

## Marin Aquatic Masters Short and Sweet Meet

**Sunday, April 14, 2024**

**Start time:** Sunday, April 14, 2024; Warm-ups begin at 8:30 am, Meet starts at 10:00 am  
**Check in:** Required for All Events  
**Deck Entries:** Only for Relay Entries

**Sanctioned by the Pacific Masters for USMS, Inc. Sanction #**

**TIME:** Sunday, April 14, 2024. Warmups begin at 8:30 am, meet begins at 10:00 am.

**LOCATION:** Miwok Aquatics Center, Indian Valley College. 1800 Ignacio Blvd., Novato, CA 94949

**FACILITY:** Miwok Aquatic Center. 20 lane, 25 yard outdoor heated pool. This meet is short course (SC) yards. Up to ten (10) lanes will be used for competition, depending on the number of entries. There will be eight (8) lanes for warm up/warm down throughout the meet. The length of the competition course is in compliance with and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Locker rooms and additional restrooms are available. The primary timing system will be automatic timing. Times may be submitted for USMS top 10 consideration and USMS records. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

**DIRECTIONS:** From Southbound Highway 101: Take Ignacio Boulevard exit, turn right onto Ignacio Boulevard at the light, go straight approximately two miles, enter Indian Valley Campus. Pool is in the center of campus. From Northbound Highway 101: Take Ignacio Boulevard exit, go left and cross over 101, go straight approximately two miles, enter Indian Valley Campus. Pool is in the center of Campus.

**PARKING:** Parking is FREE in all lots. Please secure vehicles and contents. The Marin Community College District, the Marin Aquatics Masters, nor Pacific Masters Swimming, take ANY responsibility for damages or theft to any vehicles or personal belongings.

**RULES & ELIGIBILITY:** Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers shall contact the meet director to facilitate their entries and must provide proof of current membership in their country's Masters Swimming governing body.

**ENTRY LIMITS:** Entries are limited to a maximum of 6 individual events, excluding relays. Individual entries to be made online. No individual deck entries allowed. Relay team entries must be made on deck, however, all Relay Only swimmers must enter online during the relay only entry time period listed below.

**EVENT CAPS:** 500 Free – capped at 80 swimmers

**ONLINE ENTRIES:** Entries may be made at the following website:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2619&smid=18400](https://www.clubassistant.com/club/meet_information.cfm?c=2619&smid=18400)

Individual entries close Thursday, April 11, 2024 11:59 pm.

Swimmers entering relays only must register online (no charge) and relay only entries close Saturday, April 13, 2024 11:59 pm.

**Note:** No late or individual deck entries will be accepted. Relays must be deck entered, but all relay only swimmers must enter online. Relay team deck entries will close approximately 90 minutes before the estimated start of the specific relay block.

**INDIVIDUAL ENTRY FEES:** \$40. No refunds will be made.

**MAILED ENTRIES:** No paper entries for individual events shall be accepted. If you cannot enter online, please contact Shari Cruse (Meet Director) at (415) 302-4466, [swim@marinaquaticmasters.com](mailto:swim@marinaquaticmasters.com), before April 11 2024.

**DECK ENTRIES:** Only for relay teams

**CHECK IN:** This meet will be deck-seeded. Check in required for all events. All pre-registered swimmers in the first two events must be checked in by 9:30 am. Close of check in for all other individual events shall be no more than 60 minutes before the estimated time of the start of the event. \*\*Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

**ATTENDANCE LIMIT:** Number of individual swimmers registered into the meet shall be capped at 300.

**SEEDING:** All events shall be swum fastest to slowest. "No time" (NT) entries are permissible.

**RELAYS:** Relays are deck entry only. Swimmers may swim in either the gender or mixed relay of a particular type, but not both. Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events must enter online (no charge). Teams must enter relays on deck at the meet.

**RELAY ENTRY FEES:** Relay entry fees are \$10.00 per entered relay. Relay entries are due 90 minutes prior to relay events being swum.

**Note:** Only 2 relays per club may score per age group of a relay.

**AWARDS:** A sweet treat will be awarded to each heat winner.

**HOSPITALITY:** A continental breakfast and lunch will be provided for all working officials at the meet.

**SNACK BAR:** Coffee, hot chocolate, breakfast burritos and healthy snacks and beverage options available. \*\*Plastic one time use water bottles are prohibited at the facility. Please bring a reusable water bottle, there are water bottle filling stations on deck and we will have water for sale in permitted containers.

**MEET DIRECTOR:** Shari Cruse [swim@marinaquaticmasters.com](mailto:swim@marinaquaticmasters.com) (415) 302-4466

**MEET REFEREE:** David Benjamin

**ADMIN REFEREE:** Chris Ottati

**Restrictions:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas, parking lots, and in all areas used by athletes, during the meet and during warm-up periods.

Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

No glass containers are allowed in the meet venue.

No propane heater is permitted except for snack bar/meet operations.

All shelters must be properly secured. Please do not use stakes in the landscaping due to irrigation system.

Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

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.

Animals with the exclusion of Registered Service Animals are NOT permitted on the pool deck at any time. If you have a Registered Service Animal, please check in with the Meet Director upon entry of the facility.

**EVENTS:** Fast to Slow. Women's events are numbered (Odd) and Men's events are numbered (Even). The 500 free event will be combined women and men (mixed).

**Sunday, April 14, 2024**

Warmups start at 8:30am

Meet Session begins at 10:00 am

Stroke		Event Women's	Event Men's	Stroke
200 Free		1	2	200 Free
50 Breast		3	4	50 Breast
200 Back		5	6	200 Back
50 Fly		7	8	50 fly
200 Free Relay		9	10	200 Free Relay
Mixed 200 Free Relay		11		
200 Breast		13	14	200 Breast
50 Free		15	16	50 Free
200 Fly		17	18	200 Fly
50 Back		19	20	50 Back
200 Medley Relay		21	22	200 Medley Relay
Mixed 200 Medley Relay		23		
Mixed 500 Free		25	25	Mixed 500 Free

*Event 25 shall be swum combined women and men.*