

FAST Masters LCM Regional and Zone Championships
Janet Evans Swim Complex, Fullerton
Friday to Sunday, July 23rd to 25th, 2010

Sanction number: 330-023

Facility: Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 8 lane, 50-meter competition pool, with separate warm-up area available.

Directions: From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Fees: Flat fee of \$45.00 if entered online or postmarked on or before Tuesday, July 13th. Entries entered online, postmarked or submitted after midnight on July 13th will be subject to a \$5.00 late fee. *All paper entries not received by 8:00 p.m. on Saturday, July 17th will be rejected. Online entries will close at midnight on Sunday, July 18th. No individual deck entries will be allowed.*

Check www.spma.net for online entry link. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. The 1500 m Freestyle will be swum fastest to slowest, all other events will be swum slowest to fastest. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

Awards: SPMA medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. SPMA medals for 1st place relay teams, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays. Scoring will be to ten places.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: FAST Masters Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Snack Bar: A snack bar will be available on site.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihan5@att.net. Meet Processing: Robert Mitchell, mitchellrobert@cox.net.

Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check www.spma.net for links to online entries.

Friday, July 23, 2010

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men; seeded fast to slow)

Saturday, July 24, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay (Women, Men, Mixed)
19. 800 m Freestyle Relay (Women, Men, Mixed)

Sunday, July 25, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

Relays: A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at www.spma.net.