



2025 SLOS Firecracker Invitational

Sinsheimer Pool / San Luis Obispo, CA

June 20-22, 2025



MEET DATES: Friday, June 20, 2025
Saturday, June 21, 2025
Sunday, June 22, 2025

SANCTIONED BY: USA Swimming, Southern California Swimming, & SCS Coastal Committee

SANCTION #: #S225-115

HOSTED BY: SLO Swim Club, Inc.

ENTRY DEADLINE: 5:00 PM; Wednesday, June 11, 2025

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	2:45 PM	3:00-4:20 PM	4:30 PM
Saturday AM – 12&U	7:15 AM	7:30-8:50 AM	9:00 AM
Saturday PM – 13&O	N/A	12:00-1:20 PM	1:30 PM
Sunday AM – 12&U	7:15 AM	7:30-8:50 AM	9:00 AM
Sunday PM – 13&O	N/A	12:00-1:20 PM	1:30 PM
<ul style="list-style-type: none">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	<p>The Pool is a 50-meter by 25-yard outdoor pool with 8 long course lanes. There will be 6-7 lanes used for competition and 1-2 lanes will be used for warm-up/warm down throughout the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.</p> <p>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.</p> <p>Ample deck space is available for structures and seating.</p> <p>*Bring tie-downs/weights to secure your canopies/structures.</p>
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. Lap Counting devices will be provided.
WARM UP PROCEDURES	<p>All lanes will be open for USA Swimming Member Coach supervised warm-up during scheduled warm-up times. Warm up for the PM session will be a minimum of 60 minutes. Times for PM warm-up may be adjusted depending on the AM timeline (Meet will start at least 70 minutes after the conclusion of AM session). Team warm-up lane assignments and/or shifts may be provided depending on the number of entered swimmers. One lane may be reserved for Masters swimmers for PM sessions. 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) under the supervision of the coaches and marshals. Dive lanes will be available upon request at the discretion of the Meet Referee. The pool will close 10 minutes before the start of each session. WARM-UP RULES WILL BE ANNOUNCED AT THE MEET.</p>
MEET REFEREE	<p>The Meet Referee will be in charge of the meet.</p> <p>Any questions regarding the conduct of the meet should be directed to the referee.</p> <ul style="list-style-type: none">Meet Referee: Ernie Peterson - Email: erniep@kcienv.com
RULES	<ul style="list-style-type: none">USA Swimming rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.ALL sessions that include athletes 12 and under will be held to the "4 Hour" rule.Swimmers must swim in their actual age group as determined by their age on the first day of the meet – June 20, 2025. Swimmers must be at least 5 years of age to enter.Sessions may be combined/modified depending on the number of entries and projected timeline. Events may be renumbered if any changes are made to sessions.Results will be categorized into the following age groups: 5-8, 9-10, 11-12, 13-14, and 15-18, and 19 & Over.Timers are requested to be provided by each team; team timing assignments will be provided after entries have been processed.



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- Swimmers competing in the 400 Free, 400 IM, and 1500 Free must provide their own timers (2 per lane). Swimmers in the 1500 free are responsible for providing a lap counter.
- This meet will follow a TEAM check-in procedure. All coaches should provide a list of swimmers who will not be swimming by **30 minutes** prior to the session starting. After the event has been officially closed, swimmers may not check-in or scratch.
- The 400 Free, and 1500 Free will be seeded and swum fastest to slowest, alternating female and male heats.
- All coaches and officials on deck must have completed the **CDC or NFHS Concussion course** & the **CANRA Mandatory Reporting course** prior to the meet start date.
- Changes to the meet management may be made with approval of the Meet Host and SCS.

DISABILITY	Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
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.
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. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.
DECK CHANGES	Deck changes are prohibited.
RACING START CERTIFICATION	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
ELEGIBILITY/ AFFILIATION	Open to SCS Coastal Committee & out-of-LSC athletes who hold a 2025 USA Swimming membership. Swimmers must be registered with USA Swimming through SWIMS 3.0. Out-of-LSC athletes will be accepted space-available, please include a copy of registration with entry. No late or deck registration will be accepted. All athletes 18 years or older must complete the free online <u>ATHLETE PROTECTION TRAINING</u> in order to compete.
CHANGE OF AFFILIATION	Club Transfers (to unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as "Unattached" affiliation. It is the swimmer's responsibility to complete the Club Transfer process online in SWIMS 3.0 to compete as unattached.
SUBMITTED ENTRY TIMES	Times submitted must be the best recorded times short course or long course from this or the preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.
ENTRY LIMIT	Swimmers may compete in a <u>maximum of 5 events per session.</u>
ENTRY DEADLINE	ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN <u>5:00PM; WEDNESDAY, JUNE 11, 2025.</u>
ENTRY PROCEDURE	<u>EMAIL ENTRIES TO:</u> Amy Sage – Email: sageswimevents@gmail.com Team electronic entry via email is recommended. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached PDF file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry



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updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. Prior to entry deadline new swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

ENTRY FEES

Each Individual Event: \$6.00; Surcharge per swimmer: \$15.50.

- *NOTE: Entry fee for each OUTREACH registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.*

Payment of the above fees must accompany each team's entry or individual entry card. NO REFUNDS. Returned checks will incur a service fee.

MAIL CHECKS TO: Amy Sage
972 Crestmont Ct. Santa Maria, CA 93455

****Checks payable to "SLO Swim Club"****

AWARDS

Ribbons will be awarded for 1st thru 6th place for the following age-groups (girls & boys): 5-8, 9-10, 11-12.

MAAPP 2.0 STATEMENT

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0) govern this meet.

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report

MEET CONTACTS

- **Meet Referee:** Ernie Peterson – Email: erniep@kcienv.com
- **Administrative Referee:** Amy Sage – Email: sageswimevents@gmail.com
- **Meet Director:** Alan Peterson – Email: swim@sloseahawks.org (For all other questions regarding this meet)

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.



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SLO Swim Center Facility Waiver: The City of SLO requires electronic completion of the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center. This is required for participation in this event. A link and QR code are available on the following page. Coaches will be reminded to distribute the link to this waiver in advance of the meet.



Parks & Recreation

SLO Swim Center – Facility Waiver

Upon entry and use of the SLO Swim Center, all participants will be required to review and execute the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center.

Link: <https://forms.slocity.org/forms/sloswimwaiver>

QR Code:



If the participant is under the age of 18, his or her parent or legal guardian must sign on behalf of the participant



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FRIDAY PM SESSION

Warmup: 3:00-4:20 PM

Session Start: 4:30 PM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
1			13 & Over	50 Fly			2
*3			11 & Over	1500 Free *Girls fastest heat only* <i>provide own timers</i>			
4			13 & Over	50 Back			5
			11 & Over	1500 Free *Boys fastest heat only* <i>provide own timers</i>			*6
7			13 & Over	50 Breast			8
*3	25:07.39	25:45.79	11 & Over	1500 Free *Remaining heats* <i>provide own timers</i>	24:27.69	25:13.59	*6

Session Notes

- The FASTEST heat of Event #3 Female 1500 will be contested after the completion of event #2.
- The FASTEST heat of #6 Male 1500 will be contested after the completion of event #5.
- ALL remaining heats will be contested after the completion of event #8 and heats will be swum fastest to slowest, alternating female and male heats.
- For event #3/6 1500 free, swimmers must meet the 11-12 B time to enter the event.
- Swimmers in these events must provide their own timers and lap counters.



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Saturday, June 21, 2025

SATURDAY AM SESSION – 12 & UNDER

Warmup: 7:30-8:50 AM

Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
9			11-12	200 Free			10
11			5-10	200 Free			12
13			11-12	100 Fly			14
15			5-10	100 Fly			16
17	2:59.49	3:28.09	11-12	200 Back (mixed)	2:52.89	3:22.99	17
18			11-12	50 Back			19
20			5-10	50 Back			21
22			11-12	50 Free			23
24			5-10	50 Free			25
26			11-12	100 Breast			27
28			5-10	100 Breast			29
30	6:31.69	7:28.89	11-12	400 IM (mixed)	6:17.09	7:17.89	30

Session Notes

- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 5-10 100 of same stroke.
- 5-6 swimmers meeting 5-8 B standard in 100 yd/meter free may enter 5-10 200 Free.
- Swimmers entering #17 11-12 200 Back & #30 11-12 400 IM must meet the 11-12 B time for the event.
- Swimmer in the 11-12 400 IM (#33, 34) must provide their own timers (2 per lane).

SATURDAY PM SESSION – 13 & OVER

Warmup: 12:00 PM

Session Start: 1:30 PM

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

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
31			13 & Over	200 Free			32
33			13 & Over	100 Fly			34
35			13 & Over	200 Back			36
37			13 & Over	50 Free			38
39			13 & Over	100 Breast			40
41			13 & Over	400 IM			42

Session Notes

- Swimmers competing in the #41/42 400 IM will alternate female and male heats. Swimmers in these events must provide their own timers (2 per lane).

Entry Limits are 5 per session



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Sunday, June 22, 2025

AM SESSION – 12 & UNDER

Warmup: 7:30-8:50 AM

Session Start: 9:00 AM

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
43			11-12	200 IM			44
45			5-10	200 IM			46
47			11-12	100 Free			48
49			5-10	100 Free			50
51	3:25.69	3:56.79	11-12	200 Breast (mixed)	3:16.39	3:47.89	51
52			11-12	50 Breast			53
54			5-10	50 Breast			55
56			11-12	50 Fly			57
58			5-10	50 Fly			59
60	3:03.39	3:31.09	11-12	200 Fly (mixed)	2:56.59	3:24.79	60
61			5-10	100 Back			62
63			11-12	100 Back			64
65	8:36.69	7:48.59	9-12	400 Free	8:24.29	7:38.29	66

Session Notes

- 5-6 swimmers meeting 5-8 B standard in a 50 yd/meter event may enter 5-10 100 of same stroke
- 5-6 swimmers meeting 5-8 B standard in 100 Yd IM may enter 5-10 200 IM.
- Swimmers entering the #51 11-12 200 Breast & #60 11-12 200 Breast must meet the 11-12 B time for the event.
- Swimmers in the 9-12 # 65/66 400 Free must meet the 9-10 400 free B time to enter the event. Swimmers in these events must provide their own timers (2 per lane).

PM SESSION – 13 & OVER

Warmup: 12:00-1:20 PM

Session Start: 1:30 PM

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

GIRLS	SCY Min	LCM Min	AGE GROUP	EVENT	SCY Min	LCM Min	BOYS
67			13 & Over	200 IM			68
69			13 & Over	100 Free			70
71			13 & Over	200 Breast			72
73			13 & Over	200 Fly			74
75			13 & Over	100 Back			76
77			13 & Over	400 Free			78

Session Notes

- Event #77/78 400 Free will alternate female and male heats. Swimmers in these events must provide their own timers (2 per lane).

Entry Limits are 5 per session



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MASTERS Meet Information

MEET DATES: Friday, June 20, 2025
Saturday, June 21, 2025
Sunday, June 22, 2025

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

SANCTION #: #335-S007

HOSTED BY: SLO Swim Club, Inc.

ENTRY **5:00 PM; Wednesday, June 11, 2025**

DEADLINE: **ALL Entries must be received by the deadline - NO DECK ENTRIES*

MEET TIMES			
Session	Deck Opens	Warm-up	Start
Friday PM	2:45 PM	3:00-4:20 PM	4:30 PM
Saturday PM	N/A	12:00-1:20 PM	1:30 PM
Sunday PM	N/A	12:00-1:20 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	Sinsheimer Pool at the 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 106.2.1. 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 13/11 & Over events.• Swimmers competing in the 400 Free, 400 IM, 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, 400 IM, and 1500 Free will be seeded and swum fastest to slowest, alternating Women and Men's 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



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other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

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.
ELIGIBILITY/ AFFILIATION	Swimmers must be 2025 USMS Members to compete. Age on December 31, 2025 determines age-group for the meet. You must be registered with USMS and be at least 18 years old on June 20, 2025 to compete.
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. NO Deck entries will be accepted.
ENTRY DEADLINE	ENTRY DEADLINE is WEDNESDAY, JUNE 11, 2025; 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. Deck entries will NOT be accepted.
ENTRY PROCEDURE	Entries must be submitted Online (preferred) or by Mail filling out the SPMS Consolidated Entry Card. ALL entries must include completed USMS PARTICIPANT WAIVER AND RELEASE OF LIABILITY ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. This form can be found on page 11 or linked below:

FOR ONLINE ENTRIES (PREFERRED):

1. Complete Entry using the below link by the June 11 Deadline.
 - a. **LINK: [2025 FIRECRACKER MASTERS ONLINE ENTRY FORM](#)**
2. The following items must be uploaded with your online entry for it to be accepted:
 - a. All necessary swimmer information
 - b. Event selections
 - c. Proof of 2025 USMS Registration (Copy of Membership card)
 - d. USMS Waiver - LINK: [USMS PARTICIPANT WAIVER](#)
 - e. Payment for Entry - \$51.75 (includes online payment service fee)

FOR MAILED ENTRIES

1. Deadline: must be postmarked by the listed entry deadline – Wednesday, June 11
 - 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 - postmarked by June 11 deadline:
 - a. Completed SPMS Consolidated Entry Card SPMS Consolidated Entry Card – linked below and on page 12. https://www.spmastersswim.org/c/8B6A80C/file/meets/consolidated_entry_card.pdf
 - b. Payment for Entry - \$50 cash or check
 - c. Proof of 2025 USMS Registration (Copy of Membership card)
 - d. USMS Waiver - LINK: [USMS PARTICIPANT WAIVER](#)

MAIL CHECKS & ENTRIES TO: Amy Sage

972 Crestmont Ct. Santa Maria, CA 93455

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. If mailing payment, use the address above. Online entries must be paid for at the time of entry.
AWARDS	There will be no awards for masters at this meet.



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MEET

CONTACTS

- **Meet Referee:** Ernie Peterson – Email: erniep@kcienv.com
- **Administrative Referee:** Amy Sage – Email: sageswimevents@gmail.com
- **Meet Director:** Alan Peterson – Email: swim@slo Seahawks.org (For all other questions)

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. 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.
- ONLINE Entries must be submitted by Wednesday, June 11. All MAILED Entries must be postmarked and sent by Wednesday, June 11.
- NO DECK ENTRIES will be accepted.



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Friday, June 20, 2025

FRIDAY PM SESSION – Masters Events

Warmup: 3:00-4:20 PM

Session Start: 4:30 PM

WOMEN	AGE GROUP	EVENT	MEN
1	MASTERS	50 Fly	2
3*	MASTERS	Women 1500 Free *fastest heat only*	
4	MASTERS	50 Back	5
	MASTERS	Men 1500 Free *fastest heat only*	6
7	MASTERS	50 Breast	8
3*	MASTERS	1500 Free *Remaining heats*	6*

Session Notes

- The FASTEST heat of Event #3 Female 1500 will be contested after the completion of event #2.
- The FASTEST heat of #6 Male 1500 will be contested after the completion of event #5.
- ALL remaining heats will be contested after the completion of event #8 and heats will be swum fastest to slowest, alternating female and male heats.
- Swimmers in these events must provide their own timers and lap counters.

Saturday, June 21, 2025

SATURDAY PM SESSION – Masters Events

Warmup: 12:00-1:20 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
31	MASTERS	200 Free	32
33	MASTERS	100 Fly	34
35	MASTERS	200 Back	36
37	MASTERS	50 Free	38
39	MASTERS	100 Breast	40
41	MASTERS	400 IM	42

Session Notes

- Swimmers competing in the #41/42 400 IM will alternate female and male heats. Swimmers in these events must provide their own timers (2 per lane).

Sunday, June 22, 2025

SUNDAY PM SESSION – Masters events

Warmup: 12:00-1:20 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
67	MASTERS	200 IM	68
69	MASTERS	100 Free	70
71	MASTERS	200 Breast	72
73	MASTERS	200 Fly	74
75	MASTERS	100 Back	76
77	MASTERS	400 Free	78

Session Notes

- Event #77/78 400 Free 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

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); Grown-Up Swimming meets or workouts; 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, viral or bacterial infection including but not limited to COVID19, 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 and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
4. 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, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; 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.
5. 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.

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

Revised 10/30/2024
09/21/2023

Revised



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 : .	<p>Meet <u>2024 SLOS Firecracker Invite</u></p> <p>\$ _____ = \$ _____</p> <p>Surcharge = \$50</p> <p>Total = \$50</p>						<table border="1"><tr><td>FOR OFFICE USE ONLY</td></tr><tr><td>Amt Rec'd _____</td></tr><tr><td>Date _____</td></tr></table>		FOR OFFICE USE ONLY	Amt Rec'd _____	Date _____
FOR OFFICE USE ONLY												
Amt Rec'd _____												
Date _____												
	800/1000 : .											
	1500/1650 : .											

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: _____