



SAN LUIS OBISPO SWIM CLUB

2016 SPRING SPLASH



DATE OF MEET: Friday, Saturday and Sunday, March 18th – 20th
SANCTIONED BY: USA Swimming, Southern CA Swimming & Southern Pacific Masters Swimming
SANCTION #: **S16-101 (SCS) and 336-S010 (SPMS)**
SPONSORED BY: San Luis Obispo Swim Club, Coastal Committee, and SPMS

DECK OPENS: Friday 3:30pm/Saturday 7:00am/Sunday 7:00am
WARM-UP START: Friday 3:30pm/Saturday Prelims 7:00am/Saturday Age Group 12:00pm/Sunday Prelims 7:00am/Sunday Age Group 12:00pm/Finals TBD
MEET START: Friday Prelims/TF and Age Group 5:00pm
Saturday Prelims 8:30pm / Saturday Age Group 1:00pm / Saturday Finals TBD
Sunday Prelims 8:30am / Sunday Age Group 1:00pm / Sunday Finals TBD

ENTRY DEADLINE: Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, MARCH 9, 2016**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with a 3 hour/session limit, distance entries may be limited to meet session limit.

POOL: 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. 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 structures. Finals will be swum in 7 lanes.**

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2016 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.

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.

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 (March 18, 2016). 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.

Entry Limit: Swimmers in **OPEN** events are limited to **3 individual events per day**. Swimmers in **Age Group** events are limited to **5 individual events per day**. Swimmers in **BOTH** OPEN and 11 & Up events are limited to **3 individual events per day**. Entries will be limited to meet the "4 Hour" Rule.

Finals: Finals will be swum in 7 lanes. The National Finals scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of announcement of preliminary results. Final: SCRATCH ONLY. Final "no show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. The 50 Free will have a Quarterfinal (Top 28 as the first event of Saturday's Final session)/Semi-Final (Top 14 as the first event of Sunday's Final session)/Final (Top 7 as the last event of Sunday's Final session). In order, the 100 Free will have a Bonus, Bonus Consolation, Consolation and Final. In order, the 100's of stroke, 200 Free and 200 IM will have a Bonus Consolation, Consolation and Final. In order, the 200's of stroke will have a Consolation and Final. The 400 Free will have a Final.

Recording Devices & Media Coverage: 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.

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.

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2016 USA Swimming registration and USMS athletes who hold 2016 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 (March 9th)** 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.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. 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 or short course 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.

SEEDING: All preliminary and timed final events will be seeded **FAST to SLOW**. The Prelim/Final 400 Free (events 37 and 38) will have the fastest 2 heats circle-seeded. All other prelim/final events will have the fastest 3 heats circle-seeded.

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: OPEN HEATS/FINALS EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND AGE GROUP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.00 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.

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

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.

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.

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515 email: office@sloswimclub.org website: www.sloswimclub.org

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

Make checks payable to: Southern California Swimming

E-mail for Team Electronic Entries Only:
office@sloswimclub.org

Mail Entries to:
SLO Swim Club Spring Splash
PO Box 142
San Luis Obispo, CA 93406

USA Swimming Disclaimer: 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 5**



2016 SPRING SPLASH EVENTS

FRIDAY - MARCH 18

Warm Up: 3:30 PM, Meet Start: 5:00 PM

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 - MARCH 19

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

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

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

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

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

SUNDAY - MARCH 20

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

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

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

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

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1 (Prelims) with fastest 6 heats circle seeded.
- 2) The top 28 finishers will swim in the Quarterfinal on Saturday as the first event of Saturday's final session with all 4 heats circle seeded, the 200 IM will follow.
- 3) The top 14 finishers will swim in the Semifinal as the first event of Sunday's Finals Session with both heats circle seeded, the 200 Back will follow.
- 4) The top 7 finishers will swim in the Final as the last event of Sunday's Finals Session.

EVENTS OFFERED

(BY AGE GROUP)

Friday, March 18, 2016

5-6	7-8	9-10	11 & UP	OPEN
		400 FREE *ENTER WITH 200 FREE TIME	400 FREE	800 FREE *timed final
				50 FREE *round 1 of 4
				400 IM *timed final

Saturday, March 19, 2016

5-6	7-8	9-10	11 & Up	OPEN (P/F)
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, March 20, 2016

5-6	7-8	9-10	11 & Up	OPEN (P/F)
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 **OPEN** events are limited to **3 individual events per day.**

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

Swimmers in **BOTH OPEN and 11 & Up** events are limited to 3 individual events per day.

*To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 336-S010

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

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.

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

Entries: Fill out a Consolidated entry card AND the USMS waiver (both can be found at: www.slowimclub.org). Include a copy of your 2016 USMS registration. The **ENTRY** deadline is **Wednesday, March 9th**. There will be NO deck entries. Age on December 31, 2016 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 Limit: Masters Swimmers are eligible to enter the OPEN events (as long as they have achieved the qualifying time) and all 11 & UP events (no qualifying time needed). Masters Swimmers entered in OPEN events are limited to 3 individual events per day. Masters Swimmers entered in 11 & UP events are limited to 5 individual events per day. Masters Swimmers entered in BOTH Open and 11 & Up events are limited to 3 individual events per day.

Entry Fees: **OPEN HEATS/FINALS EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND 11&UP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER** must accompany each individual entry to the address below (not the swim office). **NO REFUNDS.** Returned checks will incur a service fee per SCS policy.

Checks payable to: Southern California Swimming

Mail consolidated entry card, a copy of your 2015 USMS card, USMS waiver and check to:
San Luis Obispo 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 is available above.

Swimmers in the 800 Free are responsible for providing their own timers and lap counters.