

SAN LUIS OBISPO SWIM CLUB

2019 SPRING SPLASH (MEET A)

- DATE OF MEET:** Friday, Saturday and Sunday, April 12th – 14th **SANCTION #:** (SCS) Meet A: S19-127A / Meet B: S19-127B
SANCTIONED BY: USA Swimming, Southern CA Swimming, USMS & SPMS (SPMS) 339-S010
- DECK OPENS:** Friday: 3:30 PM, Saturday/Sunday: 7:00 AM **SPONSORED BY:** SLO Swim Club, Coastal Committee, and SPMS
- WARM-UP:** Friday 3:30 PM
Saturday/Sunday Senior Meet A: 7:00 AM
Saturday/Sunday BRW Age Group: 10:30 AM or up to 30 minutes after the completion of the Senior Session.
Sunday/Sunday Senior Meet B: TBD
- MEET START:** Friday: 5:00 PM
Saturday & Sunday Senior Meet A: 8:30 AM
Saturday & Sunday BRW Age Group: At least 30 minutes after the conclusion of the Senior Session, NO SOONER THAN 11:00 AM
Saturday & Sunday Senior Meet B: TBD
- ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, APRIL 3 2019**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).
- POOL/COURSE:** 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. Five, 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 is available for structures and seating. ****Bring tie-downs and weights to secure your canopies/structures.**
- ELIGIBILITY & AFFILIATION:** Open to Coastal and Pacific Committee athletes who hold 2019 USA Swimming registration and USMS athletes who hold 2019 USMS registration. Out of LSC entries will be accepted space available, please submit a copy of registration with entry. Registration applications must be **received by the meet entry deadline (April 3rd)** by the 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.** 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 long course meters or short course yards 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 LIMIT:** Swimmers in Senior OPEN events are limited to **3 individual events per day**. Swimmers in BRW Age Group events are limited to **5 individual events per day**. Swimmers who enter BOTH Senior OPEN and BRW Age Group events are limited to **3 individual events per day**. Entries will be limited to meet the "4 Hour" Rule.
Bonus Swims: If you make 1 OPEN "Senior" Time Standard, you can swim 2 Bonus OPEN Events. If you make 2 OPEN "Senior" Time Standards, you can swim 4 Bonus OPEN Events. If you make 3 OPEN "Senior" Time Standards, you can swim 6 Bonus OPEN Events. Bonus swims must be indicated on the entry file.
- 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) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming or USMS 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. All USMS athletes must sign and date the waiver form.**
- ENTRY FEE:** SENIOR OPEN EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.50 surcharge PER SWIMMER AND BRW AGE GROUP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.50 surcharge PER SWIMMER must accompany each individual entry to the address below (not the SCS swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

Make Checks Payable To: Southern California Swimming

EMAIL ENTRIES TO: office@sloswimclub.org

MAIL ENTRIES AND TEAM PAYMENT TO: 2019 Spring Splash
c/o San Luis Obispo Swim Club
PO Box 142
San Luis Obispo, CA 93406

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

- WARM-UP PROCEDURES:** Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2019 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 the 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 at least 30 minutes prior to the start of the appropriate 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.*
- 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.
- 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 (April 6, 2019). 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, (See Bonus Swims info above). All coaches and officials on deck must complete the CDC or NFHS Concussion course.
- RECORDING DEVICES & MEDIA NOTICE:** 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 permitted in the Age Group BRW sessions of this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed in the Age Group BRW sessions; please see the Tech Suit Policy on the SCS website: 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.
- MEET A / B FORMAT:** Swimmers in Meet A will swim to qualify for Meet B. Meet B will be held after the BRW timed finals session on Saturday and Sunday. Depending on the number of entrants, Meet B will be swum in 5-7 lanes. If a swimmer does not want to advance to Meet B, a swimmer must scratch or place an intent to scratch an event within 30 minutes of the announcement of the results from Meet A.
- In Meet B, the 50 Free will advance 2 heats (swum on Saturday) and then advance 1 heat (swum on Sunday).
 - Meet B will advance 4 heats in the 100 Free, 3 heats in the 100's of stroke, 200 Free, & 200 IM, 2 heats in the 200's of stroke, and 1 heat in the 400 Free. All heats in Meet B will be seeded slow to fast.
- SEEDING:** Meet A and BRW timed final events will be seeded FAST to SLOW. Meet B events will be seeded SLOW to FAST.
- DISTANCE EVENTS:** Swimmers in the 800 Free are requested to provide their own timers and lap counters. The 400 Free, 400 IM and 800 Free will alternate girls and boys heats.
- AWARDS:** Ribbons 1st thru 6th places in B, R & W divisions for the following age groups: 5/6, 7/8, 9/10, and 11/12. No awards for 13&up or OPEN division.
- LANE TIMING:** Swimmers in Friday's events are requested to provide their own timers. For Saturday and Sunday, clubs will be assigned lanes for timing based on the number of entrants.

MEET ADMIN / MEET PROCESSOR: Kristin Yoshida

MEET REFEREE: Ernie Peterson

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFORMATION: Contact SLO Swim Club at: email: office@sloswimclub.org website: www.sloswimclub.org

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.

****DETAILED MASTERS INFORMATION: See Page 6**



2019 SPRING SPLASH EVENTS

FRIDAY - APRIL 12

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	11:44.20L 12:58.60Y	OPEN	800 FREE	11:43.70L 13:09.80Y	2
3	34.90L 30.70Y	OPEN	50 FREE	34.40L 30.80Y	4
Short Break					
5	11&UP=BRW 9-10 = *3:02.70 L *2:42.00 Y	9-10, 11&UP	400 FREE *9-10 enter with 200 FREE time	11&UP=BRW 9-10 = *3:02.40 L *2:41.80 Y	6
7	6:31.20L 5:48.20Y	OPEN	400 IM	6:32.30L 5:48.90Y	8

*The 9-10 400 Free has a 7-10 200 FR Blue Std. Enter with a 200 FR time.
The OPEN 800 Free and 400 IM will be a timed final event.

SATURDAY - APRIL 13

SENIOR (OPEN) MEET A

GIRLS	TIME	AGE	EVENT	TIME	BOYS
9	3:07.90L 2:46.20Y	OPEN	200 IM	3:08.20L 2:46.50Y	10
11	1:29.40L 1:17.90Y	OPEN	100 BACK	1:30.70L 1:20.50Y	12
13	2:42.90L 2:24.10Y	OPEN	200 FREE	2:43.60L 2:24.60Y	14
15	1:40.00L 1:28.90Y	OPEN	100 BREAST	1:40.10L 1:29.00Y	16
17	1:27.30L 1:16.10Y	OPEN	100 FLY	1:28.10L 1:18.20Y	18

AGE-GROUP (BRW) SESSION

GIRLS	TIME	AGE	EVENT	TIME	BOYS
19	BRW	5-6, 7-8, 9-10, 11&UP	50 BREAST	BRW	20
21	BRW	5-6, 7-8, 9-10, 11&UP	50 FREE	BRW	22
23	BRW	9-10, 11&UP	100 FLY	BRW	24
25	BRW	5-6, 7-8, 9-10, 11&UP	50 BACK	BRW	26
27	BRW	9-10, 11&UP	200 FREE	BRW	28

SUNDAY - APRIL 14

SENIOR (OPEN) MEET A

GIRLS	TIME	AGE	EVENT	TIME	BOYS
29	3:09.20L 2:46.20Y	OPEN	200 BACK	3:11.80L 2:51.40Y	30
31	1:15.60L 1:06.70Y	OPEN	100 FREE	1:15.10L 1:06.20Y	32
33	3:31.00L 3:08.80Y	OPEN	200 BREAST	3:31.20L 3:09.00Y	34
35	3:05.70L 2:43.20Y	OPEN	200 FLY	3:07.20L 2:47.40Y	36
37	5:47.30L 6:24.60Y	OPEN	400 FREE	5:46.60L 6:29.80Y	38

AGE-GROUP (BRW) SESSION

GIRLS	TIME	AGE	EVENT	TIME	BOYS
39	BRW	5-6, 7-8, 9-10, 11&UP	50 FLY	BRW	40
41	BRW	9-10, 11&UP	100 BREAST	BRW	42
43	BRW	5-6, 7-8, 9-10, 11&UP	100 FREE	BRW	44
45	BRW	9-10, 11&UP	200 IM	BRW	46
47	BRW	9-10, 11&UP	100 BACK	BRW	48

To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard. (See Bonus Swims info above)

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1
- 2) The top 10-14 finishers advance to Round 2
- 3) The top 5-7 finishers will advance to Round 3

EVENTS OFFERED

(BY AGE GROUP)

FRIDAY - APRIL 12, 2019

5-6	7-8	9-10	11 & UP	OPEN (Senior)
		400 FREE <i>*ENTER WITH 200 FREE TIME</i>	400 FREE	800 FREE <i>*timed final</i>
				50 FREE <i>*round 1 of 3</i>
				400 IM <i>*timed final</i>

SATURDAY - APRIL 13, 2019

5-6	7-8	9-10	11 & Up	OPEN (Senior)
50 BREAST	50 BREAST	50 BREAST	50 BREAST	200 IM
50 FREE	50 FREE	50 FREE	50 FREE	100 BACK
50 BACK	50 BACK	100 FLY	100 FLY	200 FREE
		50 BACK	50 BACK	100 BREAST
		200 FREE	200 FREE	100 FLY

SUNDAY - APRIL 14, 2019

5-6	7-8	9-10	11 & Up	OPEN (Senior)
50 FLY	50 FLY	50 FLY	50 FLY	200 BACK
100 FREE	100 FREE	100 BREAST	100 BREAST	100 FREE
		100 FREE	100 FREE	200 BREAST
		200 IM	200 IM	200 FLY
		100 BACK	100 BACK	400 FREE



Entry Limit:

Swimmers in **Senior OPEN** events are limited to **3 individual events per day**.

Swimmers in **BRW AGE GROUP** events are limited to **5 individual events per day**.

Swimmers in **BOTH OPEN and Age Group** events are limited to **3 individual events per day**.

*To compete in Senior OPEN events swimmers must be at least 11 years old and must meet the minimum time standard. (See Bonus Swims info above – under the Entry Limit section)

SAN LUIS OBISPO SWIM CLUB

2019 SPRING SPLASH (MEET B)

DATE OF MEET: Friday, Saturday and Sunday, April 12th – 14th **SANCTION #:** (SCS) Meet A: S19-127A / Meet B: S19-127B

SANCTIONED BY: USA Swimming, Southern CA Swimming **SPONSORED BY:** SLO Swim Club and Coastal Committee

WARM-UP: Sunday/Sunday Senior Meet B: TBD (Following the Conclusion AGE Group BRW Meet, At least 30 minutes after the conclusion of the BRW Meet)

MEET START: Saturday & Sunday Senior Meet B: TBD (No Sooner than 1 hour after the conclusion of the AGE Group BRW Meet)

POOL/COURSE: 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. Five, 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 is available for structures and seating. ****Bring tie-downs and weights to secure your canopies/structures.**

ELIGIBILITY: Open to 2019 USA Swimming registered members who competed in Meet A.

QUALIFYING TIMES: Times from Meet A will be used for seeding into Meet B.

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2019 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 the 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: After an event has been officially closed (30 minutes after the announcement of the event's results from Meet A), swimmers will be automatically advanced into Meet B, unless they scratch. No further check-in is required.

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.

RULES: USA Swimming rules will govern this USA Swimming meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All coaches and officials on deck must complete the CDC or NFHS Concussion course.

RECORDING DEVICES & MEDIA NOTICE: The use 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.

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.

MEET A / B FORMAT: Swimmers in Meet A will swim to qualify for Meet B. Meet B will be held after the BRW timed finals session on Saturday and Sunday. Depending on the number of entrants, Meet B will be swum in 5-7 lanes. If a swimmer does not want to advance to Meet B, a swimmer must scratch or place an intent to scratch an event within 30 minutes of the announcement of the results from Meet A.

- In Meet B, the 50 Free will advance 2 heats (swum on Saturday) and then advance 1 heat (swum on Sunday).
- Meet B will advance 4 heats in the 100 Free, 3 heats in the 100's of stroke, 200 Free, & 200 IM, 2 heats in the 200's of stroke, and 1 heat in the 400 Free. All heats in Meet B will be seeded slow to fast.

SEEDING: Meet B events will be seeded SLOW to FAST.

AWARDS: No awards

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

MEET ADMIN / MEET PROCESSOR: Kristin Yoshida **MEET REFEREE:** Ernie Peterson **MEET DIRECTOR:** Phillip Yoshida

FOR FURTHER INFORMATION: Contact SLO Swim Club at: email: office@sloswimclub.org website: www.sloswimclub.org

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.

SATURDAY (MEET B) EVENTS

GIRLS	AGE	EVENT	BOYS
1	OPEN	50 FREE	2
3	OPEN	200 IM	4
5	OPEN	100 BACK	6
7	OPEN	200 FREE	8
9	OPEN	100 BREAST	10
11	OPEN	100 FLY	12

SUNDAY (MEET B) EVENTS

GIRLS	AGE	EVENT	BOYS
13	OPEN	200 BACK	14
15	OPEN	100 FREE	16
17	OPEN	200 BREAST	18
19	OPEN	200 FLY	20
21	OPEN	400 FREE	22
23	OPEN	50 FREE	24



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 339-S010

Facility: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 5-7 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. 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.

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

Entry Deadline: The ENTRY deadline is **Wednesday, April 3rd**. Deck Entries may be allowed. Space Available. Deck Entries will close 30 minutes prior to the START of each session.

Entries: Fill out a Consolidated entry card AND the USMS waiver (both can be found at: www.sloswimclub.org). Include a copy of your 2019 USMS registration. Age on December 31, 2019 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

Entry Eligibility: Masters Swimmers are eligible to enter OPEN events (even if they have NOT achieved the qualifying time) and all 11 & UP events (no qualifying time needed).

Entry Limit: Masters Swimmers are limited to 5 individual events per day (in any combination of OPEN and/or 11 & UP events).

- Masters Swimmers are only eligible to swim in Meet A (may not advance to Meet B)

Entry Fees: \$30.00 per swimmer flat fee if you enter by the registration deadline of **Wednesday, April 3rd**. Deck entries are allowed for a total of \$40.00. (Masters deck entries may be taken space available). Late entries (received after April 3rd) and entries received without payment will be treated as deck entries and charged the deck entry fee.

Awards: There will be no awards. Individual printed results are available upon request.

Checks payable to: SLO Swim Club

Mail consolidated entry card, a copy of your 2019 USMS card, USMS waiver and check to: SLO Swim Club Spring Splash
P. O. Box 142
San Luis Obispo, CA 93406

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

A complete Meet Event List and Meet Times are available above.
Swimmers in the 800 Free are responsible for providing their own timers and lap counters.