

# SAN LUIS OBISPO SWIM CLUB

# 2015 FIRECRACKER

**DATE OF MEET:** Friday, July 3<sup>rd</sup> – Sunday, July 5<sup>th</sup>

**SANCTIONED BY:** USA Swimming, Southern CA Swimming & Southern Pacific Masters Swimming

**SPONSORED BY:** San Luis Obispo Swim Club, Coastal Committee, and SPMS

**SANCTION #:** S15-183 (SCS) and 335-S018 (SPMS)

**ENTRY DEADLINE:** Wed. June 24, 2015 by 5:00pm

**DECK OPENS:** Fri – 12:00pm, **Sat/Sun** – 8:00am

**WARM-UP START:** Fri – 12:00pm, **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 – 1:00pm, **Sat/Sun** – (1<sup>st</sup> session): 9:30 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 24, 2015**. 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 2015 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.

**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 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 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 the age on the first day of the meet (July 3, 2015). 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.

**Entry Limit:** Swimmers are limited to **5 Individual events per day. Entries will be limited to meet the "4 Hour" Rule.**

**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.

**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 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.

**ELIGIBILITY & AFFILIATION:** Open to athletes who are 2015 USA Swimming registered or USMS athletes who hold a 2015 USMS registration. Registration applications must be **received by the meet entry deadline (June 24<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.

**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 per swimmer to enter this meet. **Entry cards can be found online at [www.sloswimclub.org](http://www.sloswimclub.org).** Entry 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.**

**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.

**RELAYS:** Relays can be deck entered. Relays will be swum time permitting. Relay entry fee will be \$5.00 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 \$7.50 swimmer surcharge.

**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. Awards will be handed out on SUNDAY, JULY 5<sup>th</sup>.

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

**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.

**ADMIN REFEREE:** Alina de Armas      **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

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

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

**E-mail for Team Electronic Entries Only:** office@sloswimclub.org      **Mail Entries to:** SLO Swim Club  
PO Box 142  
San Luis Obispo, CA 93406

**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.

**\*\*ALL MASTERS MEET INFORMATION: See Page 5 for details**

## Daily Events Offered (By Age Group)

Friday, July 3 <sup>rd</sup> 2015				
5 – 6	7 – 8 / 9 – 10	11 – 12	13 & Up	Masters
100 FREE	100 BREAST	200 FLY *open event	200 FLY *open event	200 FLY
	100 FREE	100 BREAST	100 FREE	100 FREE
	100 BACK	100 FREE	800 FREE *open event	800 FREE
		100 BACK		
		800 FREE *open event		
Saturday, July 4 <sup>th</sup> 2015				
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	200 FREE	50 BACK	50 BACK
		400 IM *open event	100 BREAST	100 BREAST
			50 BREAST	50 BREAST
			200 FREE	200 FREE
			400 IM *open event	400 IM
Sunday, July 5 <sup>th</sup> 2015				
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 . 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 Pentathlon Events:**
  - 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- **13 & Over Pentathlon Events:**
  - 100 of each stroke (Fly, Back, Breast, Free) & 200 IM

# 2015 FIRECRACKER EVENT LIST

## FRIDAY

Start: 1:00 p.m.

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

★ Swimmers are limited to 5 Individual Events PER Day.

★ OPEN Events: Must be 11 years old and meet the stated time standard. Swimmers in the first session may swim in open events in the second session, as long as they have not exceeded the per day entry limit.

★ 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

1<sup>st</sup> Session Start: 9:30 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
13	BRW	5-6/7-8/9-10	50 FLY	BRW	14
15	BRW	5-6/7-8/9-10	50 BACK	BRW	16
17	BRW	5-6/7-8/9-10	50 BREAST	BRW	18
19	BRW	7-8/9-10	200 FREE	BRW	20
21	5-10 200 FREE RELAY				22

2<sup>nd</sup> Session Start: no sooner than 45 min after 1<sup>st</sup> session's end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
23	BRW	13&UP	100 FLY	BRW	24
25	BRW	11-12/13&UP	50 FLY	BRW	26
27	BRW	13&UP	100 BACK	BRW	28
29	BRW	11-12/13&UP	50 BACK	BRW	30
31	BRW	13&UP	100 BREAST	BRW	32
33	BRW	11-12/13&UP	50 BREAST	BRW	34
35	BRW	11-12/13&UP	200 FREE	BRW	36
37	13 & UP 200 FREE RELAY				38
39	11-12 200 FREE RELAY				40
41	11 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				41
43	6:31.20 L 5:48.20 Y	OPEN	400 IM	6:32.30 L 5:48.90 Y	44

## SUNDAY

1<sup>st</sup> Session Start: 9:30 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
45	BRW	7-8/9-10	100 FLY	BRW	46
47	BRW	5-6/7-8/9-10	50 FREE	BRW	48
49	BRW	7-8/9-10	200 IM	BRW	50
51	5-10 200 MEDLEY RELAY				52
53	BRW	9-10	400 FREE	BRW	54
53	**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	54

2<sup>nd</sup> Session Start: no sooner than 45 min after 1<sup>st</sup> session's end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
55	3:31.00 L 3:08.80 Y	OPEN	200 BREAST	3:31.20 L 3:09.00 Y	56
57	BRW	11-12	100 FLY	BRW	58
59	BRW	11-12/13&UP	50 FREE	BRW	60
61	BRW	11-12/13&UP	200 IM	BRW	62
63	3:09.20 L 2:46.20 Y	OPEN	200 BACK	3:11.80 L 2:51.40 Y	64
65	13 & UP 200 MEDLEY RELAY				66
67	11-12 200 MEDLEY RELAY				68
69	11 & UP Mixed 200 MEDLEY RELAY (*2Boys/2Girls*)				69
71	BRW	11-12/13&UP	400 FREE	BRW	72

★ 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



## 2015 FIRECRACKER Masters Meet



**Sanctioned by Southern Pacific Masters Swimming for USMS: 335-S018**

**Location:** 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. 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.

**Warm-Up:** Fri: 12:00pm; Sat & Sun (2<sup>nd</sup> session): no less than 45 minutes after the completion of the 1<sup>st</sup> session

**Meet Start:** Fri: 1:00pm; Sat & Sun (2<sup>nd</sup> session): no sooner than 45 minutes after the completion of the 1<sup>st</sup> session

**Entry Deadline:** The entry deadline is Wednesday, June 24<sup>th</sup>. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 12:30pm. 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 SPMA 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 2015 USMS registration. Age on December 31, 2015 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 event.**

**Entry Limit:** Swimmers are limited to 5 individual events per day.

**Entry Fees:** \$25.00 per swimmer flat fee if you enter by the postmark deadline of Wednesday, **June 24<sup>th</sup>**. Deck entries allowed for a total of \$40.00. Late entries 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 \$5.00 per SPMS relay due upon entry. \*For each relay only swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**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 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

**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 awards. Individual printed results are available upon request.

**Checks payable to: SLO Swim Club (SLOSC)**

Mail consolidated entry card, a copy of your 2015 USMS card, USMS waiver and check to:  
San Luis Obispo Firecracker, 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)



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed