



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



MASTERS Meet Information

MEET DATES: Friday, June 21, 2024
Saturday, June 22, 2024
Sunday, June 23, 2024

SANCTIONED BY: Southern Pacific Masters Swimming for USMS, Inc.

SANCTION #: # 334-S013

HOSTED BY: SLO Swim Club, Inc.

ENTRY DEADLINE: 5:00 PM; Wednesday, June 12, 2023

**Note: Deck entry will be allowed for masters if space is available.*

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	2:30 PM	2:45-3:50 PM	4:00 PM
Saturday PM	N/A	12:15-1:20 PM	1:30 PM
Sunday PM	N/A	12:15-1:20 PM	1:30 PM

- The warm-up/start times for Sat & Sun PM sessions may be adjusted based on AM timeline. A minimum of 60 minutes of warm-up time will be allotted prior to the start of the PM session.
- Sessions may be combined/modified depending on the number of entries received and the projected timeline. Events may be renumbered if any changes are made to sessions.

POOL	SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401.
PARKING	Parking is available in the parking lot adjacent to the pool. Park in marked spaces only.
COURSE/FACILITY	The Pool is a 50-meter by 25-yard outdoor pool with 8 long course lanes. The length of the competition course without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 107.2.1. There will be 6 lanes used for competition and 2 lanes will be used for warm-up/warm down throughout the meet. Pool Depth: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End is 4 ft. Ample deck space is available for structures and seating. *Bring tie-downs/weights to secure your canopies/structures.
TIMING EQUIPMENT	This meet will use automatic timing equipment via touchpads and CTS Gen7 timing with semi-automatic timing buttons and manual stopwatches as back-up. A scoreboard will be viewable at the start end of the pool. Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.
WARM UP PROCEDURES	Warm-up time for the Saturday and Sunday PM session may be adjusted based on the AM session timelines. A Masters warm-up lane may be assigned for each warm-up session. All swimmers must use 3-point, "sit and slide" entries when entering the pool during warm up – no jumping or diving except into the designated dive lane(s). The pool will close 10 minutes before the start of each session. WARM-UP RULES WILL BE ANNOUNCED AT THE MEET.
MEET REFEREE	The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. <ul style="list-style-type: none"> • Meet Referee: Ernie Peterson - Email: erniep@kcienv.com
RULES	<ul style="list-style-type: none"> • This is a dual-sanctioned USA Swimming & USMS Meet. USA Swimming rules will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. • ALL Masters events will be combined and seeded with the 13 & Over events. • Swimmers competing in the 400 Free, 800 Free, and 1500 Free must provide their own timers (2 per lane). • Entry Limit Swimmers may swim a maximum of 5 events per day. • The 400 Free, 800 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating Women and Mens heats.
RECORDING DEVICES & MEDIA NOTICE	The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.



2024 SLOS Firecracker Invitational

San Luis Obispo, CA

June 21-23, 2024



- DRONES** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- SWIMWEAR** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
- DECK CHANGES** Deck changes are prohibited.
- ELEGIBILITY/AFFILIATION** Swimmers must be 2024 USMS Members to compete. Age on December 31, 2024 determines age-group for the meet. You must be registered with USMS and be at least 18 years old on June 21, 2024 to compete. Swimmers must have completed
- SEEDING & RESULTS** ALL events will be seeded fastest to slowest. All events are timed finals and will be seeded by entered time, all ages combined. Deck entries will only be accepted if there is space available.
- ENTRY DEADLINE** The ENTRY DEADLINE is **WEDNESDAY, JUNE 12, 2023; 5:00PM.** If the meet fills prior to the entry deadline, entries can close before the deadline and entries received after the meet fills may be rejected. Masters deck entries will be taken ONLY if there is space available.
- ENTRY PROCEDURE** Entries must be submitted by filling out the SPMS Consolidated Entry Card & Completing the USMS PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. This form can be found on page 11:
- SPMS Consolidated Entry Card – linked below and on page 12.
https://www.spmasterswim.org/c/8B6A80C/file/meets/consolidated_entry_card.pdf
- FOR MAILED ENTRIES**
1. Deadline: must be postmarked by the listed entry deadline – Wednesday, June 12
 - a. All entries after this date will need to be deck entered – please do not mail entries after June 12 as they may not be received in time. See below for procedure for deck entries below.
 2. The following items must be mailed with your entry by the June 12 deadline:
 - a. Completed SPMS Consolidated Entry Card
 - b. Payment for Entry
 - c. Proof of 2024 USMS Registration
 - d. USMS Waiver
- FOR DECK ENTRIES:**
1. Bring deck entry to admin tent at the meet at least 1 hour before the start of the session.
 2. The following items must be mailed with your entry by the June 12 deadline:
 - a. Completed SPMS Consolidated Entry Card
 - b. Payment for Entry
 - c. Proof of 2024 USMS Registration
 - d. USMS Waiver
- MAIL CHECKS & ENTRIES TO:** Yvonne Jo
P.O. Box 256, Azusa, CA 91702
Checks payable to "SLO Swim Club"
- ENTRY FEES** **\$50.00 per swimmer flat fee for registration.** There is NO fee per event for masters, ONLY \$50 per swimmer. Payment of the above fees entry. NO REFUNDS. Returned checks will incur a service fee. Mail payment to address above. Deck Entries must be paid for at the time of entry.
- AWARDS** There will be no awards for this meet.
- MEET CONTACTS**
- **Meet Referee:** Ernie Peterson – Email: erniep@kcienv.com
 - **Administrative Referee:** Yvonne Jo – Email: joyvonne32@gmail.com
 - **Meet Director:** Julie Peterson – Email: swim@sloseahawks.org (For all other questions)



2024 SLOS Firecracker Invitational

San Luis Obispo, CA
June 21-23, 2024



MEET NOTES

- Please note that this is a dual-Sanctioned meet for USMS & USA Swimming
- ALL Masters events will be combined with age-group 13 & Over / OPEN events. Masters swimmer will be seeded with USA Swimming participants.
- ALL Masters events will be in the PM sessions of the meet on Friday, Saturday, & Sunday.
- ALL Events will be seeded by time, Fastest to Slowest.
- MAILED ENTRIES must be post-marked & mailed by Wednesday, June 12.
- DECK ENTRIES will be accepted if space allows. Please bring deck entries to admin at least 1 hour before the start of the session you are entering.

Friday, June 21, 2024

FRIDAY PM SESSION – Masters Events

Warmup: 2:45-3:50 PM

Session Start: 4:00 PM

WOMEN	AGE GROUP	EVENT	MEN
1	MASTERS	50 Fly	2
3	9-12	400 Free – Girls	
4	MASTERS	50 Back	5
	9-12	400 Free – Boys	6
7	MASTERS	50 Breast	8
9	MASTERS	1500 Free <i>*provide own timers</i>	10

Session Notes

- The OPEN 1500 Free (Event #9, 10) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2), individual to count laps & lap counting device.
- Event #3 & #4 are NOT Masters events. They are only shown so that swimmers are aware of the event order.

Saturday, June 22, 2024

SATURDAY PM SESSION – Masters Events

Warmup: 12:15 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

WOMEN	AGE GROUP	EVENT	MEN
35	MASTERS	200 Free	36
37	MASTERS	100 Back	38
39	MASTERS	200 Fly	40
41	MASTERS	100 Breast	42
43	MASTERS	50 Free	44
45	MASTERS	400 IM	46

Session Notes

- Swimmers competing in the 400 IM (#45, 46) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2 per lane).

Sunday, June 23, 2024

SUNDAY PM SESSION – Masters events

Warmup: 12:15-1:20 PM

Session Start: 1:30 PM

PM session will start no sooner than 1 hour after the end of the AM session

WOMEN	AGE GROUP	EVENT	MEN
71	MASTERS	200 IM	72
73	MASTERS	100 Free	74
75	MASTERS	200 Back	76
77	MASTERS	200 Breast	78
79	MASTERS	100 Fly	80
81	MASTERS	400 Free	82

Session Notes

- The 400 Free (Event #81 & #82) will alternate Female and Male heats. Swimmers in these events must provide their own timers (2 per lane).



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023



SPMS CONSOLIDATED ENTRY CARD

SOUTHERN PACIFIC MASTERS ASSOCIATION CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	Meet <u>2024 SLOS Firecracker Invite</u> \$ _____ = \$ _____ Surcharge = \$50 Total = \$50							
	800/1000 : .								
	1500/1650 : .								

FOR OFFICE USE ONLY
Amt Rec'd _____
Date _____

Include a copy of USMS card

Maximum 5 individual events per day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date **MAY BE REJECTED!**

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes No Non-SPMA swimmers please include your address:
 Read the meet information sheet carefully. Make your Street: _____ check
 payable as shown on the meet information sheet and mail it to the address shown. City, State, Zip: _____