

2025 SAN DIEGO LONG COURSE CHAMPIONSHIPS
SAN DIEGO-IMPERIAL MASTERS SWIMMING
UCSD TRITON POOL, LA JOLLA, CA
SUNDAY, JULY 13, 2025
SANCTION #445-S002

Sanction: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #445-S002

Date/Time: Sunday, July 13, 2025. 8am (Warm-Up), 9am (Distance), 11am (Main Meet), 3pm (Relays)

Location & Pool: UCSD Triton Pool, 3390 Voigt Drive, La Jolla, CA, 92093 - Outdoor, 50-meter, 6 lanes, with continuous warm-up lane(s) during the meet. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Official times may be submitted for USMS records and USMS Top 10 consideration. Meet management provided by San Diego Swim Masters.

Entry & Deadlines: \$45 Individual Entry & \$20 Relay-Only Entry closes at 4:00 pm on Saturday, July 12, 2025. Late or Deck Entries will NOT be accepted. Web entry only (no paper entry). There will be NO refunds.

Web Entry:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=20024

Program & Results: Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.

Host: San Diego-Imperial Masters Swimming (www.SIMasterSwim.org)

Contact: Meet Director, Kenton Jones, (858) 243-3960, kerujo@aol.com

Eligibility: All participants must be age 18 or older and be currently registered members of U. S. Masters Swimming or another World Aquatics Federation. Foreign-registered swimmers must provide proof of current membership in their country's Masters Swimming governing body. USMS membership link: <https://www.usms.org/join> (online).

Rules: Current USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.

Restrictions on Cameras and Video: USMS Rule 102.16 (Use of Cameras, Video Equipment, and Drones) applies to this meet. The use of cameras, including cellphone cameras and/or recording devices, is prohibited behind the starting platforms during the start of races, including relay starts. Per USMS Rule 102.13.3, SI LMSC policy also applies and prohibits photography and video recording from behind the starting blocks before and during the start of events and in the area between timers and the edge of the start end of the pool at all times. This also includes relay starts for the second through fourth swimmers at one or both ends of the pool.

Warm-Up & Warm-Down: NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated “one-way” dive-only lane where forward and backstroke starts can be practiced. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes, and forward and backstroke starts are NEVER permitted in warm-up and warm-down lanes.

Events: Swimmers may enter up to 6 individual events. Provide accurate long course meters times or estimates; do not omit an entry time or enter “no time”. In the Distance Session, swimmers may choose EITHER the 1500 or 800 or 400 meter Freestyle.

Age Groups: Swimmer competition age is age as of 12/31/2025 (last day of year). Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments. Relay event age groups are 72-99, 100-119, 120-159, 160-199, ... in forty year increments, determined by cumulative age of all four swimmers.

Relays: Relays are \$8 payable on deck and due by the end of Event #9 - 200 IM. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women or 4 men or 2 women & 2 men (mixed). Unattached members (UC) are ineligible to swim relays. Note: Swimmers can enter either the Gender OR Mixed category for each relay distance (50, 100, and 200) and type (free and medley) as Mens & Womens & Mixed Relays are likely to be combined and may swim together in Events 18-20, 21-23, 24-26, 27-29, & 30-32.

Awards: None. Enjoy the water and snacks.

Seeding & Check-In: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is required for the 1500 & 800 & 400 meter Freestyles and closes 30 minutes before the Distance Session. Notify the meet director if you check in and later decide not to swim. All other events are pre-seeded.

Timers: Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. All clubs and participants are required to assist with backup stopwatch/button timing during the meet.

Directions & Parking: From Interstate 5: Exit at Genesee Ave (Exit 29), go east 1/2-mile, turn right at Campus Point Drive, continue straight 1/4-mi, continue straight (cross over I-5 bridge) on Voigt Drive for 1/2-mi, Parking Lot P510 and the Canyonview aquatic center are on your right (north side). Map: <https://maps.ucsd.edu/map/default.htm>. Pay parking in any ParkMobile app lot #4752 on the UCSD campus (nearest are lots P510 & P701).

SI Meeting: A San Diego-Imperial LMSC meeting will take place during or following the meet.

Meet Course: 50 Meters

Session 1 - Distance

Warm-ups start at 8:00 AM

Meet Session starts at 9:00 AM

Meet Session is estimated to end at 11:00 AM

NOTE: In the Distance Session, swimmers may choose EITHER the 1500 or 800 or 400 meter Freestyle.

#	Sex	Event
1	Mixed	1500 M Free
2	Mixed	800 M Free
3	Mixed	400 M Free

Session 2 - Main Meet

Warm-ups start at 8:00 AM

Meet Session starts at 11:00 AM

Meet Session is estimated to end at 3:00 PM

#	Sex	Event
4	Mixed	200 M Fly
5	Mixed	50 M Breast
6	Mixed	100 M Free
7	Mixed	200 M Back
8	Mixed	400 M IM
9	Mixed	100 M Breast
10	Mixed	50 M Fly
11	Mixed	200 M IM
12	Mixed	100 M Back
13	Mixed	50 M Free
14	Mixed	200 M Breast
15	Mixed	50 M Back
16	Mixed	100 M Fly
17	Mixed	200 M Free

Session 3 - Relays

Warm-ups start at 8:00 AM

Meet Session starts at 3:00 PM

Meet Session is estimated to end at 4:00 PM

NOTE: Swimmers can enter either the Gender OR Mixed category for each relay distance (50, 100, and 200) and type (free and medley) as Mens & Womens & Mixed Relays are likely to be combined and may swim together in Events 18-20, 21-23, 24-26, 27-29, & 30-32.

#	Sex	Event
18	Women	200 M Free Relay
19	Men	200 M Free Relay
20	Mixed	200 M Free Relay
21	Women	200 M Medley Relay
22	Men	200 M Medley Relay
23	Mixed	200 M Medley Relay
24	Women	400 M Free Relay
25	Men	400 M Free Relay
26	Mixed	400 M Free Relay
27	Women	400 M Medley Relay
28	Men	400 M Medley Relay
29	Mixed	400 M Medley Relay
30	Women	800 M Free Relay
31	Men	800 M Free Relay
32	Mixed	800 M Free Relay