



CCAT Masters LCM Meet Saturday, July 1, 2023

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #TBD

Facility: Crespi Carmelite High School Robinson Family Aquatic Center is an outdoor 50 meter by 25 yard competition pool located at 5056 Zelzah Ave, Encino CA 91316. 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.

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

Directions: From the North or South, take the I-405 Freeway to US-101 West. Continue West on US-101 to White Oak Ave (Exit 22). South on White Oak Ave to Ventura Blvd. Right on Ventura Blvd to Zelzah Ave. Left on Zelzah Ave to Santa Rita Street. The school parking lot will be on your Left. The Robinson Family Aquatic Center is located along Zelzah Ave South of the track.

Parking: Park in the school parking lot (SE corner of Zelzah Ave and Santa Rita Street). Follow the walkway around the track to the pool. If the parking lot is full, it is okay to park on Santa Rita Street. Please do not park on Zelzah Ave.

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, 2023, determines age group for the meet. You must be at least 18 years of age on July 1, 2023 to compete.

Warm-up: USMS warm-up policies will be enforced. There will be NO DIVING into the pool any time except into the designated sprint lane(s). Warm-up rules will be announced. 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 2023 or foreign equivalents. Swimmers are limited to a total of 5 events, not including relays. Early Entry Fee \$50.00 flat fee per swimmer. Early entry price closes Wednesday June 21, 2023 at 11:59PM Pacific. Late entries will be allowed for a flat fee of \$60.00. Entries close Wednesday June 28, 2023 at 11:59PM Pacific.

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 Relay** for Events #6, #7, and #8 and **ONE Relay** for Events #14, #15, and #16.

NO INDIVIDUAL DECK ENTRIES ALLOWED.

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.

Check-in: Positive check-in is required for Event #1 400m Freestyle and Event #9 400m Individual Medley. **Check-in closes at 12:00PM for Event #1 400m Freestyle and 1:00PM for Event #9 400m Individual Medley.**

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

Awards: Individual: Ribbons for places 1 to 3. Relay: Ribbons for 1st place. All heat winners will receive a special July 4 Duckie. For those in announced "Firecracker" heats, everyone in the heat will receive a July 4 Duckie.

Snack Bar: Limited snacks and food items will be available for purchase on site. Hospitality for Officials, Volunteers, and Coaches will be provided. Additional food options: There is a Ralph's Fresh Fare Market with deli across the street and a Starbuck's, McDonald's, and Chick-fil-A within two blocks of the school.

Questions / Meet Director: Stacy Smith, (818) 665-6284, stacysmith48@aol.com

Meet Referee: Cami Stein

Meet Admin: Alina de Armas

Order of Events
Saturday, July 1, 2023
Warm-up starts at 11:30 AM
Meet starts at 12:30 PM

EVENT #	EVENT
1	400m Freestyle
2	200m Individual Medley
3	50m Backstroke
4	100m Butterfly
5	50m Freestyle
6	200m Medley Relay Women's
7	200m Medley Relay Men's
8	200m Medley Relay Mixed
9	400m Individual Medley
10	100m Freestyle
11	50m Butterfly
12	100m Breaststroke
13	200m Freestyle Relay Women's
14	200m Freestyle Relay Men's
15	200m Freestyle Relay Mixed
16	100m Backstroke
17	50m Breaststroke
18	200m Freestyle