

Long Beach Grunions
2012 SPMS Short Course Meters Championships
November 30th – December 2nd, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-024

Facility: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach, CA 90803.

Directions: Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo Ave. Then turn left on Redondo to Ocean Blvd., left on Ocean to Termino, right on Termino, and park only in the southeast lot. All day parking passes will be available at the meet.

Fees: Flat fee of \$45.00 if entered online or postmarked by Monday, November 12th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Monday, November 12th. Entries received after November 12th will not appear in the meet program. All entries *must be received* by 6:00 p.m. on Monday November 19th. No individual deck entries are allowed.

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. There will be no refund of entry fees after November 19th. Age on December 31st, 2012 determines age group for the meet.

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 400, 800, and 1500 m

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 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 www.SwimPhone.com or in-person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 8:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 1:00 p.m. on Friday

Check-in for the 400m Freestyle will close at 8:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 8:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event, except that check-in will close at 11:00 a.m. for all remaining Saturday and Sunday events.

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 www.lbgrunions.org, click on "Swim Meets," then on "Register." Or mail an SPMS entry card, copy of 2012 USMS card, and 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: 714-273-8793 (or send an email to Kenny Brisbin, ken@supersource.com). For hotels, information, and directions, go to www.lbgrunions.org and click on "Swim Meets."

Friday, November 30, 2012

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for 1500 m Freestyle closes at 8:30 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 1, 2012

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 400 m Freestyle closes at 8:30 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. 400m 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 2, 2012

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 800 m Freestyle closes at 8:30 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. *400m Medley Relay (Women, Men, Mixed)
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
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.