

8:00 a.m. — Warm-Up

9:00 a.m. — Competition Begins

Note: Order of swim is posted on website:

www.pasadenaseniorcenter.org/senior-game-sports/512-swimming

Competition Details

USMS Rules will govern the Advanced Division of the meet. Recognized by the Southern Pacific Masters Swimming for USMS, Inc. Times in the Advanced Division will be submitted to the Top Ten Recorder. There is a limit of 5 events for the Advanced Division and 6 for the Novice. All swimsuits must conform to USMS Rule 102.12.

Meet Procedures

- All Divisions will swim SCY.
- The 100 IM will be swum SCY in the Novice Division. Masters swimmers may enter the Novice Division if they do not duplicate events.
- Novice events are for swimmers with minimum competitive experience.
- Non-USMS swimmers may enter the Advanced Division.
- Submitted times: All events will be seeded for men and women, slow to fast, by entry time. if you do not have a previous result time, please estimate.
- Automatic timing and USMS Officials will be provided.

REGISTRATION

Swimming fee is \$10/event, plus one-time \$45 Athlete Registration Fee. Deadline to register for Swimming is May 20. Late registration not accepted.

VENUE

Rose Bowl Aquatics Center 360 N Arroyo Blvd. Pasadena, CA 91103 Outdoor Olympic heated pool with lanes open for warm-up/cool-down during meet. Locker room facilities are available. Please bring your own lock.

#AGEWELL

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