

Santa Barbara LCM Swim Meet Saturday July 9, 2016

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-S018

Facility: Los Banos Del Mar, 401 North Shoreline Drive, Santa Barbara, CA 93109. From the 101 Freeway going North, exit at Cabrillo Blvd. The off ramp is on the left. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo Street. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. From the 101 Freeway going south, exit at Castillo Street. Turn right onto Castillo Street. Castillo Street ends at Shoreline Drive and the pool is straight ahead. Turn right on Shoreline and the Harbor parking lot will be on your left. 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 107.2.1.

Rules: United States Masters Swimming rules will govern. Current SPMS 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 meet referee. All events are timed final. Swimmers are limited to a total of not more than 5 individual events, not including relays. Age on December 31, 2016 determines age group for the meet. You must be at least 18 years of age to compete.

Entries: The pre-entry postmark deadline is Wednesday June 29, 2016. Online entries will close Wednesday, July 6, at 11:59 p.m. Deck registration is permitted. Deck entries will close at 8:30 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

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

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay 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.

Awards: Individual: Ribbons for places 1 to 3. Relay: Ribbons for first place.

Checks payable to: Santa Barbara Swim Club. Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Erica Johnson, 321 Cuyler Harbor Drive, Camarillo CA 93012

Questions: Meet Administrator Erica Johnson: ericajohnson.swim@gmail.com

Office Manager Jennifer Butler: swimoffice@sbswim.net 805-966-9757.

Meet Director John Abrami: coachab@sbswim.net

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Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1500 m Freestyle

**Additional warm-up after 1500 m Freestyle
Event #2 starts no earlier than 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 Freestyle Relay (**men, women, mixed**)