

The City Mile
1650 Short Course Yards Swim Meet
Sunday, February 21, 2016

Sanction: Sanctioned by Pacific Masters Swimming, Inc., for USMS, Inc. Sanction # 386-S003

Location: City College of San Francisco, Wellness Center
50 Phelan Avenue
San Francisco, CA 94112

Directions: YAHOO MAPS.COM or MAPQUEST.COM (downtown San Francisco) Free Local Parking is available.

Course: Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition. Warm-up /cool down lanes will be available throughout the meet. Electronic timing will be used. 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 107.2.1.

Time: Warm-ups start at 8:00 am. The meet will start promptly at 9:00 am.

Rules: 2015 USMS and Pacific Masters Swimming rules will govern the meet. USMS warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. The heats will be seeded fastest to slowest, regardless of age. The meet director will review all seeded times to compare them with the swimmers recent actual time and reserves the right to change the swimmers seeded time.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

Eligibility: All USMS swimmers must have a current 2016 USMS registration card and must enter the number on their entry forms. No Deck entries will be allowed.

Check-In: The meet will be pre-seeded and preliminary heat assignments will be made. An approximate timeline will be posted on the Pacific Masters website. **Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.**

Entries: On-line entries must be completed by 11:59 pm, February 17, 2014. No refunds will be made. Entries will be limited to 96 total swimmers on a first received basis. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=7067

Fees: Total entry fee is \$30.00. Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

Event: (pre-seeded fast to slow; women and men combined)
1. 1650 Freestyle

Awards: Each swimmer who establishes a new meet record (for their age group) will receive a certificate suitable for framing. Also an award for 1st thru 3rd in each division. There will be special recognition for the swimmer who comes closest to his seed time. (\$25 gift certificate).

Referee: John King

Meet Director: Michael Moore 415-467-8943