



# Seahawks

SAN LUIS OBISPO SWIM CLUB



## 2012 SPRING SPLASH SWIM MEET

**DATE OF MEET:** Saturday and Sunday, March 31st – April 1st  
**SANCTIONED BY:** Southern California Swimming, USA Swimming, USMS, & SPMS  
**SANCTION #:** 12- 075 (SCS) and 332-007 (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 21, 2012.** If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

**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 2012 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.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard. **Entries will be limited to meet the "4 Hour" Rule. Swimmers are limited to 5 Individual events per day.** Swimmers must swim in their actual age group as determined by the age on the first day of the meet.

**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.

**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.

**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.

**SWIMWEAR:** Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

**ELIGIBILITY & AFFILIATION:** Open to athletes who are 2012 USA Swimming registered. Registration applications must be **received by the Monday prior to first day of meet** 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 4 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: 5-8, 9/10, and 11/12. No awards in the 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 alternate girls and boys heats.

**ADMIN REFEREE:** Judi Divan      **MEET REFEREE:** Ernie Peterson      **MEET DIRECTOR:** Philip Yoshida

**FOR FURTHER INFO:** Contact SLO Swim Club at (805) 543-9515      email: [office@sloswimclub.org](mailto:office@sloswimclub.org)      website: [www.sloswimclub.org](http://www.sloswimclub.org)

**Make checks payable to: Southern California Swimming**

**MAIL ENTRIES TO: SLO Spring Splash c/o SLO Swim Club, PO Box 142, San Luis Obispo CA 93406**

**E-mail for Electronic Entries Only: [office@sloswimclub.org](mailto:office@sloswimclub.org)**

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 3 for details**



# 2012 SAN LUIS OBISPO SWIM CLUB SPRING SPLASH SWIM MEET



## SATURDAY, March 31 – 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
3	BRW	11 & 12	400 FREE	BRW	4
3	BRW	5 - 10	400 FREE	BRW	4
5	BRW	13 & UP	200 BACK	BRW	6
5	BRW	11 & 12	200 BACK	BRW	6
7	BRW	5 - 10	50 BACK	BRW	8
7	BRW	11 & 12	50 BACK	BRW	8
9		Masters	50 BACK		10
11	BRW	13 & Up	100 FREE	BRW	12
13	BRW	11 & 12	100 FREE	BRW	14
13	BRW	5 - 10	100 FREE	BRW	14
15		Masters	100 FREE		16
17	BRW	13 & Up	100 BREAST	BRW	18
19	BRW	11 & 12	100 BREAST	BRW	20
19	BRW	5 - 10	100 BREAST	BRW	20
21		Masters	100 BREAST		22
23	BRW	13 & UP	200 FLY	BRW	24
23	BRW	11 & 12	200 FLY	BRW	24
25	BRW	5 - 10	50 FLY	BRW	26
25	BRW	11 & 12	50 FLY	BRW	26
27		Masters	50 FLY		28
29	BRW	5 - 10	200 IM	BRW	30
31	BRW	13 & UP	400 IM	BRW	32
31	BRW	11 & 12	400 IM	BRW	32
33		Masters	400 IM		34

## SUNDAY, April 1 – 8:15 a.m. Warm-up; 9:30 a.m. Start

GIRLS	TIME	AGE	EVENT	TIME	BOYS
35		Masters	200 FREE		36
37	BRW	13 & Up	200 FREE	BRW	38
39	BRW	11 & 12	200 FREE	BRW	40
39	BRW	5 - 10	200 FREE	BRW	40
41		Masters	100 FLY		42
43	BRW	13 & UP	100 FLY	BRW	44
45	BRW	11 & 12	100 FLY	BRW	46
45	BRW	5 - 10	100 FLY	BRW	46
47		Masters	200 IM		48
49	BRW	13 & UP	200 IM	BRW	50
49	BRW	11 & 12	200 IM	BRW	50
51		Masters	100 BACK		52
53	BRW	13 & UP	100 BACK	BRW	54
55	BRW	11 & 12	100 BACK	BRW	56
55	BRW	5 - 10	100 BACK	BRW	56
57	BRW	13 & UP	200 BREAST	BRW	58
57	BRW	11 & 12	200 BREAST	BRW	58
59	BRW	5 - 10	50 BREAST	BRW	60
59	BRW	11 & 12	50 BREAST	BRW	60
61		Masters	50 BREAST		62
63	BRW	13 & UP	50 FREE	BRW	64
65	BRW	11 & 12	50 FREE	BRW	66
65	BRW	5 - 10	50 FREE	BRW	66
67		Masters	50 FREE		68
69	BRW	11 & 12	1500 FREE	BRW	70
69	BRW	13 & UP	1500 FREE	BRW	70
71		Masters	1500 FREE		72



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

Entries may be limited to meet the 4 hour rule.

**ENTRY LIMIT:** 5 Individual events per day

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





**Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.**

**Sanction #: 332-007**

**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 21<sup>st</sup>**. Deck entries for Saturday's events will close at **8:30 a.m. on Saturday, March 31<sup>st</sup>**. Deck entries for Sunday's events will close at **8:30 a.m. on Sunday, April 1<sup>st</sup>**. Age on December 31, 2011 determines age group for the meet, you must be at least 18 years old to compete.

**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 1<sup>st</sup> thru 6<sup>th</sup>, all age groups.

**Entry Fees:** \$20.00 per swimmer flat fee if you enter by the postmark deadline of **March 21<sup>st</sup>**. 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](mailto:office@sloswimclub.org).

**PLEASE NOTE:** This is a combined USA Masters and USA Swimming Competition. Deck Entries may 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 31, 2012: 8:15am Warm-up  
9:30am Start**

**Sunday, April 1, 2011: 8:15am Warm-up  
9:30am Start**

Women	AGE	EVENT	Men
1	Masters	400 FREE	2
9	Masters	50 BACK	10
15	Masters	100 FREE	16
21	Masters	100 BREAST	22
27	Masters	50 FLY	28
33	Masters	400 IM	34

Women	AGE	EVENT	Men
35	Masters	200 FREE	36
41	Masters	100 FLY	42
47	Masters	200 IM	48
51	Masters	100 BACK	52
61	Masters	50 BREAST	62
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. 21<sup>st</sup>)

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		NAME				AGE	<input type="checkbox"/> MALE		
		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							NO. OF EVENTS	X \$3.25 \$
	800/1000							PLUS SURCHARGE	\$ \$7.50
	1500/1650							PAY THIS AMOUNT	\$
PLEASE DO NOT FOLD		PARENT/GUARDIAN:		PHONE:		MEET ENTERING:		Age Group Entry Card MUST be received by Wed, March 21, 2012	
		TEAM:		PHONE:		COACH:			
		PARENTS EMAIL:		PHONE:					

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

Use this entry card for Masters Swimming – **Masters Swimmers ONLY** (Postmark Deadline Mar. 21<sup>st</sup>)

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								

Meet \_\_\_\_\_

Pre-Entry (postmarked before March 21) \$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: \_\_\_\_\_