

SPMS Short Course Regional Championships

May 17-19, 2019

Hosted by: San Luis Obispo Swim Club

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.

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 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.

Entry Fee & Deadline: Flat fee of \$55.00 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. **There will be NO Refunds.**

Entries: Online – Online entry is encouraged. Online entries are paid by credit card to “ClubAssistant.com Events.” To register online, go to https://www.clubassistant.com/club/meet_information.cfm?c=2505&smid=11848 . Paper/mailed entries – Fill out and mail a consolidated entry card and USMS waiver (both can be found at www.sloswimclub.org). You must include a copy of your 2019 USMS Registration Card. Send a SASE or stamped postcard for return receipt. Mailed Entries must be postmarked on or before May 1, 2019. Team/Hy-Tek Entry – Teams may enter via Hy-Tek. The same entry deadlines apply as online entry. Hy-Tek event export available upon request. ***Receipt of entry (for all entry methods) will not be verified by phone or e-mail. DO NOT use certified, registered, or special delivery mail services.**

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. 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.

Relay Only Swimmers: A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event #1, by paying the \$20.00 relay-only entry fee and must sign a consolidated entry card and USMS waiver. Relay only swimmers who postmark/enter by May 1, 2019 (by any of the above entry methods) will receive a meet T-shirt. Relay swimmers who enter after the May 1st deadline will not receive a meet T-shirt.

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 used.

Distance Events: Lap counting devices will be provided, but swimmers are responsible for providing their own lap counter.

Check-in: Positive check-in is required for all events. Swimmers may check in at in person at the meet.

Friday:	Check-in for the 1650 Freestyle will close at 7:30 a.m. on Friday. Check-in for all other Friday events will close one hour prior to the anticipated start of an event
Saturday:	Check-in for the 500 Freestyle will close at 7:30 a.m. on Saturday. Check-in for all other Saturday events will close one hour prior to the anticipated start of an event
Sunday:	Check-in for the 1000 Freestyle will close at 7:30 a.m. on Sunday. Check-in for all other Sunday events will close one hour prior to the anticipated start of an event

Awards: Individual: Custom medals for places 1 to 3 and custom ribbons for places 4 to 8 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.

Meet Director: Philip Yoshida

Meet Referee: Ernie Peterson

Meet Admin: Alina de Armas

Make Checks Payable To: San Luis Obispo Swim Club

Mail Paper Entries & Payment To:

SLO Swim Club

PO Box 142

San Luis Obispo, CA 93406

More Information or Questions: website: www.sloswimclub.org / e-mail: ken@supersource.com

Hotel Information: Can be found on the SPMS Regional Championship page at www.sloswimclub.org.

Friday, May 17, 2019

Warm-up 7:30 a.m., Meet starts at 9:00 a.m.

Check in for 1500 Freestyle closes at 8:30 a.m.

1. Women, Men 1650 Freestyle
2. Women 200 Individual Medley
3. Men 200 Individual Medley
4. Women 100 Freestyle
5. Men 100 Freestyle
6. Women 200 Breaststroke
7. Men 200 Breaststroke
8. Women 800 Freestyle Relay*
9. Men 800 Freestyle Relay*
10. Mixed 800 Freestyle Relay*

Saturday, May 18, 2019

Warm-up at 7:00 a.m., Meet starts at 9:00 a.m.

Check in for the 500 Freestyle closes at 8:30 a.m.

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

Sunday, May 19, 2019

Warm-up at 7:30 a.m., Meet starts at 9:00 a.m.

Check in for the 1000 Freestyle closes at 8:30 a.m.

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

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