

2025 Quicksilver Masters Fast and Free LCM Meet

Sunday, June 1, 2025

Hosted by Quicksilver Masters

Sanctioned by Pacific Masters for USMS Inc. Sanction #

Check-In: 400 Free, 200 Free, 200 IM

No same-day entries

LOCATION: Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: Take State Route 85 to the Santa Teresa Blvd exit. Head south on Santa Teresa and turn right onto Thornwood Drive. Continue past Oak Ridge Mall and turn right onto Winfield Blvd, then right onto Chynoweth Ave. The campus entrance is on the right, just past the highway underpass. The pool is located at the back of campus.

PARKING: All on-campus parking at the high school is free. There is a small solar-covered lot next to the pool, between the football field and tennis courts. There is a large parking lot in front of the school, with designated ADA parking and sidewalk access to the pool. See map below.

COURSE DESCRIPTION: This long course meters competition will be held in an outdoor 50-meter x 25 yard pool, with up to 9 lanes available for competition. 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.

WARM-UP: Doors Open 8:30AM, Warmups 9:00AM

COMPETITION START TIME: 10:00AM

CONTINUOUS WARM-UP: A separate six (6) lanes in the diving well will be available for warmup/cool down throughout the competition.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

MEET DIRECTOR: Megan Waters, megan@swimqss.org

ELIGIBILITY:

- All participants must be aged 18 or older on the day of the meet.
- All participants must be currently registered members of United States Masters Swimming or another World Aquatics federation.
- Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body.

RULES:

- Current USMS rules will govern the meet.
- Athletes in the 400M Freestyle must provide their own timer.
- Timing Assignments: Teams with 10 or more athletes will be asked to fill a timer chair for the duration of the meet, beginning with Event #2 50 Breaststroke. Lane Timer Assignments will be emailed to team and athletes in advance.

AGE DETERMINATION DATE: December 31, 2025

AGE GROUPS FOR INDIVIDUAL EVENTS: 18-24, 25-29, 30-34...in 5-yr increments as high as needed.

ENTRY FEE: There is a flat fee of \$30 for meet entry. No refunds will be made.

ONLINE ENTRY: Online entries are available at

https://www.clubassistant.com/club/meet_information.cfm?c=1889&smid=19979. No other method of entry will be accepted.

MAILED ENTRIES: Shall not be accepted. Contact the Meet Director, Megan Waters megan@swimqss.org, if you want assistance with registering online.

ENTRY DEADLINE:

- Registration for the meet will close on May 25, 2025 at 11:59pm, or when the estimated timeline has reached five (5) hours, whichever comes first. The timeline has not reached 5 hours in recent years.
- Once the 400M Freestyle has reached 81 entries, registration for that event will close.

ENTRY LIMITS:

- Athletes may compete in up to six (6) individual events.
- There is a limit of 81 entries for the 400M Freestyle.
- Entries with "No Time" will be rejected. If you do not have an official time, make a best guess or ask your coach for an estimate.

POSITIVE CHECK-IN: Positive check-in is required for athletes in the 400 Freestyle, 200 Freestyle, and 200 Individual Medley. All other events shall be pre-seeded. Check-in for the 400 Freestyle will close at 9:30AM on the day of the meet. Check-in for the 200 Freestyle and 200 Individual Medley will close no less than 45 minutes prior to the estimated start time of the event.

SEEDING: All events shall be combined gender, swum FASTEST to SLOWEST. All events shall be seeded by time.

HEAT SHEETS & RESULTS: Heat sheets will be posted on the Meet Mobile app, and on-site on the windows of the coaches office (next to the entrance) and on the wall in front of the Men's locker room. Unofficial results will be available on the Meet Mobile app. Official results will be posted on-site on the trophy case (next to the entrance) and on the wall in front of the Men's locker room. Following the meet, official results can be found on the Pacific Masters website.

AWARDS: Athletes who compete in all four freestyle events (400, 200, 100, 50) are eligible for an award. There are no other awards. The athlete in each age group, for each gender, with the lowest cumulative time from the four freestyle events shall be presented with an award. Awards will not be mailed; athletes must be present to pick up their award.

CONCESSIONS: There will be a limited snack bar available for athletes and spectators. Lunch will be provided for working Coaches and Officials.

FACILITY RESTRICTIONS:

- Smoking and the use of tobacco products is prohibited inside the facility and locker rooms and in all areas used by Athletes, during warmup periods and during the meet.
- Sale and use of alcoholic beverages is prohibited on the high school campus.

- No glass containers are permitted in the facility and locker rooms.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured (e.g. buckets and bungee cords).
- Deck Changes are prohibited. Spectator restrooms are located at the entrance. Athlete locker rooms are located in the main building, accessible from the pool deck.
- Destructive devices, including but not limited to explosive devices and equipment, firearms, blades, knives, mace, stun guns, and blunt objects, are strictly prohibited on the high school campus. If observed, the Meet Referee or their designee may ask that these devices be stored safely away from the public or removed from campus. 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 on campus.
- Animals, with the exclusion of service animals, are NOT permitted on the pool deck at any time.

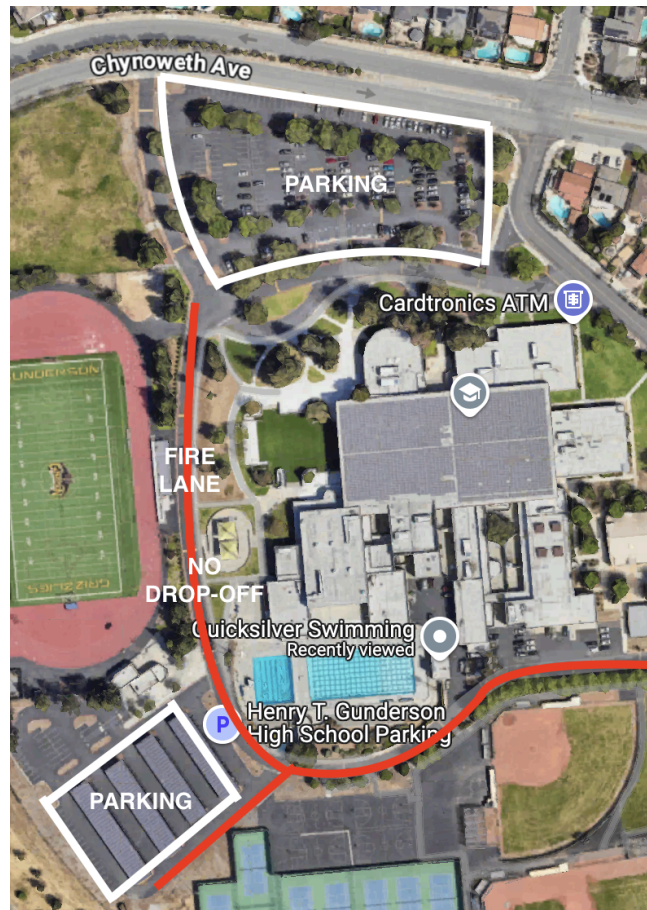
ORDER OF EVENTS:

Event #	Event Name
1	400 FREE*
2	50 BREAST
3	100 BACK
4	100 FLY
5	200 FREE*
6	100 BREAST
7	50 BACK
8	50 FLY
9	100 FREE
10	200 I.M.*
11	50 FREE

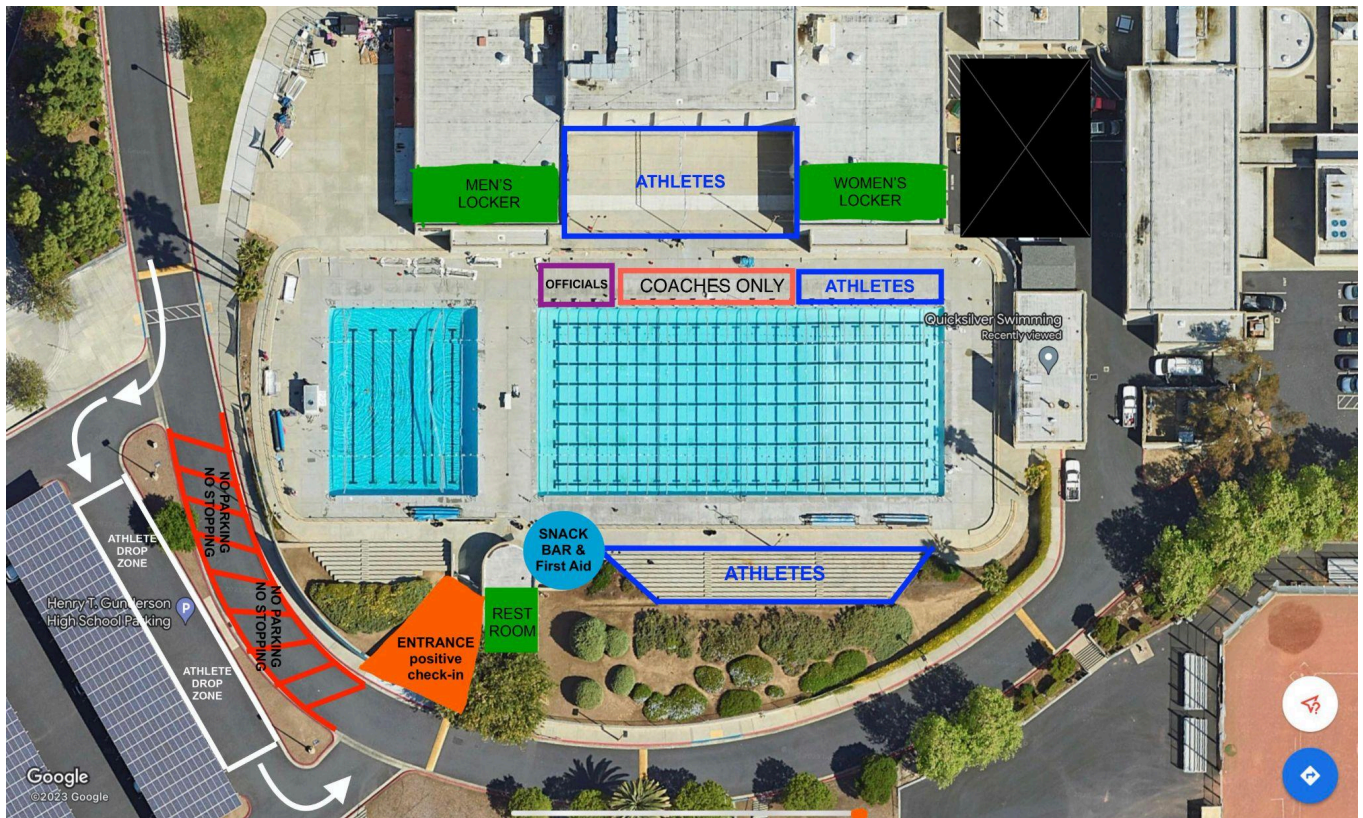
*Positive Check-In is required for the 400 Free, 200 Free, and 200 I.M.

Athletes in the 400 Free must provide their own timer.

PARKING MAP



FACILITY MAP



Appendix F: Medical Information Sheet and Safety at Masters Swim Meets

Medical Information for Sanctioned Events

Pacific Masters Swimming, Inc.

Facility: Gunderson High School Pool

Address: 622 Gaundabert Lane, San Jose, CA 95136

Nearest Emergency Hospital: Good Samaritan Hospital - Emergency Room

Address: 2425 Samaritan Drive, San Jose, CA 95124

Phone: 408 559 2011

Distance from event site: 7 miles (12 minutes)

Ambulance on site throughout event? No - 4 lifeguards

Phone number to obtain emergency medical services: 408 - 277 - 8911

Person responsible for coordination of safety at event: ~~John~~ Megan Waters

(may be delegated to someone else)

Other emergency personnel available:

Name	Qualifications
<u>4 (four) lifeguards</u>	<u>American Red Cross LG/CPR/AED/First Aid</u>

Closest emergency phone: N/A must use cellphone

Phone number of emergency phone: _____

Rescue Equipment at Event Site

Check all available:

Backboard: x 2 ☒
Ring buoys: x 2 ☒
Shepherd's crooks: x 2 ☒
Rescue tubes: ☒
Cot: ☐
Latex gloves: vinyl ☒
Gauze pads: ☒
AED (defibrillator) ☒

towlettes
Antiseptic spray: ☒
Bandages: ☒
Blanket: ☒
Adhesive tape: ☒
First aid kit: ☒
Pocket Mask: ☒
Ace bandages: ☐