



**Rose Bowl Masters  
LCM Swim Meet  
Saturday August 3, 2024**

**Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction #334-S016**

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena has an outdoor, 50 meter by 25 yard competition pool. 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.

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

**Directions:** *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**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 be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Age on December 31 2024, determines age group for the meet. You must be at least 18 years of age on August 3, 2024 to compete.

**Deck Changes:** Deck Changes are prohibited during ALL MEETS at the Rose Bowl Aquatics Center.

**Entries:** All swimmers must be registered with USMS for 2024 or foreign equivalents. Online Entry Fee is \$40. Swimmers are limited to a total of 5 individual events, not including relays. Deadline for entries is Wednesday July 31, 2024 at 11:59pm Pacific Time.

**There will be no Individual Deck Entries and no mail-in entries.**

**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.

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

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

**Relays:** Event #14 200m (4x50) FUN Cap Exchange Relay will be deck entered at no cost. Relay entries are due before Event #9. All relay members must be entered in at least one individual event in the meet. Relay teams can be composed of any combination of 4 swimmers entered in the meet.

**Awards:** Individual: Rose Bowl ribbons for places 1 to 3. Relays: Rose Bowl ribbons for first place.

**Questions/Meet Director:** Ralph (RJ) Porrazzo, (610) 413-0277, [rporrazzo@rosebowlaquatics.org](mailto:rporrazzo@rosebowlaquatics.org)

**Meet Admin:** Bettie Williams

**Head Referee:** Omar de Armas

## **Saturday, August 3, 2024**

Warm-up: 7:00am – 7:45am

Meet Start: 8:00am

1. 50 m Freestyle
2. 200 m Backstroke
3. 100 m Breaststroke
4. 50 m Butterfly
5. 200 m Breaststroke
6. 100 m Backstroke
7. 200 m Butterfly
8. 50 m Backstroke
9. 200 m Individual Medley
10. 100 m Freestyle
11. 50 m Breaststroke
12. 200 m Freestyle
13. 100 m Butterfly
14. 200m (4x50) FUN Cap Exchange Relay\*

\*Relay teams can be composed of any combination of 4 swimmers entered in the meet