
ENTRY DEADLINE	ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00PM; WEDNESDAY, JUNE 12, 2024.
ENTRY PROCEDURE	EMAIL ENTRIES TO: Yvonne Jo – Email: joyvonne32@gmail.com 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



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



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: \$6.00; Surcharge per swimmer: \$15.00.

- *NOTE: Entry fee for each OUTREACH registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.*

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

MAIL CHECKS TO:

Yvonne Jo
P.O. Box 256, Azusa, CA 91702

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

AWARDS

Ribbons will be awarded for 1st thru 6^h place for the following age-groups (girls & boys): 5-8, 9-10, 11-12.

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.

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report

MEET CONTACTS

- **Meet Referee:** Ernie Peterson – Email: erniep@kcienv.com
- **Administrative Referee:** Yvonne Jo – Email: joyvonne32@gmail.com
- **Meet Director:** Julie Peterson – Email: swim@sloseahawks.org (For all other questions regarding this meet)

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.



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



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.



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



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



Friday, June 21, 2024

FRIDAY PM SESSION

Warmup: 2:45-3:50 PM

Session Start: 4:00 PM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
1			13 & Over	50 Fly			2
3	3:18.99	3:45.79	9-10	400 Free – Girls Heats <i>*provide own timers*</i>			
	7:08.79	6:23.89	11-12				
4			13 & Over	50 Back			5
			9-10	400 Free – Boys Heats <i>*provide own timers*</i>	3:06.69	3:33.49	6
			11-12		6:57.29	6:15.49	
7			13 & Over	50 Breast			8
9	24:53.99	25:45.79	OPEN	1500 Free <i>*provide own timers*</i>	24:21.89	25:13.59	10

Session Notes

- Swimmers in the 9-12 400 Free (Event #3, 6) must provide their own timers (2 per lane). 9-10 swimmers must meet the 9-10 B min the 400/500 free OR 200 free (if using 200 min time, please enter with at the minimum 400 time). 11-12 swimmers must meet the 400/500 free 11-12 B min time.
- The OPEN 1500 Free (Event #9, 10) will alternate girls and boys heats. Swimmers in these events must provide their own timers (2), individual to count laps & lap counting device. Swimmers entering this event must meet the 11-12 national B time to compete in the event.
- All team timing assignments for this session will be for the turn end of the pool. Assigned timers are only responsible for timing the 50-meter events that finish on the turn end.



2024 SLOS Firecracker Invitational

San Luis Obispo, CA
June 21-23, 2024



Saturday, June 22, 2024

SATURDAY AM SESSION – 12 & UNDER

Warmup: 7:30-8:50 AM

Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
11			11-12	200 Free			12
13			5-10	200 Free			14
15			11-12	100 Back			16
17			5-10	100 Back			18
19			11-12	100 Breast			20
21			9-10	100 Breast			22
23	2:59.99	3:24.89	11-12	200 Fly	2:53.19	3:20.49	24
25			11-12	50 Fly			26
27			5-10	50 Fly			28
29			11-12	50 Free			30
31			5-10	50 Free			32
33	6:24.19	7:19.69	11-12	400 IM	6:13.09	7:09.89	34

Session Notes

- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 7-10 100 of same stroke.
- 5-6 swimmers meeting 5-8 B standard in 100 yd/meter free may enter 7-10 200 Free.
- Swimmers entering 11-12 200 Fly (#23, 24) & 400 IM (#33, 34) must meet the 11-12 B time for the event.
- Swimmer in the 11-12 400 IM (#33, 34) must provide their own timers (2 per lane).

SATURDAY PM SESSION – 13 & OVER

Warmup: 12:15 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
35			13 & Over	200 Free			36
37			13 & Over	100 Back			38
39			13 & Over	200 Fly			40
41			13 & Over	100 Breast			42
43			13 & Over	50 Free			44
45			13 & Over	400 IM			46

Session Notes

- Swimmers competing in the 400 IM (#45, 46) will alternate Girls and Boys heats. Swimmers in these events must provide their own timers (2 per lane).



2024 SLOS Firecracker Invitational

San Luis Obispo, CA
June 21-23, 2024



Sunday, June 23, 2024

AM SESSION – 12 & UNDER

Warmup: 7:45-8:50 AM

Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
47			11-12	200 IM			48
49			5-10	200 IM			50
51			11-12	100 Free			52
53			5-10	100 Free			54
55	2:56.59	3:24.49	11-12	200 Back	2:51.99	3:19.49	56
57			11-12	50 Back			58
59			5-10	50 Back			60
61			11-12	50 Breast			62
63			5-10	50 Breast			64
65	3:20.89	3:52.59	11-12	200 Breast	3:14.09	3:44.69	66
67			5-10	100 Fly			68
69			11-12	100 Fly			70

Session Notes

- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 7-10 100 of same stroke
- 5-6 swimmers meeting 5-8 B standard in 100 Yd IM may enter 7-10 200 IM.
- Swimmers entering the 11-12 200 Back (#55, 56) & 200 Breast (#65, 66) must meet the 11-12 B time for the event.

PM SESSION – 13 & OVER

Warmup: 12:15-1:20 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
71			13 & Over	200 IM			72
73			13 & Over	100 Free			74
75			13 & Over	200 Back			76
77			13 & Over	200 Breast			78
79			13 & Over	100 Fly			80
81			13 & Over	400 Free			82

Session Notes

- The 400 Free (Event #81 & #82) will alternate Girls and Boys heats. Swimmers in these events must provide their own timers (2 per lane).



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



MASTERS Meet Information

MEET DATES: Friday, June 21, 2024
Saturday, June 22, 2024
Sunday, June 23, 2024

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

SANCTION #: # 334-S013

HOSTED BY: SLO Swim Club, Inc.

ENTRY DEADLINE: 5:00 PM; Wednesday, June 12, 2023

**Note: Deck entry will be allowed for masters if space is available.*

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	2:30 PM	2:45-3:50 PM	4:00 PM
Saturday PM	N/A	12:15-1:20 PM	1:30 PM
Sunday PM	N/A	12:15-1:20 PM	1:30 PM

- The warm-up/start times for Sat & Sun PM sessions may be adjusted based on AM timeline. A minimum of 60 minutes of warm-up time will be allotted prior to the start of the PM session.
- Sessions may be combined/modified depending on the number of entries received and the projected timeline. Events may be renumbered if any changes are made to sessions.

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	The Pool is a 50-meter by 25-yard outdoor 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 lanes used for competition and 2 lanes will be used for warm-up/warm down throughout the meet. 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 automatic timing equipment via touchpads and CTS Gen7 timing with semi-automatic timing buttons and manual stopwatches as back-up. A scoreboard will be viewable at the start end of the pool. 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. <ul style="list-style-type: none"> • Meet Referee: Ernie Peterson - Email: erniep@kcienv.com
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. • ALL 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 5 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.



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



- 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 2024 USMS Members to compete. Age on December 31, 2024 determines age-group for the meet. You must be registered with USMS and be at least 18 years old on June 21, 2024 to compete. Swimmers must have completed
- SEEDING &
RESULTS** ALL events will be seeded fastest to slowest. **All events are timed finals and will be 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, JUNE 12, 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 page 11:
- SPMS Consolidated Entry Card – linked below and on page 12.
https://www.spmasterswim.org/c/8B6A80C/file/meets/consolidated_entry_card.pdf
- FOR MAILED ENTRIES**
1. Deadline: must be postmarked by the listed entry deadline – Wednesday, June 12
 - a. All entries after this date will need to be deck entered – please do not mail entries after June 12 as they may not be received in time. See below for procedure for deck entries below.
 2. The following items must be mailed with your entry by the June 12 deadline:
 - a. Completed SPMS Consolidated Entry Card
 - b. Payment for Entry
 - c. Proof of 2024 USMS Registration
 - d. USMS Waiver
- FOR DECK ENTRIES:**
1. Bring deck entry to admin tent at the meet at least 1 hour before the start of the session.
 2. The following items must be mailed with your entry by the June 12 deadline:
 - a. Completed SPMS Consolidated Entry Card
 - b. Payment for Entry
 - c. Proof of 2024 USMS Registration
 - d. USMS Waiver
- MAIL CHECKS & ENTRIES TO:** Yvonne Jo
P.O. Box 256, Azusa, CA 91702
****Checks payable to “SLO Swim Club”****
- ENTRY FEES** **\$50.00 per swimmer flat fee for registration.** There is NO fee per event for masters, ONLY \$50 per swimmer. Payment of the above fees entry. NO REFUNDS. Returned checks will incur a service fee. Mail payment to address above. Deck Entries must be paid for at the time of entry.
- AWARDS** There will be no awards for this meet.
- MEET
CONTACTS**
- **Meet Referee:** Ernie Peterson – Email: erniep@kcienv.com
 - **Administrative Referee:** Yvonne Jo – Email: joyvonne32@gmail.com
 - **Meet Director:** Julie Peterson – Email: swim@sloseahawks.org (For all other questions)



2024 SLOS Firecracker Invitational

San Luis Obispo, CA
June 21-23, 2024



MEET NOTES

- Please note that this is a dual-Sanctioned meet for USMS & USA Swimming
- ALL Masters events will be combined with age-group 13 & Over / OPEN events. Masters swimmer will be seeded with USA Swimming participants.
- ALL Masters events will be in the PM sessions of the meet on Friday, Saturday, & Sunday.
- ALL Events will be seeded by time, Fastest to Slowest.
- MAILED ENTRIES must be post-marked & mailed by Wednesday, June 12.
- DECK ENTRIES will be accepted if space allows. Please bring deck entries to admin at least 1 hour before the start of the session you are entering.

Friday, June 21, 2024

FRIDAY PM SESSION – Masters Events

Warmup: 2:45-3:50 PM

Session Start: 4:00 PM

WOMEN	AGE GROUP	EVENT	MEN
1	MASTERS	50 Fly	2
3	9-12	400 Free – Girls	
4	MASTERS	50 Back	5
	9-12	400 Free – Boys	6
7	MASTERS	50 Breast	8
9	MASTERS	1500 Free <i>*provide own timers</i>	10

Session Notes

- The OPEN 1500 Free (Event #9, 10) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2), individual to count laps & lap counting device.
- Event #3 & #4 are NOT Masters events. They are only shown so that swimmers are aware of the event order.

Saturday, June 22, 2024

SATURDAY PM SESSION – Masters Events

Warmup: 12:15 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

WOMEN	AGE GROUP	EVENT	MEN
35	MASTERS	200 Free	36
37	MASTERS	100 Back	38
39	MASTERS	200 Fly	40
41	MASTERS	100 Breast	42
43	MASTERS	50 Free	44
45	MASTERS	400 IM	46

Session Notes

- Swimmers competing in the 400 IM (#45, 46) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2 per lane).

Sunday, June 23, 2024

SUNDAY PM SESSION – Masters events

Warmup: 12:15-1:20 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

WOMEN	AGE GROUP	EVENT	MEN
71	MASTERS	200 IM	72
73	MASTERS	100 Free	74
75	MASTERS	200 Back	76
77	MASTERS	200 Breast	78
79	MASTERS	100 Fly	80
81	MASTERS	400 Free	82

Session Notes

- The 400 Free (Event #81 & #82) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2 per lane).



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/or 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, including the [Code of Conduct](#) and any safety regulations established by USMS. 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 (circle) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023



SPMS CONSOLIDATED ENTRY CARD

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 : .	Meet <u>2024 SLOS Firecracker Invite</u> \$ _____ = \$ _____ Surcharge = \$50 Total = \$50							
	800/1000 : .								
	1500/1650 : .								

FOR OFFICE USE ONLY
Amt Rec'd _____
Date _____

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
 and mail it to the address shown. City, State, Zip: _____