

**YST Masters
LCM Swim Meet
Sunday, June 28, 2015**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #335-S016

Facility: Crafton Hills College, Aquatics Center located in the beautiful foothills of Yucaipa. This pool was originally used during the 2004 Olympic Trials at Long Beach. It's an outdoor 50 Meter by 25 Yard pool with 7 competition lanes and 1 warm-up/cool down lane. 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.

Directions: Crafton Hills College, Sand Canyon Road Yucaipa CA 92399. From the I-10 West: Exit Yucaipa Blvd, turn Left towards Yucaipa. At Sand Canyon Road/14th Street turn Left. College entrance will be on the right (2nd signal light). From the I-10 East: Exit Yucaipa Blvd, turn Right towards Yucaipa. At Sand Canyon Road/14th Street turn Left. College entrance will be on the right (2nd signal light). The Aquatics Center will be on the right side under the large solar panels. Overflow parking will be in 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. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Monday, June 20, 2015. On-line entries will close Wednesday, June 24, 2015 @ 11:59 p.m. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 800 m Freestyle and at 10:00 a.m. for all other events. All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 800 m Freestyle.

Entry Fees: \$30.00 for online entries, \$35.00 for mail in entries and \$40.00 for deck entries.

All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 800 m Freestyle.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: YST ribbons for places 1 to 3. Relay: YST ribbons for first place

Entry Fees: \$30.00 for online entries, \$35.00 for mail in entries and \$40.00 for deck entries.

Checks payable to: YST. Mail consolidated entry card, a copy of your 2015 USMS card, and check to:
Julie Fredricks c/o YST, PO Box 624, Yucaipa CA 92399

Questions: Denise Griffin, YSTAdmn@gmail.com or (909) 747-983 (message)

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

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Warm-up at 7:30 a.m.

Meet starts at 8:30 a.m. for the 800 m Freestyle

1. 800 m Freestyle (check-in required)

20minute warm-up after 800m Freestyle_

Event #2 starts no earlier than 10:30 a.m.

2. 400 m Freestyle
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 100 m Backstroke
9. 50 m Butterfly
10. 400 m Individual Medley
11. 200 m Breaststroke
12. 100 m Freestyle
13. 50 m Backstroke
14. 200 m Butterfly
15. 50 m Breaststroke
16. 200 m Backstroke
17. 400 m Mixed Freestyle Relay