

**2026 SAN DIEGO PANCAKE PENTATHLON &
SHORT COURSE YARDS SWIM MEET
SUNDAY, APRIL 19, 2026
SANCTION #446-S001**

Sanction: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #446-S001.

Date/Time: Sunday, April 19, 2026. 8:00 am Warm-Up; 9:00 am Start

Location & Pool: UCSD Triton Pool, 3390 Voigt Drive, La Jolla, CA, 92093 - Outdoor, 25-yd, 8 lanes, with continuous warm-up lanes during the meet. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Official times may be submitted for USMS records and USMS Top 10 consideration. Meet management provided by San Diego Swim Masters.

Entry & Deadlines: \$50 Individual Entry and \$20 Relay Only Entry closes at 4:00 pm on Saturday, April 18, 2026. Late or Deck Entries will NOT be accepted. Web entry only (no paper entry). There will be NO refunds.

Web Entry:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=21731

Program & Results: Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.

Eligibility: All participants must be age 18 or older and be currently registered members of U. S. Masters Swimming or another World Aquatics Federation. Foreign-registered swimmers must provide proof of current membership in their country's Masters Swimming governing body. USMS membership links: <https://www.usms.org/join> (online).

Rules: Current USMS rules 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 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 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 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter “no time”. Swimmers may select one distance event (500, 1000, or 1650 Freestyle).

Age Groups: Swimmer competition age is age as of 04/13/2025 (day of meet). Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five-year increments. Relay event age groups are 18+, 25+, 35+, ... in ten-year increments, determined by age of youngest swimmer.

Relays: Relay entries are no charge and due by the end of Event #12. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women or 4 men or 2 women & 2 men (mixed). Unattached members (UC) are ineligible to swim relays. Note: Swimmers can enter either the Gender OR Mixed category for each relay distance and type (free and medley) as Mens & Womens & Mixed Relays may swim together.

Pancakes: Served complimentary to swimmers & guests at the meet by the UCSD Masters Swimming Coaching Staff.

Awards: Swim all 5 events in a pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Endurance: 200 each stroke & 400 IM) without disqualification to be eligible for an award given to the swimmer with the lowest 5-event total time in each gender, age group, & pentathlon distance class.

Seeding & Check-In: All events are seeded by entry times, slow to fast, regardless of age or gender. Check-in for Pentathlon Events is not required. Check-in for Distance Events (500, 1000, and 1650 Freestyle) is required on deck and is due by 8:30am.

Timers: Electronic Timing - Colorado Timing System 5.0 or newer, electronic scoreboard, and two timers per lane. All clubs and participants are required to assist with backup stopwatch/button timing during the meet.

Directions: From Interstate 5: Exit at Genesee Ave (Exit 29), go east 1/2-mile, turn right at Campus Point Drive, continue straight 1/4-mi, continue straight (cross over I-5 bridge) on Voigt Drive for 1/2-mi, Parking Lot P510 and the Canyonview aquatic center are on your right (north side). Map: <https://maps.ucsd.edu/map/default.htm>

Parking: Pay Parking in any ParkMobile app lot #4752 on UCSD (nearest are lots P510 & P701)

SI Meeting: A San Diego-Imperial LMSC meeting will take place during or following the meet.

Host: San Diego Swim Masters & UCSD Recreation

Contact: Meet Director Kenton Jones, (858) 243-3960, kerujo@aol.com

Meet Course: 25 Yards

Session 1 - Distance

Warm-ups start at 8:00 AM

Meet Session starts at 9:00 AM

Meet Session is estimated to end at 11:00 AM

#	Sex	Event
1	Mixed	1650 Y Free
2	Mixed	1000 Y Free
3	Mixed	500 Y Free

Session 2 - Pentathlon

Warm-ups start at 8:00 AM

Meet Session starts at 11:00 AM

Meet Session is estimated to end at 3:00 PM

#	Sex	Event
4	Mixed	50 Y Fly
5	Mixed	100 Y Fly
6	Mixed	200 Y Fly
7	Mixed	50 Y Back
8	Mixed	100 Y Back
9	Mixed	200 Y Back
10	Mixed	50 Y Breast
11	Mixed	100 Y Breast
12	Mixed	200 Y Breast
13	Mixed	50 Y Free
14	Mixed	100 Y Free
15	Mixed	200 Y Free
16	Mixed	100 Y IM
17	Mixed	200 Y IM
18	Mixed	400 Y IM

Session 3 - Relays

Warm-ups start at 8:00 AM

Meet Session starts at 3:00 PM

Meet Session is estimated to end at 3:30 PM

#	Sex	Event
19	Women	200 Y Free Relay
20	Men	200 Y Free Relay
21	Mixed	200 Y Free Relay
22	Women	200 Y Medley Relay
23	Men	200 Y Medley Relay
24	Mixed	200 Y Medley Relay
25	Women	400 Y Free Relay
26	Men	400 Y Free Relay
27	Mixed	400 Y Free Relay
28	Women	400 Y Medley Relay
29	Men	400 Y Medley Relay
30	Mixed	400 Y Medley Relay
31	Women	800 Y Free Relay
32	Men	800 Y Free Relay
33	Mixed	800 Y Free Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "SAN DIEGO SWIM MEETS."