



## Pacific Masters Swimming Short Course Yards Championship April 11-13, 2025

**Warm-up start time:** Friday, April 11<sup>th</sup> 7:30 AM; Saturday, April 12<sup>th</sup> and Sunday, April 13<sup>th</sup> 7:00 AM

**Meet start time:** Friday, April 11<sup>th</sup> 8:30 AM; Saturday, April 12<sup>th</sup> and Sunday, April 13<sup>th</sup> 8:00 AM

**Check-in: CHECK-IN IS REQUIRED FOR ALL INDIVIDUAL EVENTS 200 YARDS AND LONGER.**

**Swimmers in the 1650 Free, 400 IM, 500 Free and 1000 Free can check-in online or in person**

**Swimmers entered in an individual 200 must check-in IN PERSON by the deadline set below under "Check-in."**

**Entries:** No same-day entries for individual events

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

**MEET ENTRY CAP:** Swimmers are limited to 6 events over the three-day meet, excluding relays, with a maximum of 6 events per day. If the meet is deemed too large, an athlete's sixth event will be dropped. Swimmers entering six events must indicate at registration which event is to be dropped in case the timeline is too long.

The following entry caps will be applied to the distance events:

1650 mixed free limited to 90 entries

1000 mixed free limited to 80 entries

500 women free limited to 80 entries; 500 men free limited to 80 entries

**TIMING ASSIGNMENTS:** Participating teams will be assigned timing chairs according to the number of their swimmers entered in the meet. Teams shall be advised of their timing responsibilities following the closure of online meet entries.

**LOCATION:** North Natomas Aquatic Complex, 2601 New Market Drive, Sacramento CA 95835

<https://www.cityofsacramento.gov/ypce/aquatics/pools/north-natomas-aquatics-complex>

### DIRECTIONS:

- From I-80 (east or west): Proceed to I-5 North. Take the second exit, Del Paso Road, and turn right. Proceed to the second left, New Market Drive, and turn left. The pool is on the right, after the roundabout.
- From I-5 - The exit is 2 miles north of I-80 and 6 miles south of the airport. Exit at Del Paso Road and turn east (left if going from the north). Proceed to New Market Drive and turn left. The pool is on the right, after the roundabout.

**PARKING INSTRUCTIONS:** Free parking is available in front of the facility. There are a limited number of EV stations that are free to use. There is also overflow parking at the public park adjacent to the pool and at Inderkum High School across the street.

**FACILITY:** The North Natomas Aquatic Complex contains two outdoor pools, a 50 meter x 25 yard pool and a 25-yard pool. The racing course will be the 50 meter x 25 yard pool, which will be set up on the 25 yard course with 10 lanes for competition and 6 lanes for warm-up. The length of the competition



course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records. Pacific Masters requirements for records and Top 10 consideration are the same as those for USMS.

**TIME:** On Friday, April 11<sup>th</sup>, warm-ups will begin at 7:30 AM and the meet will begin at 8:30 AM. On both Saturday, April 12<sup>th</sup> and Sunday, April 13<sup>th</sup>, warm-ups will begin at 7:00 AM and the meet will begin at 8:00 AM.

**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 must provide proof of current membership in their country's Masters Swimming governing body.

**ENTRY LIMITS:** Swimmers are limited to 6 events over the three-day meet, excluding relays, with a maximum of 6 events per day. If the meet is deemed too large, an athlete's sixth event will be dropped. Swimmers entering six events must indicate at registration which event is to be dropped in case the timeline is too long.

The following entry caps will be applied to the distance events:

1650 mixed free limited to 90 entries

1000 mixed free limited to 80 entries

500 women free limited to 80 entries; 500 men free limited to 80 entries

**ONLINE ENTRIES:** Entries may be made at the ClubAssistant web site:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1266&smid=19364](https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=19364)

The entry fees for individual events are: \$30 for one event, \$60 for 2-4 events, and \$70 for 5-6 events. No refunds will be made. Those planning to swim only in relays (no individual events) must still enter the meet as a 'relay-only' swimmer. There will be no entry fee for 'relay-only' swimmers.

Entries close Wednesday, April 2, 2025 at 11:59 PM for swimmers entering individual events and Sunday April 6, 2025 at 11:59 PM for relay-only swimmers.

**Note:** No late individual online entries or deck entries for individual events will be accepted. Also, no refunds will be given.

**CHECK-IN:** This is a partially pre-seeded meet. Registered swimmers are considered checked-in for all individual events of **100 yards or less**.

For swimmers entered in the 1650 Free and the 400 IM, online check-in on [Swimphone.com](https://www.swimphone.com) (located on the ClubAssistant site for this meet) will be available from 6:00PM Wednesday, April 9<sup>th</sup> until 5:00AM Friday, April 11<sup>th</sup>. Online check-in for the 500 Free and the 1000 Free will be available starting at 6:00PM on the day prior to the event and closing at 5:00AM on the day of the event. Swimmers in these events may also check-in in person by the closing times listed below:

Events 1 & 2 1650 Free: 8:00 AM Friday

Event 7 Women's 400 IM 11:30 AM Friday



Event 8 Men's 400 IM 12:00 Noon Friday

Event 11 Women's 500 Free 7:30 AM Saturday

Event 12 Men's 500 Free 7:50 AM Saturday

Events 33 & 34 1000 Free 7:30 AM Sunday

Swimmers entered in any individual 200 yard event **MUST CHECK-IN FOR THAT EVENT IN PERSON**. There is no online check-in for 200 yard events. Close of check-in for 200 distance events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event.

**Note:** Athletes not checking in, in a timely fashion, before check-in ends, for events of 200 yards or longer will not be seeded and will not be allowed to compete in that specific event.

**SEEDING:** Events are swum fastest to slowest. Because this is a Championship meet, NT (No Time) entries are not allowed and will be rejected. Women and Men will swim together for 1650 yard Free (Events 1 & 2) and the 1000 yard Free (Events 33 & 34).

**RELAYS:** Relays may be entered online or as deck entries. Ten dollars (\$10) will be charged for each entered relay.

Online relay entries: online relay entries will be open Monday, April 7, 2025, at 10:00 AM close on Thursday, April 10 at 3:00 PM. It is best for one coach/representative to submit **ALL** of the relays for their club on one credit card. This card will not be charged until after the meet concludes, based on the actual number of relays for the club. Swimmers may swim in either the gender or mixed relay of a particular race, but not both. Cards must show the correct first and last names and correct age of each swimmer. Relay swimmers not participating in any individual events must have entered the meet online as 'relay-only' entrants (no charge). Teams are encouraged to enter and pay for relays online. Coaches may contact the meet directors for additional assistance if necessary.

Deck relay entries: relays can be deck entered and relay entries close 90 minutes prior to the start of that particular relay. Cards must show the correct first and last names and the correct age of each swimmer.

**SCORING:** Points will be awarded as follows:

Individual events: 21-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 and double for relays for each age group. \*NOTE\* Only two relay teams per club may score per age group of a relay.

**AWARDS:** Ribbons will be available for first through eighth place. High point awards will be given for each age group for each gender. Team awards will be given to the top three teams in large, medium, and small team categories.

**PSYCH SHEET:** Can be accessed through SwimPhone which is located on the ClubAssistant meet site and will be e-mailed to all participants prior to the start of the swim meet.

**HOSPITALITY:** Breakfast and lunch, as well as water and snacks, will be provided to all working officials at the meet.

**MEET CO-DIRECTORS:** Andy Brenan, andybrenan@mac.com, (916) 801-2627 (cell) and Nick Barajas, nickbarajas@hotmail.com, (916) 798-4374 (cell)

**MEET REFEREE:** John King [sixkings@gmail.com](mailto:sixkings@gmail.com)

**ASSISTANT REFEREE:** David Benjamin [david.benjamin.dstlane@gmail.com](mailto:david.benjamin.dstlane@gmail.com)

### EVENTS:

Friday, April 11<sup>th</sup>, 2025. Session 1. Warm-ups start at 7:30 AM, competition begins at 8:30 AM

Women's Event #	Event	Men's Event #
1	Mixed 1650 Free (1 & 2 swam together)	2
3	800 Free Relay (women)	
5	800 Free Relay (mixed)	
	800 Free Relay (men)	6
7	400 IM	8
9	200 Free	10

Saturday, April 12<sup>th</sup>, 2025. Session 2. Warm-ups start at 7:00 AM, competition begins at 8:00AM

Women's Event #	Event	Men's Event #
11	500 Free	12
13	50 Back	14
15	200 Breast	16
17	100 Fly	18
19	400 Free Relay (women)	
21	400 Free Relay (mixed)	
	400 Free Relay (men)	22
23	100 IM	24
25	200 Back	26
27	50 Fly	28
29	400 Medley Relay (women)	
31	400 Medley Relay (mixed)	
	400 Medley Relay (men)	32

Sunday, April 13<sup>th</sup>, 2025, Session 3. Warm-ups start at 7:00 AM, competition begins at 8:00 AM

Women's Event #	Event	Men's Event #
33	Mixed 1000 Free (33 & 34 swam together)	34
35	50 Breast	36
37	200 Fly	38
39	100 Back	40
41	200 Free Relay (women)	
43	200 Free Relay (mixed)	

	200 Free Relay (men)	44
45	200 IM	46
47	50 Free	48
49	100 Breast	50
51	200 Medley Relay (women)	
53	200 Medley Relay (mixed)	
	200 Medley Relay (men)	54
55	100 Free	56

**ACCESSIBILITY:** Athletes are welcomed at all USMS regardless of ability or disability. USMS, Pacific Masters, and the meet host wish to provide accommodation wherever reasonable for athletes with mobility, communication, and/or cognitive disabilities:

- The facility is generally accessible to those with disabilities. Athletes may contact the meet director with specific questions about how accommodations may be provided. Athletes may contact the Meet Referee for information about adaptations to the USMS Rule Book that may be applied to accommodate an athlete's disability(ies).
- Except for service animals, animals are prohibited in the facility.

#### **RESTRICTIONS:**

- The use of hand-paddles, kickboards, fins, and other devices are not allowed during general warm-up.
- The use of hand-paddles at any time during which touch pads are installed is forbidden.
- Smoking, tobacco products, and alcoholic beverages are not allowed in all areas of the meet venue including the parking lot.
- Glass containers and pets are not allowed in the pool area.
- No personal heaters will be allowed in the pool facility.
- Operation of a drone, or any other flying apparatus, over the entire facility, is prohibited.
- No photos may be taken within the locker room.

#### **HOTEL INFO:**

There are several hotels close by that also have a complimentary hot breakfast, including:

1. Holiday Inn: 1/2 mile from the pool. Phone: 916-928-9400  
<https://www.ihg.com/holidayinnexpress/hotels/us/en/sacramento/sacdp/hoteldetail>
2. Marriott Town Place Suites: 1.5 miles from the pool. Phone: 916-419-8811  
<https://www.marriott.com/en-us/hotels/sacta-towneplace-suites-sacramento-airport-natomas/overview/?scid=f2ae0541-1279-4f24-b197-a979c79310b0>
3. Hampton Inn: 1/2 mile from the pool. Phone: 916-928-5700  
[https://www.hilton.com/en/hotels/sacnnhx-hampton-suites-sacramento-airport-natomas/?SEO\\_id=GMB-AMER-HX-SACNNHX&y\\_source=1\\_MiA4MzU4MS03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/sacnnhx-hampton-suites-sacramento-airport-natomas/?SEO_id=GMB-AMER-HX-SACNNHX&y_source=1_MiA4MzU4MS03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)

