



FAST Swimming Masters LCM Swim Meet

Sunday July 14, 2024

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S015

Facility: Janet Evans Swim Complex is an outdoor 25 yard by 50 meter competition pool located at 801 West Valencia Drive Fullerton CA 92832. The length of the competition course without a bulkhead is in compliance and on file with USMS per articles 105.1.7 and 106.2.1.

Timing System: The primary timing system will be fully automatic. Times may be submitted for world record, USMS record, and Top 10 consideration.

Directions: From the north or south, take either the I-5 Freeway or the SR91 Hwy to the Euclid St exit. Go north on Euclid St. to West Valencia Drive. Turn right (east) on West Valencia Drive, and turn left into the pool parking lot. Parking is free. Parking is NOT allowed in the DMV lot.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will oversee the meet. Any questions regarding the conduct of the meet should be directed to that person. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2024 determines the age group for the meet. You must be at least 18 years of age on July 14, 2024 to compete.

Warm-up: USMS Rules will be enforced. There will be NO DIVING into the pool at any time except into the designated dive lane(s). Warm-up in the competition lanes will be available for one hour prior to the start of the meet. Additional warm-up lanes will be available.

Entries: All swimmers must be registered with USMS for 2024 or foreign equivalents. Early Entry Fee is \$50.00 flat fee. Early entry deadline is Wednesday July 3, 2024 at 11:59PM Pacific Time. Late entries will be allowed for a flat fee of \$60.00. Entries close Wednesday, July 10, 2024, at 11:59 PM Pacific Time. **Event #14 400M Freestyle will be limited to 18 swimmers (3 heats).**

NO INDIVIDUAL DECK ENTRIES ALLOWED.

Disability Swimmers: Disability swimmers are welcome. Please notify the meet director and the referee, before the competition, of any disability and the requested modification. The swimmer/coach shall provide any assistance (s) or equipment if required.

Relays: It is preferred that all relay members enter the meet online (including Relay-Only swimmers). All relays will be deck entered on SPMS relay forms. Relays are free. For relay swimmers who are not entered in individual events, the meet entry fee is \$15.00 and a signed liability release must be completed. A swimmer may swim only ONE Medley Relay for Events #6, #7, and #8 and ONE Freestyle Relay for Events #15, #16, and #17.

Seeding: All events will be timed finals and deck seeded slowest to fastest, by entered time, ages, and sexes combined.

Check-in: Positive check-in is required for Event #14 400M Freestyle. Check-in closes at 10:00AM for Event #14 400M Free.

Awards: Individual: places 1 to 3. Relay: First place.

Snack Bar: No snack bar. Swimmers are encouraged to bring their own food and drink items. Hospitality for Officials, Volunteers, and Coaches will be provided.



Questions: Meet Director, Paul Davidson, pdavidson@fastswimming.net, (805) 506-5181

Meet Referee: Diana Dolan LaMar

Meet Admin: Madison Cho

Sunday, July 14, 2024
Warm-up starts at 7:00AM
Meet starts at 8:00AM

EVENT #	EVENT
1	200M Freestyle
2	50M Breaststroke
3	100M Backstroke
4	50M Butterfly
5	100M Freestyle
6 / 7 / 8	400M Medley Relay (W/M/Mixed) (Swimmers are limited to ONE Medley Relay)
9	200M Individual Medley
10	50M Freestyle
11	100M Butterfly
12	50M Backstroke
13	100M Breaststroke
14	400M Freestyle (limited to 18 entries)
15 / 16 / 17	400M Freestyle Relay (W/M/Mixed) (Swimmers are limited to ONE Freestyle Relay)