



Seahawks

SAN LUIS OBISPO SWIM CLUB



2013 SPRING SPLASH SWIM MEET

DATE OF MEET: Saturday and Sunday, March 23rd - 24th
SANCTIONED BY: Southern California Swimming & Southern Pacific Masters Swimming
SANCTION #: 13-082 (SCS) and 333-S011 (SPMS)
SPONSORED BY: San Luis Obispo Swim Club, Coastal Committee, and SPMS

DECK OPENS: Saturday & Sunday at 8:00
WARM-UP START: Saturday & Sunday at 8:15 am.
MEET START: Saturday and Sunday at 9:30 am.

ENTRY DEADLINE: entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, MARCH 13, 2013**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with the 4-hour rule.

POOL: San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. The pool is a 50-meter by 25 yard, 8 lane outdoor heated pool. Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. For the competition pool the Start End is 13 ft deep in lane 1 to 6 ft deep in lane 6, and the Turn End is 4 ft deep for all lanes. The competition course has been certified in accordance with 104.2.2C(4). Ample deck space is available for structures and seating. **Bring tie-downs and weights to secure your structures.**

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2013 USA Swimming coach. Warm-up rules will be announced and enforced. No diving into the pool except for the sprint lanes directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.

CHECK-IN: Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, **SWIMMERS MAY NOT CHECK IN OR SCRATCH**. Swimmers in the first 4 events each session must check in at least 30 minutes prior to the start of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Swimmers must swim in their actual age group as determined by the age on the first day of the meet. Swimmer may swim in only one age group. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard. Swimmers are limited to **4 Individual events per day**. **Entries will be limited to meet the "4 Hour" Rule.**

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swim suit specifications may be worn in any USA Swimming sanctioned or approved competition.

Deck Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Racing Start Certification: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Recording Devices & Media Coverage: The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. 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.

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2013 USA Swimming registration. Registration applications must be **received by the meet entry deadline (March 13th)** by meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III B. **Registration application may be submitted together with entry forms.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

SUBMITTED & QUALIFYING TIMES: Times submitted must be the **BEST RECORDED TIMES** short or long course from this or the preceding swim season (NO Workout Times). All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

SEEDING: All events will be seeded **FAST to SLOW**.

ENTRY PROCEDURES: Electronic Entry: Email entry (entry .zip file) will be accepted **ONLY** when received with an attached Word or .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 a team entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events for entered swimmers may be submitted by hard copy (this includes email) **ONLY**. New swimmers accepted by **SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE.** A replacement file for the team will not be processed. Deletions will not be refunded.

Entry Card: Submit one SCS consolidated entry card (can be found on page 5 of this meet sheet) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number. To avoid concern regarding receipt of entry card, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail)

ENTRY FEE: **\$3.25 for each INDIVIDUAL EVENT plus a \$7.50 surcharge PER SWIMMER** must accompany each individual entry to the address below (not the swim office). **NO REFUNDS.** Returned checks will incur a service fee per SCS policy.

AWARDS: Ribbons 1st thru 6th places in B, R & W divisions for the following age groups: 5/6, 7/8, 9/10, and 11/12. No awards for 13&up or OPEN division.

LANE TIMING: Clubs will be assigned lanes for timing based on the number of entrants.

DISTANCE EVENTS: Swimmers in the 1500 Free and the 400 IM are requested to provide their own timers and lap counters. These events will alt. girls and boys heats.

ADMIN REFEREE: Karen Thomas **MEET REFEREE:** Ernie Peterson **MEET DIRECTOR:** Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515 email: office@sloswimclub.org website: www.sloswimclub.org

Make checks payable to: Southern California Swimming

E-mail for Team Electronic Entries Only:
office@sloswimclub.org

Mail Entries to:
 SLO Swim Club Spring Splash
 PO Box 142
 San Luis Obispo, CA 93406

Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.

**** ALL MASTERS MEET INFORMATION: See Page 4 for details**

Daily Events Offered

(By Age Group)

Saturday, March 23, 2013

5-6	7-10	11 – 12	13 & Up
50 BACK	400 FREE **time std. (see below)	400 FREE	400 FREE
100 FREE	50 BACK	200 BACK	200 BACK
50 FLY	100 FREE	50 BACK	100 FREE
	100 BREAST	100 FREE	100 BREAST
	50 FLY	100 BREAST	200 FLY
	200 IM	200 FLY	400 IM *open event
		50 FLY	
		400 IM *open event	

Sunday, March 24, 2013

5-6	7-10	11 – 12	13 & Up
50 Breast	200 FREE	200 FREE	200 FREE
50 Free	100 FLY	100 FLY	100 FLY
	100 BACK	200 IM	200 IM
	50 BREAST	100 BACK	100 BACK
	50 FREE	200 BREAST	200 BREAST
		50 BREAST	50 FREE
		50 FREE	1500 FREE *open event
		1500 FREE *open event	



Swimmers are limited to four (4) individual events per day



Swimmers in the 7-8 & 9-10 400 Free must have achieved the 5-10 200 Free Blue Time Standard to enter.

Enter the 400 Free with a qualifying 200 Free time.



2013 SAN LUIS OBISPO SWIM CLUB SPRING SPLASH SWIM MEET



SATURDAY, March 23 – 8:15 a.m. Warm-up; 9:30 a.m. Start

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	--	Masters	400 FREE	--	2
3	BRW	13 & UP	400 FREE	BRW	4
5	BRW	11 & 12	400 FREE	BRW	6
5	**3:02.70 L **2:42.00 Y	7-8, 9-10	400 FREE <i>*enter with 200 FREE time</i>	**3:02.40 L **2:41.80 Y	6
7	BRW	13 & UP	200 BACK	BRW	8
7	BRW	11 & 12	200 BACK	BRW	8
9	BRW	5-6	50 BACK	BRW	10
9	BRW	7-8, 9-10	50 BACK	BRW	10
9	BRW	11 & 12	50 BACK	BRW	10
11	--	Masters	50 BACK	--	12
13	BRW	13 & Up	100 FREE	BRW	14
15	BRW	11 & 12	100 FREE	BRW	16
15	BRW	7-8, 9-10	100 FREE	BRW	16
15	BRW	5-6	100 FREE	BRW	16
17	--	Masters	100 FREE	--	18
19	BRW	13 & Up	100 BREAST	BRW	20
21	BRW	11 & 12	100 BREAST	BRW	22
21	BRW	7-8, 9-10	100 BREAST	BRW	22
23	--	Masters	100 BREAST	--	24
25	BRW	13 & UP	200 FLY	BRW	26
25	BRW	11 & 12	200 FLY	BRW	26
27	BRW	5-6	50 FLY	BRW	28
27	BRW	7-8, 9-10	50 FLY	BRW	28
27	BRW	11 & 12	50 FLY	BRW	28
29	--	Masters	50 FLY	--	30
31	BRW	7-8, 9-10	200 IM	BRW	32
33	*6:31.20 L *5:48.20 Y	OPEN	400 IM	*6:32.30 L *5:48.90 Y	34
35	--	Masters	400 IM	--	36

**The 7-8 and 9-10 400 Free has a 5-10 200 FR Blue Std. Enter with a 200 FR time.



Swimmers in the 400 IM & 1500 FREE are requested to provide their own timers and lap counters.

SUNDAY, March 24 – 8:15 a.m. Warm-up; 9:30 a.m. Start

GIRLS	TIME	AGE	EVENT	TIME	BOYS
37	--	Masters	200 FREE	--	38
39	BRW	13 & Up	200 FREE	BRW	40
41	BRW	11 & 12	200 FREE	BRW	42
41	BRW	7-8, 9-10	200 FREE	BRW	42
43	--	Masters	100 FLY	--	44
45	BRW	13 & UP	100 FLY	BRW	46
47	BRW	11 & 12	100 FLY	BRW	48
47	BRW	7-8, 9-10	100 FLY	BRW	48
49	--	Masters	200 IM	--	50
51	BRW	13 & UP	200 IM	BRW	52
51	BRW	11 & 12	200 IM	BRW	52
53	--	Masters	100 BACK	--	54
55	BRW	13 & UP	100 BACK	BRW	56
57	BRW	11 & 12	100 BACK	BRW	58
57	BRW	7-8, 9-10	100 BACK	BRW	58
59	BRW	13 & UP	200 BREAST	BRW	60
59	BRW	11 & 12	200 BREAST	BRW	60
61	BRW	5-6	50 BREAST	BRW	62
61	BRW	7-8, 9-10	50 BREAST	BRW	62
61	BRW	11 & 12	50 BREAST	BRW	62
63	--	Masters	50 BREAST	--	64
65	BRW	13 & UP	50 FREE	BRW	66
65	BRW	11 & 12	50 FREE	BRW	66
65	BRW	7-8, 9-10	50 FREE	BRW	66
65	BRW	5-6	50 FREE	BRW	66
67	--	Masters	50 FREE	--	68
69	*22:11.60 L *21:32.10 Y	OPEN	1500 FREE	*22:10.90 L *21:51.50 Y	70
71	--	Masters	1500 FREE	--	72

Entries will be limited to meet the 4 hour rule.

ENTRY LIMIT: 4 Individual events per day

ENTRY FEE: \$3.25/event + \$7.50/swimmer





Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 333-S011

Location: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: Fill out a SPMA Consolidated entry card (can be found on page 4 of this meet sheet). The pre-entry postmark deadline is **Wednesday, March 13th**. Deck entries for Saturday's events will close at **8:30 a.m. on Saturday, March 23rd**. Deck entries for Sunday's events will close at **8:30 a.m. on Sunday, March 24th**. Age on December 31, 2013 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

****DECK ENTRIES WILL ONLY BE ALLOWED IF SPACE IS AVAILABLE BASED ON ENTRIES AND TIMELINE.**

Seeding: All events will be deck seeded **FASTEST to SLOWEST** by entered time, all ages combined. Women's and men's events will be combined when entries allow. Check-in will be required for all events.

Awards: Ribbons for place 1st thru 6th, all age groups.

Entry Fees: \$20.00 per swimmer flat fee if you enter by the postmark deadline of **March 13th**. Deck entries allowed for a total of \$30.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: SLOSC

Mail consolidated entry card, a copy of your 2012 USMS card, and check to:
San Luis Obispo Masters Spring Splash, P. O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

PLEASE NOTE: This is a combined USA Masters and USA Swimming Competition. Deck Entries will be limited to adhere to USA Swimming's 4-Hour Rule.

A complete meet event list is available above. Masters only events are listed below.

**Saturday, March 23, 2013: 8:15am Warm-up
9:30am Start**

Women	AGE	EVENT	Men
1	Masters	400 FREE	2
11	Masters	50 BACK	12
17	Masters	100 FREE	18
23	Masters	100 BREAST	24
29	Masters	50 FLY	30
35	Masters	400 IM	36

**Sunday, March 24, 2013: 8:15am Warm-up
9:30am Start**

Women	AGE	EVENT	Men
37	Masters	200 FREE	38
43	Masters	100 FLY	44
49	Masters	200 IM	50
53	Masters	100 BACK	54
63	Masters	50 BREAST	64
67	Masters	50 FREE	68
71	Masters	1500 FREE	72



Swimmers in the 400 IM & 1500 Free are responsible for providing their own timers and lap counters.

Consolidated Meet Entry Cards

AGE GROUP MEET ENTRY CARD (Sothern California Consolidated Entry Card)

Use this entry card for USA Swimming – **Age Group Swimmers ONLY** (Entry Deadline: Mar. 13th)

Mail Age Group Entries to: SLO Swim Club Spring Splash, PO Box 142, SLO, CA 93406

SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING ENTRY CARD

SWIMMER'S		AGE		<input type="checkbox"/> MALE					
NAME		LAST NAME		FIRST NAME					
				M.I.					
				<input type="checkbox"/> FEMALE					
EVT NO.	FREE (SUBMITTED TIME)	EVT NO.	BACK (SUBMITTED TIME)	EVT NO.	BREAST (SUBMITTED TIME)	EVT NO.	FLY (SUBMITTED TIME)	EVT NO.	IND. MEDLEY (SUBMITTED TIME)
	25		25		25		25		100
	50		50		50		50		200
	100		100		100		100		400
	200		200		200		200		
	400/500								
	800/1000								
	1500/1650								
PLEASE DO NOT FOLD		PARENT/GUARDIAN:		PARENTS EMAIL:		NO. OF EVENTS _____ X \$3.25 \$ _____ PLUS SURCHARGE \$7.50 PAY THIS AMOUNT \$ _____		Age Group Entry Card MUST be received by Wed, March 13, 2013	
		USAS NUMBER: _____ MEET ENTERING: _____ TEAM: _____ COACH: _____ PHONE _____		Birthday mm/dd/yy _____ 1 st 3 letters 1 st name _____ MI _____ 1 st 4 letters of last name _____					

MASTERS MEET ENTRY CARD (Southern Pacific Masters Consolidated Entry Card)

Use this entry card for Masters Swimming – **Masters Swimmers ONLY** (Postmark Deadline Mar. 13th)

Mail to: SLO Swim Club Spring Splash, PO Box 142, San Luis Obispo, CA 93406

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								
	800/1000								
	1500/1650								
Include a copy of USMS card		Meet _____		Pre-Entry (postmarked before March 13) \$20 _____ Deck Entry Fee \$30 _____		FOR OFFICE USE ONLY Amt Rec'd _____ Date _____		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

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____