

**PRELIMINARY INFORMATION
(SUBJECT TO CHANGE)**

**SPMS Short Course Regional Championships, May
17-19, 2019**

Facility: San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. Ample deck space is available for structures and seating. 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. *Bring tie-downs/weights to SECURE your canopies/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.

Fees: Flat fee of \$52.00 if entered online or postmarked by Wednesday, May 1, 2019. Entrants that enter by the May 1st deadline will receive a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Wednesday, May 1, 2019. All entries must be received by 11:59 p.m. on Saturday, May 11, 2019. No individual deck entries are allowed.

Rules/Entries: 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 that person. All events are timed finals. 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. Age on May 19, 2019 determines age group for the meet.

Relays: Relay entries are \$15.00 per relay. All relays will be deck entered. Time that relay cards are due will be announced at the meet. 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 \$15.00 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. You may not change age groups once posted.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 500, 1000 and 1650 Freestyle and also the 400 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 1650 Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 1000 and 1650 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 <http://www.swimphone.com> or inperson at the meet.

Check-in for the 1650 Freestyle will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at Noon on Friday

Check-in for the 500 Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 1000 Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

Awards: Individual: Custom medals for places 1 to 3 and custom ribbons for places 4 to 6 for each age group and gender. Relays: Custom medals for 1st place, custom 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. Large/Small Team divisions will be awarded if meet size warrants.

Entries: Register online at ??? Or mail an SPMS entry card, copy of 2018 USMS card, and check (payable to: San Luis Obispo Swim Club) to: San Luis Obispo Swim Club, PO Box 142, San Luis Obispo, CA 93406. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt. Questions: call 805-543-9515, or send an email to office@sloswimclub.org. For hotels, information, and directions, go to www.sloswimclub.org

Friday, May 17, 2019

Warm-up 7:00 a.m., Meet starts at 8:00 a.m.

Check in for 1500 Freestyle closes at 7:30 a.m.

1. 1650 Freestyle (Women, Men)

2. Women's 200 Individual Medley

3. Men's 200 Individual Medley

4. Women's 100 Freestyle

5. Men's 100 Freestyle

6. Women's 200 Breaststroke

7. Men's 200 Breaststroke

8. Women's 800 Freestyle Relay*

9. Men's 800 Freestyle Relay*

10. Mixed 800 Freestyle Relay*

Saturday, May 18, 2019

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 500 Freestyle closes at 7:30 a.m.

11. 500 Freestyle (Women, Men)
12. Women's 50 Butterfly
13. Men's 50 Butterfly
14. Women's 400 Freestyle Relay
15. Men's 400 Freestyle Relay
16. Mixed 400 Freestyle Relay
17. Women's 100 Backstroke
18. Men's 100 Backstroke
19. Women's 100 Breaststroke
20. Men's 100 Breaststroke
21. Women's 200 Butterfly
22. Men's 200 Butterfly
23. Women's 200 Medley Relay*
24. Men's 200 Medley Relay*
25. Mixed 200 Medley Relay*
26. Women's 50 Freestyle
27. Men's 50 Freestyle
28. 400 Individual Medley (Women, Men)

Sunday, May 19, 2019

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 1000 Freestyle closes at 7:30 a.m.

29. 1000 Freestyle (Women, Men)
30. Women's 100 Butterfly
31. Men's 100 Butterfly
32. Women's 50 Backstroke
33. Men's 50 Backstroke
34. Women's 400 Medley Relay*
35. Men's 400 Medley Relay*
36. Mixed 400 Medley Relay*
37. Women's 200 Freestyle
38. Men's 200 Freestyle
39. Women's 100 Individual Medley
40. Men's 100 Individual Medley
41. Women's 50 Breaststroke
42. Men's 50 Breaststroke
43. Women's 200 Backstroke
44. Men's 200 Backstroke
45. Women's 200 Freestyle Relay*
46. Men's 200 Freestyle Relay*
47. Mixed 200 Freestyle Relay*

*Relays: swimmers may swim only one relay in each of these events