



2025 SLOS Pumpkin Pie Invite

November 21-23, 2025



MEET DATES: Friday, November 21, 2025
Saturday, November 22, 2025
Sunday, November 23, 2025

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

HOSTED BY: SLO Swim Club, Inc.

SANCTION #: #S25-216

ENTRY DEADLINE: **Wednesday, November 12, 2025 5:00 PM**

MEET TIMES			
Sessions	Deck Opens	Warm-up	Start
Friday PM Session	3:45 PM	4:00 PM	5:00 PM
Saturday AM Session	7:15 AM	7:30 AM	9:00 AM
Sunday AM Session	7:15 AM	7:30 AM	9:00 AM

POOL SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401

PARKING Parking is available in the parking lot adjacent to the pool in marked spaces only.

COURSE/FACILITY The SLO Swim Center is a 25-yard by 50-meter, 20 lane outdoor heated pool. 8 lanes (depending on entries) will be used for the competition and a minimum of 7 lanes will be used for warm-up/warm down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
Pool Depth: Start End is 6 ft deep in lanes 1-8 and Turn End is 13 ft in lane 1 to 12.5 ft in lane 8.
Team tent structures may ONLY be set up on the concrete bleacher steps *Bring tie-downs/weights to secure your canopies/structures.

MEDICAL SUPERVISION There will be 3 City of SLO lifeguards on duty at all times during warm-up and competition. Emergency procedures will run according to the SLO Swim Center EAP for a Competition event (link below)

- **LINK:** [SLO Swim Center – Competition Event EAP](#)

TIMING EQUIPMENT This meet will utilize touchpads via CTS timing console, timing buttons (2 per lane), and manual backup timing via stopwatches.

WARM UP PROCEDURES All lanes will be open for warm-up under the direct supervision of a current 2025/2026 USA Swimming member coach from 4:00-4:50 PM on Friday and 7:30-8:50 AM on Saturday & Sunday for Age group Sessions. The pool will close 10 minutes before the start of ALL sessions. Warm-up rules will be announced and enforced. All swimmers must use 3-point slide-in entry into the pool during warm-up, no jumping or diving except for dive/sprint lanes designated by the Meet Referee; dive lanes will be made available at the discretion of the meet referee. Marshals will be designated to oversee the warm-up procedures. Warm-up team lane assignments may be provided at the discretion of meet management.

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.

- **Meet Referee:** Ernie Peterson – email: erniep@kcienv.com

RULES

- 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.
- This meet will follow the “4 Hour” rule for all sessions that include 12 and under athletes. The host team may limit entries to meet the “4 Hour” rule if necessary.
- Check-in will be completed via Team Check-in – Coaches from each team will provide scratches to the Admin Referee at least 45 min before the start of each session.
- Results will be categorized into the following age group divisions: 5-8, 9-10, 11-12, 13-14, and 15 & Over.
- Athletes may compete in a maximum of 5 events per session.
- Swimmers must swim in their actual age group as determined by their age on the first day of the meet – November 21, 2025. Swimmers must be at least 5 years of age to enter.
- Each team will be requested to provide timers; timing assignments will be provided after processing entries.



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- Swimmers competing in the 11&O 1650 Free, 13&O 400 IM, and 13&O 500 Free must provide their own timers (2 per lane). Swimmers competing in the 1650 and/or 500 Free should designate an individual to count laps (lap counting devices will be provided).
- All events will be seeded and swum fastest to slowest. The 1650 free will alternate girls and boys heats.
- All coaches and officials on deck must complete the CDC or NFHS Concussion course prior to the start date.
- All coaches and officials on deck must complete the CANRA Mandatory Reporting course prior to start date.
- Changes to the meet management may be made with approval of the Meet Host and SCS.

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.

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 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.

ELEGIBILITY

This meet is open to athletes from ALL SCS teams and out-of-LSC athletes who hold 2025/2026 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING 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 but is responsible to complete the Club Transfer process online in SWIMS 3.0.

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.

AWARDS

1st through 6th ribbons will be awarded in following age-groups: 5-8, 9-10, 11-12.

ENTRY FEES

Surcharge per swimmer: \$15.00; Each Individual Event: \$6.00.

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

OUTREACH: Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

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

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

EMAIL ENTRIES TO:

Amy Sage – email: sageswimevents@gmail.com

- Or hand deliver to Alan Peterson



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ENTRY SUBMISSIONS

Entries must be received by the meet processor no later than **5:00PM; WEDNESDAY, NOVEMBER 12, 2025**. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry at the designated address, enclose a self-addressed, stamped envelope or postcard. Receipt of entries will NOT be verified by phone, email or text message.

E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached PDF file, including electronic signature of coach, and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic entry, etc.). Full payment (SINGLE TEAM CHECK) for an e-mailed zip file entry must be postmarked within 48 hours of the e-mailed zip file entry. Failure to comply will be referred to the Board of Review. Team entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (including e-mail) ONLY. Prior to entry deadline new swimmers are accepted SPACE PERMITTING. Deletions will not be refunded.

If entering individually, emailed or texted entries are not accepted. Please enter using the SCS Individual Meet Entry Form. Entries are accepted, SPACE PERMITTING, when the entry is received TOGETHER with a check, money order or cash, by the meet processor.

ENTRY LIMIT MEET CONTACTS

Swimmers may compete in a **maximum of 5 events per session**.

For questions regarding conduct of the meet:

- **Meet Referee:** Ernie Peterson – Email: ernieP@kcienv.com

For questions regarding meet entry, fees, and/or seeding, contact:

- **Administrative Referee:** Amy Sage – Email: sageswimevents@gmail.com

For all other questions, contact:

Meet Director: Alan Peterson – email: swim@slo Seahawks.org

MAAPP 3.0 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 (MAAPP 3.0) 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.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

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 current Minor Athlete Abuse Prevention Policy govern 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

Friday, November 21, 2025

Warm-up = 4:00-4:50 pm / Meet Start = 5:00 pm

GIRLS #	AGES	EVENT	BOYS #
1	13 & Over	50 Fly	2
3	11 & Over	1650 Free – Girls fastest heat	
4	13 & Over	50 Back	5
	11 & Over	1650 Free – Boys fastest heat	6
7	13 & Over	50 Breast	8
9	11 & Over	1650 Free – Remaining heats	10

FRIDAY SESSION NOTES:

- Event #3/6 will be the fastest heat of 1650 for girls and boys respectively. Swimmers will not need to enter these events, the top swimmers will be moved here after entries are collected for .
- Event #7/8 11&O 1650 Free will alternate 1 heat of girls then 1 heat of boys. Swimmers in these events should provide their own lane timers (2 per lane) and person to count laps.

Saturday AM Session

Saturday, November 22, 2025

Warm-up = 7:30-8:50 am / Meet Start = 9:00 am

GIRLS #	AGES	EVENT	BOYS #
11	11-12	400 IM (Mixed)	11
12	13 & Over	200 Free	13
14	12 & Under	200 Free	15
16	13 & Over	100 Fly	17
18	12 & Under	100 Fly	19
20	11 & Over	200 Back	21
22	12 & Under	50 Back	23
24	13 & Over	100 IM	25
26	12 & Under	100 IM	27
28	13 & Over	50 Free	29
30	12 & Under	50 Free	31
32	13 & Over	100 Breast	33
34	12 & Under	100 Breast	35
36	13 & Over	400 IM (Mixed)	36

SATURDAY SESSION NOTES:

- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.
- Swimmers #36 13&O 400 IM should provide their own lane timers (2 per lane).

Sunday AM Session

Sunday, November 23, 2025

Warm-up = 7:30-8:50 am / Meet Start = 9:00 am

GIRLS #	AGES	EVENT	BOYS #
37	9-12	500 Free (Mixed)	37
38	13 & Over	200 IM	39
40	12 & Under	200 IM	41
42	13 & Over	100 Free	43
44	12 & Under	100 Free	45
46	11 & Over	200 Breast	47
48	12 & Under	50 Breast	49
50	13 & Over	100 Back	51
52	12 & Under	100 Back	53
54	11 & Over	200 Fly	55
56	12 & Under	50 Fly	57
58	13 & Over	500 Free (Mixed)	58

SUNDAY SESSION NOTES:

- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.
- Swimmers in Event #37, must provide their own lap counter.
- For Event #58 – 13&O 500 free, swimmers should provide their own lane timers (2 per lane), lap counting individual, and lap counting device.



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Masters Meet Information



MEET DATES: Friday, November 21, 2025
Saturday, November 22, 2025
Sunday, November 23, 2025

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

HOSTED BY: SLO Swim Club, Inc.

SANCTION #: #

ENTRY DEADLINE: **Wednesday, November 12, 2025**
5:00 PM

MEET TIMES			
Sessions	Deck Opens	Warm-up	Start
Friday PM Session	3:45 PM	4:00 PM	5:00 PM
Saturday AM Session	7:15 AM	7:30 AM	9:00 AM
Sunday AM Session	7:15 AM	7:30 AM	9:00 AM

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** Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. **The length of the competition course without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 107.2.1.**
There will be 6 to 8 lanes (depending on entries) used for the competition and a minimum of 7 lanes will be used for warm-up/warm down. Pool Depth: Start End is 6 ft deep in lanes 1-8 and Turn End is 13 ft in lane 1 to 12.5 ft in lane 8. Ample deck space is available for structures and seating. *Bring tie-downs/weights to secure your canopies/structures.

**TIMING
EQUIPMENT** This meet will utilize touchpads via CTS timing console, timing buttons (2 per lane), and manual backup timing via stopwatches. **Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.**

**WARM UP
PROCEDURES** All lanes will be open for warm-up from 4:00-4:50 PM on Friday and 7:30-8:50 AM on Saturday & Sunday. 1-2 Masters warm-up lane(s) 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.** The pool will close 10 minutes before the start of ALL sessions.

MEET REFEREE The Meet Referee will be in charge of the meet.
Meet Referee: Ernie Peterson – email: erniep@kcienv.com
Any questions regarding the conduct of the meet should be directed to the referee.

RULES

- 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.
- Masters events will be combined and seeded with 13 & Over and/or 11 & Over events.
- This meet will follow USA Swimming "4 Hour" rule. If the timeline exceeds the 4-hour rule for the Saturday and/or Sunday Age Group Session(s), entries may need to be limited. The host team reserves the right to limit entries if necessary (last received, first rejected).
- Swimmers competing in the 1650 Free, 400 IM, and 500 Free must provide their own timers (2 per lane). Swimmers in the 1650 Free and 500 Free must a lap counter
- Entry Limit Swimmers may swim a maximum of 5 events per day.
- The 1650 Free will alternate women's and men's heats



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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.

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 November 21, 2025 to compete.

SEEDING & RESULTS

ALL events will be seeded fastest to slowest. **All events are timed finals and will be deck seeded by entered time, all ages combined. ALL Masters Events will be combined with USAS 13/11 & Over events.**

ENTRY PROCEDURE

ALL MASTERS ENTRIES MUST INCLUDE THE FOLLOWING:

- Event Selections and entry times
- Copy of 2025 USMS Registration/Member Card
- USMS Participant Waiver

NOTE: DECK ENTRIES WILL NOT BE ACCEPTED

You can submit Masters entries by one of the below methods:

A) **ONLINE ENTRY**: Register for this meet via the below Jotform link below. Your submission must be fully complete to be entered in the meet.

- **ONLINE ENTRY LINK:** <https://pci.jotform.com/form/252296797154167>

B) **MAILED ENTRIES** – Must include the below items and mailed to the address below:

- Completed USMS PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. This form can be found on the final page of this meet form and can also be found using the following link:
- Must include SPMS Consolidated Entry Card with USMS Waiver (Linked below, also attached at the end of this form) Link to SPMS Entry Card: [CLICK HERE](#)
- Include a copy of your 2025 USMS registration with your entry
- Include Check for entry Fee \$50

*****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.

Online entries will include a \$1.75 additional charge for processing fees.

Payment of the above fees entry. NO REFUNDS. Returned checks will incur a service fee.

ENTRY DEADLINES

ENTRIES MUST BE RECEIVED BY MEET PROCESSOR BY 5:00PM; WEDNESDAY, NOVEMBER 12, 2025.

AWARDS MEET CONTACTS

There will be no awards for this meet for Masters.

For questions regarding conduct of the meet:

- **Meet Referee:** Ernie Peterson – Email: ernieP@kcienv.com

For questions regarding meet entry, fees, and/or seeding, contact:

- **Administrative Referee:** Amy Sage – Email: sageswimevents@gmail.com

For all other questions, contact:

- **Meet Director:** Alan Peterson – email: swim@sloseahawks.org



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Friday PM Session

Friday, November 21, 2025

Warm-up = 4:00-4:50 pm / Meet Start = 5:00 pm

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FRIDAY SESSION NOTES:

- Event #3/6 will be the fastest heat of 1650 for girls and boys respectively. Swimmers will not need to enter these events, the top swimmers will be moved here after entries are collected.
- Event #7/8 11&O 1650 Free will alternate 1 heat of girls then 1 heat of boys. Swimmers in these events should provide their own lane timers (2 per lane) and person to count laps.

Saturday AM Session

Saturday, November 22, 2025

Warm-up = 7:30-8:50 am / Meet Start = 9:00 am

GIRLS #	AGES	EVENT	BOYS #
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24	13 & Over	100 IM	25
26	12 & Under	100 IM	27
28	13 & Over	50 Free	29
30	12 & Under	50 Free	31
32	13 & Over	100 Breast	33
34	12 & Under	100 Breast	35
36	13 & Over	400 IM (Mixed Girls/Boys)	36

SATURDAY SESSION NOTES:

- Swimmers #36 13&O 400 IM should provide their own lane timers (2 per lane).

Sunday AM Session

Sunday, November 23, 2025

Warm-up = 7:30-8:50 am / Meet Start = 9:00 am

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48	12 & Under	50 Breast	49
50	13 & Over	100 Back	51
52	12 & Under	100 Back	53
54	11 & Over	200 Fly	55
56	12 & Under	50 Fly	57
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SUNDAY SESSION NOTES:

- For Event #58 – 13&O 500 free, swimmers should provide their own lane timers (2 per lane), lap counting individual, and lap counting device.



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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 : .	Meet _____ No. of events _____ × \$ _____ = \$ _____ Surcharge \$ _____ Total \$ _____						<table border="1"><thead><tr><th colspan="2">FOR OFFICE USE ONLY</th></tr></thead><tbody><tr><td>Amt Rec'd</td><td>_____</td></tr><tr><td>Date</td><td>_____</td></tr></tbody></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: _____



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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); 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, 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.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. 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, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; 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.
6. 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.

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

Revised 09/21/2023