

Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday July 13, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #333-S014

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara, CA 93109

Directions: *From the 101 Freeway going North*, exit at Cabrillo Blvd. (Off ramp on the left) Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Dr. at Castillo St. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. (There is a parking fee at the lot)

From the 101 Freeway going South, exit at Castillo St. Turn right onto Castillo St. Castillo St ends at Shoreline Dr and the pool is straight ahead. Turn right on Shoreline and Harbor parking will be on your left. (There is a parking fee at the lot)

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entries: Pre-entry postmarked deadline is Wednesday July 3. On deck registration is permitted. Online registration will be available. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30am for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle.

Relays: The 400 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed release must be submitted with the relay entry.

Awards: Individual: SPMS ribbons for places 1-3, Relay: SPMS ribbons for first place.

Entry Fees: There is a \$25.00 flat fee per swimmer. For relay-only swimmers the fee is \$5.00 Deck entries or online entries after July 3rd are allowed for \$35.00 flat fee.

Checks payable to: Santa Barbara Swim Club

Mail consolidated entry card, a copy of your 2013 USMS card, and check to Santa Barbara Swim Club, c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, Ca 91360

Questions: Santa Barbara Swim Club Office (806) 966-9757, swimoffice@sbswim.net

Saturday, July 13, 2013

Warm-Up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle

Additional warm-up after the 1500 m Freestyle

Event #2 starts at 11:00 a.m.

2. 100 m Freestyle

3. 100 m Breaststroke

4. 200 m Individual Medley

5. 50 m Freestyle

6. 200 m Butterfly

7. 50 m Breaststroke

8. 100 m Backstroke

9. 200 m Freestyle

10. 100 m Butterfly

11. 50 m Backstroke

12. 200 m Breaststroke

13. 50 m Butterfly

14. 200 m Backstroke

15. 400 m Relay (Medley or Freestyle; men, women, mixed)