

Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 14th, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-014

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

Directions: *From the 101 Freeway going north*, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St. which dead-ends at the pool. *From the 101 Freeway going south*, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Entries: Pre-entry postmarked deadline: Friday, July 6th, 2012. On deck registration permitted. Online entry deadline is 6:00 p.m. on Friday, July 13th, 2012. Online registration will be available. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years of age to compete.

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

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

Relays: The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMS relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed liability release must be submitted with the relay entry.

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

Entry Fees: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries or online entries after July 13th are allowed for \$35.00.

Checks payable to: Santa Barbara Swim Club

Mail: consolidated entry card, a copy of your 2012 USMS card, and check to Santa Barbara Swim Club, P.O. Box 4125, Santa Barbara, CA 93140.

Questions: Santa Barbara Swim Club Office (805) 966-9757, swimoffice@sbswim.net

Saturday, July 14, 2012

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle

Additional warm-up after 1500 m Freestyle

Event #2 starts at 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 Relay (Medley or Freestyle; Men, Women, or Mixed; deck enter)