

# **FAST Masters**

## **Short Course Yards Meet**

### **Sunday, February 21st, 2010**

Sanction number: 330-004

**Facility:** Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 10-lane, 25-yard competition pool, with separate warm-up lanes 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.

**Entries:** The pre-entry postmark deadline is Saturday, February 13th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at the conclusion of the 1650 yd. Freestyle for all other events. The 1650 will be limited to four heats. Age on February 21st determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle.

**Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. There are no additional fees for relays.

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

**Entry Fee:** \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**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 5468, Fullerton, CA 92838.

**Snack Bar:** A snack bar will be available on site for water, Gatorade, and energy snacks.

**Questions:** Meet Director, Terry Merlihan, (714) 693-3991, [themerlihans@earthlink.net](mailto:themerlihans@earthlink.net)

### **Sunday, February 21, 2010**

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle

Additional warm-up after 1650

Event #2 starts at noon

2. 50 yd. Breaststroke

3. 100 yd. Freestyle

4. 50 yd. Backstroke

5. 100 yd. Individual Medley

6. 50 yd. Butterfly

7. 400 yd. Freestyle Relay (Men, Women, or Mixed)

8. 100 yd. Backstroke

9. 200 yd. Individual Medley

10. 50 yd. Freestyle

11. 100 yd. Breaststroke

12. 100 yd. Butterfly

13. 200 yd. Freestyle

14. 200 yd. Medley Relay (Men, Women, or Mixed)