

**Santa Barbara
LCM Swim Meet
Friday June 28th & June 29th
2019**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Los Banos Del Mar, 401 North Shoreline Drive, Santa Barbara, CA 93109. From the 101 Freeway going North, exit at Cabrillo Blvd. The off ramp is on the left. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo Street. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. From the 101 Freeway going south, exit at Castillo Street. Turn right onto Castillo Street. Castillo Street ends at Shoreline Drive and the pool is straight ahead. Turn right on Shoreline and the Harbor parking lot will be on your left. 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.

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 meet referee. All events are timed final. Swimmers are limited to a total of not more than 5 individual events on Saturday, not including relays. Age on December 31, 2019 determines age group for the meet. You must be at least 18 years of age to compete.

Entries: The pre-entry postmark deadline is Wednesday June 19, 2019. Online entries will close Wednesday, June 26th, at 11:59 p.m. Deck registration is permitted. Deck entries will close at 4:30 p.m. on Friday for the 1500 m Freestyle and 11:30 a.m. Saturday for all other events.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

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

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

Checks payable to: Santa Barbara Swim Club. Mail consolidated entry card, a copy of your 2019 USMS card, and check to: Erica Johnson, 321 Culver Harbor Drive, Camarillo CA 93012

Questions: Alina de Armas alina@dearmas.co

Meet Administrator: Alina de Armas alina@dearmas.co

Director: John Abrami: coachab@sbswim.net

**Friday June 28th 2019
Warm-up at 4:30 p.m.
Meet starts at 5:00 p.m.**

1. 1500 m Freestyle

**Saturday June 29th 2019
Warm-up at 12:00 p.m.
Meet starts at 1:00 p.m.**

2. 400 m Medley Relay (men, women, mixed)
3. 100 m Freestyle
4. 100 m Breaststroke
5. 200 m Individual Medley
6. 50 m Freestyle
7. 50 m Breaststroke
8. 100 m Butterfly
9. 100 m Backstroke
10. 200 m Freestyle
11. 50 m Butterfly
12. 50 m Backstroke
13. 400 m Free Relay (men, women, mixed)