



# SAN LUIS OBISPO SWIM CLUB



## 2018 FIRECRACKER

**DATE OF MEET:** Friday, June 29 – Sunday, July 1

**SANCTIONED BY:** USA Swimming, Southern CA Swimming, USMS & SPMS

**SANCTION #:** S18-190 (SCS) and 338-S012 (SPMS)

**SPONSORED BY:** SLO Swim Club, Coastal Committee, and SPMS

**DECK OPENS:** Fri – 12:30pm, Sat/Sun – 7:45am

**WARM-UP START:** Fri – 12:30pm, Sat/Sun – (1<sup>st</sup> session): 8:00am & (2<sup>nd</sup> session): Competition Pool will open for at least 45 mins, at the completion of the 1<sup>st</sup> session

**MEET START:** Fri – 1:30pm, Sat/Sun – (1<sup>st</sup> session): 9:00 am & (2<sup>nd</sup> session): No sooner than 45 minutes after the completion of the last heat of the 1<sup>st</sup> session

**ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, JUNE 20, 2018**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

**FACILITY:** 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), on file with USA Swimming. Ample deck space available for canopies and seating. **\*\*Bring tie-downs & weights to secure your canopies.**

**ELIGIBILITY & AFFILIATION:** Open to athletes who are 2018 USA Swimming registered or USMS athletes who hold a 2018 USMS registration. Registration applications must be **received by the meet entry deadline (June 20<sup>th</sup>)** 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). 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.

**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 at [www.sloswimclub.org](http://www.sloswimclub.org)) 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. DO NOT use certified, registered or special delivery mail services. USMS athletes must sign the USMS waiver form.**

**ENTRY LIMIT:** Swimmers are limited to **6 individual events per day. The POW Event is included in the 6 events/day limit. Entries will be limited to meet the “4 Hour” Rule.**

**ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT plus a \$10.00 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. Make Checks payable to: Southern CA Swimming.

**RELAYS:** Relays can be deck entered. Relays will be swum time permitting. Relay entry fee will be \$10.00 per relay team. **MIXED Relays must MIX genders (2 Girls/2Boys).** Relay only swimmers must be entered on the team entry form/file and pay the \$10.00 swimmer surcharge.

**RULES:** USA Swimming rules will govern this combined USA-S and USMS meet. 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 their age on the first day of the meet (June 29, 2018). Swimmers 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. **All coaches must complete the CDC or NFHS Concussion online course.**

**RECORDING DEVICES & MEDIA COVERAGE:** The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

**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. Tech suits are not (or are) permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.org)

**DECK CHANGES:** Deck Changes are prohibited

**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.

**USA SWIMMING DISCLAIMER:** It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**WARM-UP PROCEDURES:** Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2017 USA Swimming coach. Warm-up rules will be announced and enforced. Warm-up lanes will be posted for 10&under, Masters, and General warm-up, please obey the warm-up posting in consideration of athlete safety. 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. **All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving.**

**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 must check in for all events 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. **Check-In Deadlines:** Check-In for ALL events will close 30 minutes prior to the start of each session.

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

**DISTANCE EVENTS:** Swimmers in the 800 Free and the 400 IM are requested to provide their own timers and lap counters. These events will alt. girls and boys heats.

**AWARDS:** Individual Awards - Blue Division: Medals for 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>- 6<sup>th</sup> (age 7/8, 9/10, 11/12). Red and White Divisions: Ribbons 1<sup>st</sup>-6<sup>th</sup> (age 7/8, 9/10, 11/12). Age 5/6: Single Division Ribbons 1<sup>st</sup>-6<sup>th</sup>. Age 13/Up & Open: Single Division Medals for 1<sup>st</sup> - 3<sup>rd</sup>. **Relays** - 1<sup>st</sup>-3<sup>rd</sup> place. **Goodrich Memorial Award Trophy** for the winners of the Open 800 Free. **Queen and King of the Pool Trophies** for 7, 8, 9, 10, 11, 12, 13, 14, 15-18 and Masters. Awards will be handed out on SUNDAY, JULY 1<sup>st</sup>.

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

**E-MAIL ENTRIES TO:** office@sloswimclub.org

**MAIL ENTRIES AND TEAM PAYMENT TO:** SLO Swim Club  
PO Box 142  
San Luis Obispo, CA 93406

**Hand Deliver To:** 900 Southwood Dr.  
San Luis Obispo  
6-8am, 12-2pm, 5-7pm

**PAYMENT:** Make Checks Payable to: Southern CA Swimming

**MEET REFEREE:** The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

**ADMIN REFEREE:** Alina de Armas

**MEET REFEREE:** Ernie Peterson

**MEET DIRECTOR:** Philip Yoshida

**MEET PROCESSOR:** Kristin Yoshida

**FOR FURTHER INFO:** email: office@sloswimclub.org website: www.sloswimclub.org

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

**\*\*FOR POOL OPEN WATER (POW) EVENT INFORMATION: See Page 5 for details**

## DAILY EVENTS OFFERED (BY AGE GROUP)

Friday - June 29, 2018				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
100 FREE	100 BREAST	200 Free	200 Free	200 FREE
	100 FREE	100 BREAST	200 FLY *open event	200 FLY
	100 BACK	200 FLY *open event	800 FREE *open event	800 FREE
		100 BACK		
		800 FREE *open event		
Saturday - June 30, 2018				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
50 FLY	50 FLY	50 FLY	100 FLY	100 FLY
50 BACK	50 BACK	50 BACK	50 FLY	50 FLY
50 BREAST	50 BREAST	50 BREAST	100 BACK	100 BACK
	200 FREE	100 FREE	50 BACK	50 BACK
		400 IM *open event	100 BREAST	100 BREAST
			50 BREAST	50 BREAST
			100 FREE	100 FREE
			400 IM *open event	400 IM
Sunday - July 1, 2018				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
50 FREE	100 FLY	100 FLY	200 BREAST *open event	200 BREAST
	50 FREE	50 FREE	50 FREE	50 FREE
	200 IM	200 IM	200 IM	200 IM
	400 FREE**time std for 7-8	400 FREE	200 BACK *open event	200 BACK
		200 BREAST *open event	400 FREE	400 FREE
		200 BACK *open event		

# QUEEN AND KING OF THE POOL

A Pentathlon ....With the winner being the Queen or King of the Pool!! To qualify you must compete in ALL 5 of the listed events below for your age group. Trophies will be given to the Male (King) and Female (Queen) swimmer with the lowest combined time for ALL 5 events for the following age brackets: 7, 8, 9, 10, 11, 12, 13, 14, 15-18, and Masters. If needed, ties will be broken based on lowest average finish place, and a DQ in an event will result in a 30 second time penalty. Individual pentathlon event winners will also receive a special award!

- **12 & Under and Masters Pentathlon Events:**
  - 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- **13 & Over Pentathlon Events:**
  - 100 of each stroke (Flv. Back. Breast. Free) & 200 IM

# 2018 FIRECRACKER EVENT LIST

## FRIDAY – JUNE 29

Start: 1:30 p.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	BRW	11-12/13-UP	200 Free	BRW	2
3	BRW	5-6/7-8/9-10	100 FREE	BRW	4
5	BRW	7-8/9-10/11-12	100 BREAST	BRW	6
7	3:05.70 L 2:43.20 Y	OPEN	200 FLY	3:07.20 L 2:47.40 Y	8
9	BRW	7-8/9-10/11-12	100 BACK	BRW	10
11	5 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				11
13	11:44.20 L 12:58.60 Y	OPEN	800 FREE	11:43.70 L 13:09.80 Y	14

- ★ Swimmers are limited to 6 Individual Events PER Day.
- ★ OPEN Events: Must be 11 years old and meet the stated time standard.
- ★ 7-8 400 FREE: Swimmers age 7-8 who wish to enter the 400 Free must have achieved the 7-10 200 Free Blue Time Standard to enter. 7-8 swimmers MUST enter the 400 Free with a qualifying 200 Free time.
- ★ Swimmers in the 800 Free and 400 IM are requested to provide their own timer/counter, and will be alternating girls & boys heats.

## SATURDAY – JUNE 30

1<sup>st</sup> Session Start: 9:00 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
15	BRW	5-6/7-8/9-10	50 FLY	BRW	16
17	BRW	5-6/7-8/9-10	50 BACK	BRW	18
19	BRW	5-6/7-8/9-10	50 BREAST	BRW	20
21	BRW	7-8/9-10	200 FREE	BRW	22
23	5-10 200 FREE RELAY				24

GIRLS	TIME	AGE	EVENT	TIME	BOYS
25	BRW	13-UP	100 FLY	BRW	26
27	BRW	11-12/13-UP	50 FLY	BRW	28
29	BRW	13-UP	100 BACK	BRW	30
31	BRW	11-12/13-UP	50 BACK	BRW	32
33	BRW	13-UP	100 BREAST	BRW	34
35	BRW	11-12/13-UP	50 BREAST	BRW	36
37	BRW	11-12/13-UP	100 FREE	BRW	38
39	13 & UP 200 FREE RELAY				41
40	11-12 200 FREE RELAY				42
43	11 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				43
45	6:31.20 L 5:48.20 Y	OPEN	400 IM	6:32.30 L 5:48.90 Y	46
- Break to Set-up Pool for POW Event -					
101	<b>POOL OPEN WATER EVENT</b> <b>**See Page 5 for more information**</b>				102
103					104
105					106
107					108
109					110
					111

## SUNDAY – JULY 1

1<sup>st</sup> Session Start: 9:00 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
47	BRW	7-8/9-10	100 FLY	BRW	48
49	BRW	5-6/7-8/9-10	50 FREE	BRW	50
51	BRW	7-8/9-10	200 IM	BRW	52
53	5-10 200 MEDLEY RELAY				54
55	BRW	9-10	400 FREE	BRW	56
55	**3:02.70 L **2:42.00 Y	7-8	400 FREE **enter with 200 FR Time	**3:02.40 L **2:41.80 Y	56

2<sup>nd</sup> Session Start: No sooner than 45 mins after 1<sup>st</sup> sessions end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
57	3:31.00 L 3:08.80 Y	OPEN	200 BREAST	3:31.20 L 3:09.00 Y	58
59	BRW	11-12	100 FLY	BRW	60
61	BRW	11-12/13-UP	50 FREE	BRW	62
63	BRW	11-12/13-UP	200 IM	BRW	64
65	3:09.20 L 2:46.20 Y	OPEN	200 BACK	3:11.80 L 2:51.40 Y	66
67	13 & UP 200 MEDLEY RELAY				69
68	11-12 200 MEDLEY RELAY				70
71	11 & UP Mixed 200 MEDLEY RELAY (*2Boys/2Girls*)				71
73	BRW	11-12	400 FREE	BRW	74
75	BRW	13-UP	400 FREE	BRW	76

★ In Celebration of the 4<sup>th</sup> of July, a patriotic gift will be given to everyone entered in the meet.

# SAN LUIS OBISPO SWIM CLUB

## 2018 FIRECRACKER

### MASTERS MEET

Sanctioned by Southern Pacific Masters Swimming for USMS: 338-S012 (SPMS)

**MEET START:** Fri: 1:30pm; Sat & Sun (2<sup>nd</sup> session): no sooner than 45 minutes after the completion of the 1<sup>st</sup> session

**WARM-UP:** Fri: 12:30pm; Sat & Sun (2<sup>nd</sup> session): no less than 45 minutes after the completion of the 1<sup>st</sup> session

**FACILITY:** San Luis Obispo Swim Center, 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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 1072.1. 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.

**RULES:** USA Swimming Rules will govern this combined USA-S and USMS meet.

**CHECK-IN:** Swimmers must check in with the Clerk of Course for each event entered. Check-In for ALL events will close 30 minutes prior to the start of each session. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in for all events 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.

**ENTRY DEADLINE:** The entry deadline is Wednesday, June 20, 2018. If the meet fills prior to the entry deadline, entries can close before the deadline and entries received after the meet fills may be rejected. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 1:00pm. Deck entries for Saturday & Sunday's events will close 30 minutes prior to the start of the 2<sup>nd</sup> session.

**ENTRIES:** Fill out a SPMS Consolidated Entry Card AND the USMS Waiver (Entry cards/waivers can be found online at [www.sloswimclub.org](http://www.sloswimclub.org)). Include a copy of your 2018 USMS registration. Age on December 31, 2018 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. **\*\*Masters swimmers may enter any 13&Up or OPEN event.**

**ENTRY LIMIT:** Swimmers are limited to 6 individual events per day (which include any POW events-separate fee).

**ENTRY FEES:** \$30.00 per swimmer flat fee if you enter by the received deadline of Wednesday, June 20<sup>th</sup>. Deck entries allowed for a total of \$40.00. Separate fee for POW event. Late entries (received after June 20<sup>th</sup>) and entries received without payment will be treated as deck entries and charged the deck entry fee.

**CHECKS PAYABLE TO:** Please make Master's entry checks payable to **SLO Swim Club**.

**RELAYS:** Relays can be deck entered. Relay fees are \$10.00 per SPMS relay due upon entry. \*For each relay only swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

**SEEDING:** This is a combined USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Check-in will be required for all events.

**AWARDS:** There will be no individual event awards. Individual printed results are available upon request. **Queen and King of the Pool** (Masters Division-All Ages Combined) -Trophies for the lowest combined time in the 50 of each stroke and 200 IM.

**CHECKS PAYABLE TO:** SLO Swim Club (SLOSC)

Mail consolidated entry card, a copy of your 2018 USMS card, USMS waiver and check to: San Luis Obispo Firecracker  
P. O. Box 142  
San Luis Obispo, CA 93406.

**MEET DIRECTOR:** Philip Yoshida

**QUESTIONS:** e-mail: [office@sloswimclub.org](mailto:office@sloswimclub.org)

website: [www.sloswimclub.org](http://www.sloswimclub.org)

**\*\*POOL OPEN WATER INFO ON PAGE 5**



# SAN LUIS OBISPO SWIM CLUB

## 2018 POOL OPEN WATER



**DATE OF MEET:** Saturday, June 30  
**SANCTIONED BY:** USA Swimming, Southern CA Swimming, USMS & SPMS

**SANCTION #:** S18-190 (SCS) and 338-S012 (SPMS)  
**SPONSORED BY:** SLO Swim Club, Coastal Committee, and SPMS

**MEET START:** The Meet Start time will be announced on our club website ([www.slowimclub.org](http://www.slowimclub.org)) on Tuesday, June 26<sup>th</sup>

**WHAT IS POW:** Pool Open Water (POW) is an open water swimming competition conducted in a pool. Think of POW as “short-track open water swimming”. Lane lines are removed from the pool, buoys are placed at each turn and swimmers swim laps around the course in a counter-clockwise direction.

**RULES:** USA Swimming Rules will govern this USA-S and USMS event. Current SCS 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.

**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. Tech suits are not permitted for this meet, please check the SCS website for a list of approved racing suits. USA Swimming Rule 701.4.4 - Swimwear for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle. **NO WETSUITS ALLOWED.**

**Open Water Rules:** All competitors must have trimmed fingernails and may not wear jewelry of any kind, including watches. At the pre-race meeting, swimmers will be marked with a competitor # on their arm and shoulder and will undergo fingernail, jewelry, and swimwear inspection. Prior to the start of each heat, swimmers will undergo a final inspection.

**Swim Caps:** Colored caps (supplied by host) may be required to differentiate between swimmers/age-groups as determined by the referee.

**FACILITY:** San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. The facility is an outdoor 50 meter x 25 yard pool.

**ELIGIBILITY:** All swimmers must be 2018 registered with either USA Swimming or US Masters. Proof of Membership required. One-day USA Swimming Membership available for \$20 on race day. One-day US Masters Membership available for \$18 on race day. **One-day registrations are only valid for the Pool Open Water Event.** Swimmers must swim in their actual age group as determined by their age on the first day of the meet (June 29, 2018)

**CHECK-IN:** All swimmers must check-in with Clerk of Course at least 45 minutes before the start of the session.

**EVENT LIMIT:** Swimmers are limited to 6 events per day (including Regular Sessions and POW Events). Masters Swimmers may enter events 105/106 and/or 109/110.

### **ENTRY FEES:**

**Event Fee:** \$15 per POW event.

**Swimmer Surcharge:** \$10.00 per swimmer (the surcharge is for swimmers who are not already entered in other sessions of the meet, if you are swimming other non-POW events, the surcharge does not apply)

**Deck (Late) Entry** = \$20 per event + \$10 Swimmer Surcharge (if applicable).

**ENTRY PROCEDURE:** Electronic Entry: The POW events will be in the HyTek event file. Entry Card: Entry cards and Waivers can be found at [www.slowimclub.org](http://www.slowimclub.org). USMS must fill out and sign an entry card and USMS Waiver.

**ENTRY DEADLINE:** The entry deadline is Wednesday, June 20, 2018. Deck entries will be taken space available. Deck entries for the POW events will close at 1:00 PM.

**PRE-RACE MEETING:** All swimmers and coaches will be required to attend a pre-race meeting 10 minutes prior to the start of warm-up. At which time swimmers will undergo inspection and get their competitor #.

**WARM-UP & WARM-DOWN:** Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered. A 30-minute general warm-up will be available to all swimmers prior to the start of the meet. In-between each heat there will be a warm-up/warm-down period of no less than 5 minutes. The pool will be cleared 2 minutes prior to the start of each heat and a final inspection will occur.

**RACE COUNTDOWN:** A 90-second warning will be given by the race starter to indicate the swimmers in the next heat should enter the pool and get into position on the starting rope. A 30-second warning will be given. A final countdown will begin at 10 seconds.

**START:** The start will be in the water with all swimmers holding the start rope in the water. After the starting signal, the swimmers may let go of the rope and begin the race.

**TURNS:** The race will be conducted in the counter-clockwise direction. Swimmers MUST follow the course map and MUST swim around the OUTSIDE of all turn buoys. Swimmers must completely turn around each turn buoy with their complete body. If their body does not go around a buoy, they are either disqualified or they must go back and go around the buoy. Swimmers must keep all four turn buoys off their left shoulder around each turn buoy.

**BELL LAP:** As the first swimmer starts the last loop, the Referee will ring a bell indicating that one loop remains.

**FINISH:** The finish is in the water and is determined by the swimmers touching the wall. The order of finish is determined by the referee. After finishing, swimmers must immediately move out of the way and make room for swimmers finishing behind them.

**DISQUALIFICATIONS:** Swimmers can be disqualified for making intentional contact, obstruction or interference with another swimmer. Such unsportsmanlike conduct is judged by the officials who are located at the turn buoys and by the Referee/Starter. A warning can be given by a whistle. At the first rule infraction, the official will show a Yellow Flag/ Card to the swimmer. For the second infringement (or the first infraction for certain rules), swimmers are shown a Red Flag/Card and can be asked to immediately leave the pool.

**HEATS:** Depending on the number of entries, heats and events may be combined and swum mixed boys and girls all ages combined and scored separately.

<b>EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE (# of Loops)</b>	<b>APPROXIMATE DISTANCE</b>
101 & 102	7 – 8	1	125 Meters
103 & 104	9 – 10	2	250 Meters
105 & 106	11 – 12 and Masters	4	500 Meters
107 & 108	13 – 14	6	750 Meters
109 & 110	15 & Over and Masters	8	1000 Meters

**AWARDS:** Individual Awards 1<sup>st</sup>-6<sup>th</sup> (ages 7/8, 9/10, 11/12, 13/14, 15/Up, and Masters).

**QUESTIONS:** e-mail: [office@sloswimclub.org](mailto:office@sloswimclub.org) website: [www.sloswimclub.org](http://www.sloswimclub.org)