

2015 SW Zone and SPMS SCM Championships
Hosted by Long Beach Grunions
December 4 – 6, 2015

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 335-S024

Facility: La Mirada Regional Aquatics Center. 13806 La Mirada Blvd, La Mirada, CA 90638. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions: Traveling North on the 5, Take Firestone exit N, right on Trojan Way, right on Alondra Blvd, Left on Escalona Road, right on Excelsor Dr, left on La Mirada, pool on right. Traveling South on the 5, Take Imperial Hwy exit E, right on La Mirada Blvd, pool on left.

Entries: Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. Age on December 31, 2015 determines age group for the meet.

Fees: Flat fee of \$49.00 if entered online by 11:59 pm or postmarked by Monday, November 16, 2015. Entry fee includes a meet souvenir. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Monday, November 16, 2015. All entries *must be received* by 6:00 p.m. on Wednesday, November 25, 2015. No individual deck entries are allowed.

Relays: Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS registered swimmer who wishes to only swim relay events must enter the meet, *before the start of event No. 1*, by paying the \$10.00 relay-only entry fee, *which does not include a meet T-shirt*, and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 m and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: *Positive check-in is required for all events.* Swimmers may check in at <http://www.swimphone.com> or in-person at the meet.

Check-in is available for the 1500 m Freestyle will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 12:00 noon on Friday.

Check-in for the 400 m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800 m Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top five teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <http://scmc.lbgrunions.org>, click on *Register*, or mail a SPMS entry card, copy of your 2015 USMS card, and a check payable to *Long Beach Grunions*, to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Meet Director Kenny Brisbin (714) 273-8793, ken@supersource.com. Meet Administrator Steve Ingram, (714) 707-4800, steve@supersource.com. Hotels, information, and directions, <http://scmc.lbgrunions.org>. and see below.

Host Hotel:

Holiday Inn La Mirada \$101.00 per night, free parking and walk to restaurants.

Free shuttle available to and from the pool.

Directions:

Traveling 5 N, take exit 118 toward Valley View Ave/La Mirada Destination will be on the right.

Traveling 5 S, take Valley View exit, turn right on Firestone, destination will be on the left.

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Friday, December 4, 2015

Warm-up 7:00 a.m., Meet starts at 8:00 a.m.
Check in for 1500 m Freestyle closes at 7:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. *800 m Freestyle Relay (Women, Men, Mixed)

Saturday, December 5, 2015

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 400 m Freestyle closes at 7:30 a.m.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. *400 m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. *200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 6, 2015

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 800 m Freestyle closes at 7:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. *400 m Medley Relay (Women, Men, Mixed)
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 100 m Individual Medley
33. Men's 100 m Individual Medley
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 200 m Breaststroke
37. Men's 200 m Breaststroke
38. *200 m Freestyle Relay (Women, Men, Mixed)

***Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.**