



2025 SAN DIEGO SENIOR GAMES SHORT COURSE YARDS SWIM MEET

SEPTEMBER 14, 2025

Recognition: Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS) Recognition #445-R001

Date/Time: Sunday, September 14, 2025. 8am (Warm-Up), 9am (Meet Starts).

Location & Pool: Tierrasanta Community Pool, 11238 Clairemont Blvd., San Diego, CA 92124 - Outdoor, 25 yard, 6 competition lanes, with continuous warm-up lane(s) during the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be semi-automatic timing. Official times may be submitted for USMS Top 10 consideration. The San Diego Senior Games provides meet management.

Entry & Deadlines: \$45 Registration & \$20 Sports Fee. Registration closes at 4:00 pm on Saturday, September 6, 2025. Late or Deck Entries will NOT be accepted. Web entry only (no paper entry). There will be NO refunds.

Minimum Age: 50 years old (as of September 14, 2025, per USMS Rules)

Web Entry: <https://sd seniorgames.fusesport.com/registration/2379/?>

Program & Results: Results will be validated and posted on <https://www.sd seniorgames.org/senior-games-sports-page/swimming-at-the-san-diego-senior-games/>

Host: San Diego Senior Games <https://www.sd seniorgames.org>

Contact: Meet Director, VIRGIL CHANCY, SwimSeniorGames@gmail.com

Eligibility: All participants must be age 50 or older as of 9/14/2025, the date of the meet. Participants do not need to be registered with USMS. Times will be submitted to USMS Top 10 for currently-registered Masters swimmers who request submission and provides a current USMS membership number. USMS membership link: <https://www.usms.org/join> (online).

Rules: Current USMS Rules and National Senior Games rules will govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS rule book will be available.

Restrictions on Cameras and Video: USMS Rule 102.16 (Use of Cameras, Video Equipment, and Drones) applies to this meet. The use of cameras, including cellphone cameras and/or recording



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devices, is prohibited behind the starting platforms during the start of races, including relay starts. Per USMS Rule 102.13.3, SI LMSC policy also applies and prohibits photography and video recording from behind the starting blocks before and during the start of events and in the area between timers and the edge of the start end of the pool at all times. This also includes relay starts for the second through fourth swimmers at one or both ends of the pool.

Warm-Up & Warm-Down: NO DIVING is permitted into the pool during the pre-meet warm up except into a designated "one-way" dive-only lane where forward and backstroke starts can be practiced. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes, and forward and backstroke starts are NEVER permitted in warm-up and warm-down lanes.

Events: Swimmers may enter up to **6** events. Provide times or estimates for your events; if not known, enter "no time". There will be a short BREAK after the 500-yard Freestyle event.

Age Groups: Swimmer competition age is age as of 9/14/2025 (date of meet, per USMS Rules). Individual event age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104 ... in five-year increments.

Relays: The Relay event will be a Mixed relay of four swimmers (2 women and 2 men). There are no age groups or awards for the relay event.

Awards: Awards and snacks will be given.

Seeding & Check-In: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is only required for the 500 Freestyle and closes 30 minutes before the start of the 500 Freestyle event. Notify the meet director if you check in and decide not to swim. All other events are pre-seeded.

Timers: Semi-Automatic Electronic Timing - Colorado Timing System, and two timers per lane. Participants are required to assist with backup stopwatch and button timing during the meet.

Parking: Parking is free and very close to the venue.

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Warm-up starts at 8:00 AM**Session 1: 9:00 AM.**

#	Sex	Event
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1	Mixed	500-Yard Free
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SHORT BREAK after the 500-yard Freestyle event

Session 2 - Main Meet

2	Mixed	200-Yard Breast
3	Mixed	100-Yard Backstroke
4	Mixed	200-Yard Butterfly
5	Mixed	100-Yard Individual Medley
6	Mixed	200-Yard Free
7	Mixed	100-Yard Breast
8	Mixed	200-Yard Backstroke
9	Mixed	100-Yard Butterfly
10	Mixed	100-Yard Free
11	Mixed	200-Yard Individual Medley
12	Mixed	50-Yard Breast
13	Mixed	50-Yard Butterfly
14	Mixed	50-Yard Free
15	Mixed	50-Yard Backstroke
16	Mixed	200-Yard Free Relay