

SPMS News

March/April
2018



2017 SPMS Coaches of the Year



In This Issue:

2017 Coaches of the Year

Featured Blogger: Elizabeth Wickham

Upcoming Meets

Club Swimmers of the Month

Congratulations!

Coach Mike Lucero
Golden Road Aquatics

Coach Erika Stebbins
Bruin Masters Swim Club

2017 SPMS Coaches of the Year

Honoring Our Coaches

I would like to give a shout out of recognition to all of our SPMS coaches within our LMSC. Without your dedication and love of the sport, along with your swimmers, we would not see the growth of our swimming programs through improved fitness and performance out of all of our Masters swimmers.

This year, SPMS had a surprise tied win for the 2017 SPMS Coach of The Year award.

Our first Coach of The Year award winner, Mike Lucero, scored heavily in club accomplishments and SPMS support in fielding a large team presence at many of our local meets and open-water events. Along with this positive and competitive energy brought to our LMSC, Coach Mike and his team contribute and compete at the national level with a large volume of individual and relay records, Top Ten Times, local and national records, world records, and various All-American swimmers. Congratulations, Coach Mike Lucero!



Our second Coach of The Year award winner, Erika Stebbins, scored heavily with clear strengths in coaching Masters for many years, contributing to our LMSC by hosting meets. She has hosted a SPMS coaches clinic, and previously served as the SPMS Coaches Chair. Coach Erika has various swimmers who have Top Ten Times, set local and national records, individual and relay records, and are All-American swimmers. Congratulations, Coach Erika Stebbins!

To all of our LMSC swimmers, don't forget to nominate your coach for the 2018 SPMS Coach of The Year. A call for nominations begins on October 1st.

To all of our coaches, keep up the great work that you do inspiring and training your U.S. Masters Swimming club and team members. Thank You!

SWIMcerely-

Christine D. Maki
SPMS Coaches Chair

12 Reasons Why Masters Swimmers are so Happy

Elizabeth Wickham bleuwater.me/author/bleuwater/

I was at our local U.S. Masters swim meet this weekend. Since I cannot swim with my torn ACL, I volunteered to time for a short bit with my friend visiting from Seattle. When I walked on deck I immediately saw two grown kids, who were former swimmers with my children on the club team. They were happy to see me, and I was excited to see them and sat with their parents. It was almost as if we were at an age group meet together again to watch our kids swim. I worked my way over to my Piranha teammates, who were warming up, talked with our coach and my other swim friends. I loved seeing all my friends on deck. I truly miss being a part of the team and swimming. Although meets make me so nervous when I'm competing, I was more than okay not to dive off the blocks. Then again, I've been nervous at every meet where I watched my kids swim, too, but more so when I'm the competitor.

While I was at the Masters meet, I noticed how different it was from age group meets. The main thing I noticed was that everyone is happy. Yes, there are a few nervous swimmers. I know I am fraught with anxiety at meets before I swim. But, generally, the atmosphere is very laid back and upbeat. A friend explained it like this: "It's more of a party atmosphere of a community of swimmers rather than the nervous energy found on deck at age group meets."

Here are 12 ways Masters meets are different than age group meets:

- 1) Everyone at the meet, whether it's swimmers, coaches, or family, really wants to be there. Or, they wouldn't be there.
- 2) There are no parents yelling at swimmers who miss an event or add time.
- 3) The only person who will argue with an official after a DQ is a swimmer.
- 4) There doesn't seem to be that hectic feeling trying to find heats and lanes.
- 5) Everybody is friendly and although some swimmers may be a little nervous, mostly they're chatting with other swimmers, laughing and joking.
- 6) Swimmers feel like they've won if they make it off the blocks and complete their event close to the time they swam the year before.
- 7) Getting out of the deep end without a ladder can feel like a major accomplishment in itself.
- 8) You will not see a single crazy parent—anywhere.
- 9) There's no pressure for junior national cuts or college scholarships.
- 10) Nobody is getting nervous watching you swim.
- 11) Every swimmer gets out of the water with a smile on their face. You won't see any tears.
- 12) Masters swimmers are happy when they age up, because they feel it's an advantage to be the youngest in their age group.



You may have seen Elizabeth's writings in *SwimSwam*, *LA Times*, *Orange County Parenting*, and several other publications. Check out more articles by blogger Elizabeth Wickham: bleuwater.me/author/bleuwater/



2018 SW Zone
Short Course Yards Championship
April 27, 2018 - April 29, 2018



2018 SW Zone Short Course Yards Championship

Hosted by: *Mission Viejo Nadadores*

Sanctioned by Southern Pacific LMSC for USMS, INC.

FACILITY: Newly renovated Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS.

DIRECTIONS: Take I-5 Freeway to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway.

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 April 29, 2018 determines age group for the meet.

TIMING: Electronic timing will be used and two timers per lane will be provided.

ENTRIES: Online registration is encouraged. Online entries completed by 11:59 p.m. on Friday, April 13 are a flat \$55.00 entry fee. (T-shirt included) Online entries completed April 14 through 11:59 p.m. on Sunday, April 22 are a flat \$65.00 entry fee. Paper/mailed entries must be postmarked on or before Friday, April 13, 2018 are flat \$55.00 entry fee. No individual deck entries are allowed.

There will be NO refunds. Online entries are paid by credit card to "ClubAssistant.com Events". To register online, go to www.spmasterswim.org and click on 2018 SW Zone SCY Championships.

SEEDING: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 1650, 1000, and 500 Y Freestyle and also the 400 Y Individual Medley, based on entry time. **Choose either the 1000 Free or the 1650, not both.** Men and women

will swim separately for all other individual events. Scoring will be by gender and age group. The 1650 Y Freestyle may be limited to the first 60 entries at the discretion of the meet manager.

RELAYS: Relay team entries are \$12.00 per relay. Online relay team entry charges your credit card upon submit of the relays. If you scratch a relay at the relay desk by the deadline of 10am on date of swim, that relay fee will be refunded to your credit card (upon request). Online relay team entry for coaches will be available on the online entry page beginning 4/24/18 at 1:00pm. Online relay team entry will also be available at the relay desk at the pool every day of the meet. A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event #1, by paying the \$10.00 relay-only entry fee 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.

AWARDS: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, 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 six teams, based on combined scoring for men and women, individual events plus relays.

HOTELS/PSYCH SHEETS/RESULTS:

www.mastersmvnswim.org

QUESTIONS: Meet Director Mark Moore (949-233-6521, coachmark@mastersmvnswim.org . Meet Referee, Paul Szuszkiewicz pszs@hotmail.com

Checks payable to: Mission Viejo Nadadores. Mail consolidated entry card, a copy of your 2018 USMS card, and check to: Mission Viejo Nadadores Masters/ SCY Championships
27474 Casta Del Sol, Unit 2, Mission Viejo, CA 92692

WEB SITE: [Psych sheets/timeline/results](#)

SNACK BAR: A complete hot and cold snack bar will be available.

**2018 SW Zone
Short Course Yards Championship
April 27, 2018 - April 29, 2018**

Friday, April 27, 2018

Session 1 - Events 1-6

Warm-ups start at 7:00 AM

Meet Session starts at 8:00 AM

#	Sex	Event
1	Mixed	1000 Y Free
3	Mixed	1650 Y Free
5	Mixed	400 Y IM

Saturday, April 28, 2018

Session 2 - Events 7-34

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

#	Sex	Event
7	Women	200 Y Free
8	Men	200 Y Free
9	Mixed	200 Y Medley Relay
11	Women	50 Y Breast
12	Men	50 Y Breast
13	Women	200 Y Fly
14	Men	200 Y Fly
15	Women	100 Y Free
16	Men	100 Y Free
17	Women	200 Y IM
18	Men	200 Y IM
19	Women	200 Y Breast
20	Men	200 Y Breast
21	Women	100 Y Back
22	Men	100 Y Back
23	Women	50 Y Fly
24	Men	50 Y Fly
25	W, M, X	800 Y Free Relay
29	W, M, X	400 Y Medley Relay
33	Women	200 Y Free Relay
34	Men	200 Y Free Relay

Sunday, April 29, 2018

Events 35-53

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

#	Sex	Event
35	Mixed	500 Y Free
37	Women	100 Y IM
38	Men	100 Y IM
39	Mixed	200 Y Free Relay
41	Women	200 Y Medley Relay
42	Men	200 Y Medley Relay
43	Women	50 Y Back
44	Men	50 Y Back
45	Women	100 Y Breast
46	Men	100 Y Breast
47	Women	50 Y Free
48	Men	50 Y Free
49	Women	200 Y Back
50	Men	200 Y Back
51	Women	100 Y Fly
52	Men	100 Y Fly
53	W, M, X	400 Y Free Relay



WTF (Where's The Fun?)

with Coach Jeff

So in this issue I'm not here to talk about a club and my experiences there. I've just been named the Coaches Chair for our LMSC. Now I'm tasked with how SPMS develops and maintains all clubs, large and small, set up the Fall Clinic and get coffee for Coach Mark Shubert (just kidding on that last one but if he wanted one...).

I'm looking forward to getting input from coaches and athletes. If you think you'd like to email me right now you can at howfunwasthat@gmail.com. I'd like to visit some smaller clubs in particular in areas where there is a lack of opportunities for adult swimming. The USMS motto as best as I understand is "Encouraging Adults to Swim". To that end I'd like to help coaches and swimmers get wet (coaches especially).

Additionally, our club, the Mission Viejo Nadadores Masters will FINALLY have our wonderful new pool done and, on paper, we should be ready for the Zone meet in April. I'm looking forward to seeing all of you in April for that meet. Before you know it the next issue of the newsletter will be out and you too will be saying: Coach Jeff! WTF!?!?



Coach Jeff Taylor of Mission Viejo Nadadores Masters was recently appointed to the position of Coaches Committee Chair.

The Coaches Committee provides liaison and coordination with coaches of SPMS for various educational and communication purposes. The Chair of the SPMS Coaches Committee is the liaison to the USMS Coaches Committee.



Long Beach Grunion Swimmer Nancy Stanbury won 5 blue ribbons at the Rose Bowl Swim Meet in Pasadena on February 10.

Way yo go Nancy!

**Welcome!
New SPMS Club:**

**Renaissance Clubsport
Aliso Viejo (REN)
Contact: Kristin Buhagiar**

**Caltech Pentathlon
SCY Swim Meet
Sunday, March 4, 2018**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: The Caltech facility is an outdoor, eight lane, 25 yard, all-deep pool with a separate 25 yard warm up pool. **Address:** 1201 E. California Blvd, Pasadena. 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: Take Hill Ave south from the 210 freeway. After 1.5 miles turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of the Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd., 2 miles to Caltech. Parking is free on the weekends.

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 final. Age on March 4, 2018 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, February 24, 2018. Online entries will close Wednesday, February 28, 2018 @11:59 pm. Deck registration is permitted. Deck entries close at 8:15 a.m.

Entry Fee: \$30.00 flat fee per swimmer. Deck entry fee is \$40.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Checkin is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Checks Payable To: Caltech Masters. Mail signed consolidated entry card, a copy of your 2018 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, **626-449-7536**, srdodd@jpl.nasa.gov

Meet Administrator: Robert Mitchell, swimworks@gmail.com

Sunday, March 4, 2018

Warm up at 8 a.m.

Meet starts at 9 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

**CVMM Matt Biondi
SCY Swim Meet
Sunday March 18th, 2018**

Sanction by Southern Pacific Masters Swimming for USMS, Inc

Facility: Cal Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd., Thousand Oaks, CA. Pool is an outdoor 25- yard by 50-meter pool with up to 8 competition lanes. 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 101 Freeway, take 23 North, exit Olsen Rd and head west toward Thousand Oaks. Approximately 3 miles on right. Lots of free parking.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedent 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 final. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 18, 2018 determines age group for the meet. You must be at least 18 to compete. This meet will be observed for USA-S Times.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, March 11, 2018. The online entry deadline is 11:59 p.m. Pacific Time on March 14, 2018. Deck registration is permitted. Deck entries will close at 9:00 a.m. (7:30 a.m. for Event 1)

Entry Fees: \$39.00 per swimmer flat fee. Deck entries allowed for \$50.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest by entered time. Check-in is required for all events to ensure the meet runs efficiently.

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

Awards: Individual: Medals for places 1 to 3 and ribbons for 4th through 6th. Relay: Ribbons for 1st place. A special award (the Matt Biondi Award) and award presentation ceremony for the fastest male and female in the 50 Free; in addition the winners' names will be added to the Matt Biondi Perpetual Award. Heat Winner Awards.

Checks payable to: Conejo Valley Multisport Masters. Mail your consolidated entry card, a copy of your 2017 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi valley, Ca. 93062, (805)444-0317 Alina@dearmas.co.

Admin: Alina De Armas, Alina@dearmas.co, (805) 444-0317

Questions: Meet Director Nancy Kirkpatrick Reno (818) 469-9972; nancy@conejovalleymultisportmasters.com.

Raffle tickets for sale: Crowd pleasers at our first two Matt Biondi meets were our fabulous raffle baskets which will be available again this year. Raffle tickets available for purchase at the meet. First 200 entrants receive swag bags. Snack Bar.

Sunday March 18 2018

Warm-up at 7:00am

Meet starts at 8:00am

- | | |
|----------------------------------|--|
| 1. 1650 yd Freestyle * | 13. 100 yd Butterfly |
| 2. 50 yd Butterfly | 14. 50yd Freestyle (Matt BiondiEvent) |
| 3. 50 yd Backstroke | 15. 200yd Backstroke |
| 4. 200 yd Butterfly | 16. 200 yd Freestyle Relay (Men, Women, Mixed) |
| 5. 200 yd Freestyle | 17. 100 yd Breaststroke |
| 6. 100 yd Individual Medley | 18. 400 yd Freestyle Relay (Men orWomen) |
| 7. 400 yd Freestyle (MixedRelay) | 19. 800 yd Freestyle Relay (Men Women, Mixed) |
| 8. 200 yd Breaststroke | *Mile limited to four heats |
| 9. 100 yd Backstroke | |
| 10. 200 yd Individual Medley | |
| 11. 50 yd Breaststroke | |
| 12. 100 yd Freestyle | |

SAN LUIS OBISPO SWIM CLUB

2018 SPRING SPLASH

DATE OF MEET: Friday, Saturday and Sunday, April 6th - 8th

SANCTIONED BY: USA Swimming, Southern CA Swimming, USMS & SPMS

SANCTION: S18-xxx (SCS) and xxx-xxxx (SPMS)

SPONSORED BY: SLO Swim Club, Coastal Committee, and SPMS

DECK OPENS: Friday: 3:30 PM, Saturday/Sunday: 7:00 AM

WARM-UP:

Friday 3:30 PM Saturday/Sunday Senior Prelims: 7:00 AM

Saturday/Sunday BRW Age Group: 10:30 AM to 30 minutes after the completion of the Prelims Session.

Sunday/Sunday Senior Finals: TBD

MEET START:

Friday: 5:00 PM

Saturday & Sunday Senior Prelims: 8:30 AM

Saturday & Sunday BRW Age Group: At least 30 minutes after the conclusion of the Prelims Session, NO SOONER THAN 11:00 PM

Saturday & Sunday Senior Finals: TBD

ENTRY DEADLINE: Entries must be received by the meet processor NO LATER THAN 5 PM WEDNESDAY, MARCH 28, 2018. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

FACILITY: 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.**

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2018 USA Swimming registration and USMS athletes who hold 2018 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 28th)** 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 meters or short course yards 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.

ENTRY LIMIT: Swimmers in **Senior OPEN** events are limited to **3 individual events per day**. Swimmers in **BRW Age Group** events are limited to **5 individual events per day**. Swimmers who enter **BOTH Senior OPEN and BRW Age Group** events are limited to **3 individual events per day**. Entries will be limited to meet the "4 Hour" Rule.

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: Senior OPEN HEATS/FINALS EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.50 surcharge PER SWIMMER AND BRW AGE GROUP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.50 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.

EMAIL ENTRIES TO: office@sloswimclub.org

MAIL ENTRIES AND TEAM PAYMENT TO:

2018 Spring Splash
c/o San Luis Obispo Swim Club
PO Box 142
San Luis Obispo, CA 93406

PAYMENT: Make Checks Payable: to Southern CA Swimming

HAND DELIVER ENTRIES TO: 900 Southwood Drive, San Luis Obispo, CA 93401, between the hours of 6-8AM, 12-1:30PM, 4-7PM M-F

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2018 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. **All swimmers must use 3-point lide entry into the pool during warm-up, no jumping or diving.**

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. **Check-In Deadlines:** Check-In for ALL events will close 30 minutes prior to the start of each session.

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 (April 6, 2018). 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.

Finals: Depending on the number of entrants, Finals will be swum in 5-7 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 Semi-Final (Top 10 as the first event of Sunday's Final session) and a Final (Top 5 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.

Drones: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are not permitted for the BRW Age Group Sessions, check SCS website for a list of approved racing suits.

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.

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.

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: Swimmers in Friday's events are requested to provide their own timers. For Saturday and Sunday, 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.

ADMIN REFERSS: Ben Britten

MEET REFEREE: Ernie Peterson

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515

email: office@sloswimclub.org

website: www.sloswimclub.org

****DETAILED MASTERS INFORMATION: See Page 5**

2018 SPRING SPLASH EVENTS

FRIDAY APRIL 6

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 - APRIL 7

SENIOR (OPEN) PRELIMS

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

AGE-GROUP (BRW) SESSION

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

SUNDAY - APRIL 8

SENIOR (OPEN) PRELIMS

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

AGE-GROUP (BRW) SESSION

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

To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard. (See Bonus Swims info above)

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1 (Prelims) with fastest 3 heats circle seeded.
- 2) The top 10-14 finishers will swim in the Semifinal on Saturday as the first event of Saturday's final session in 2 circle seeded heats, the 200 IM will follow.
- 3) The top 5-7 finishers will swim in the Final as the last event of Sunday's Finals Session.

EVENTS OFFERED (BY AGE GROUP)

Friday - April 6, 2018

5-6	7-8	9-10	11 & UP	OPEN
		400 FREE <i>*ENTER WITH 200 FREE TIME</i>	400 FREE	800 FREE <i>*timed final</i>
				50 FREE <i>*round 1 of 3</i>
				400 IM <i>*timed final</i>

Saturday - April 7, 2018

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 - April 8, 2018

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 **Senior OPEN** events are limited to **3 Individual events per day.**

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

Swimmers in **BOTH OPEN and Age Group** events are limited to **3 individual events per day.**

*To compete in Senior OPEN events swimmers must be at least 11 years old and must meet the minimum time standard. (See Bonus Swims info above – under the Entry Limit section)



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: XXX-XXXX

Facility: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 5-7 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.

Rules: USA Swimming rules will govern this combined USA-S and USMS meet.

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. **Check-In Deadlines:** *Check-In for ALL events will close 30 minutes prior to the start of each session.*

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.

Entry Deadline: The ENTRY deadline is **Wednesday, March 28th**. Deck Entries will be allowed. Space Available. Deck Entries will close 30 minutes prior to the START of each session.

Entries: Fill out a Consolidated entry card AND the USMS waiver (both can be found at: www.sloswimclub.org). Include a copy of your 2018 USMS registration. Age on December 31, 2018 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 Eligibility: Masters Swimmers are eligible to enter OPEN events (even if they have NOT achieved the qualifying time) and all 11 & UP events (no qualifying time needed).

Entry Limit: 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: \$30.00 per swimmer flat fee if you enter by the registration deadline of **Wednesday, March 28th**. Deck entries are allowed for a total of \$40.00. (Masters deck entries will be taken space available). Late entries (received after March 28th) and entries received without payment will be treated as deck entries and charged the deck entry fee.

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

Checks payable to: SLO Swim Club

Mail consolidated entry card, a copy of your 2018 USMS card, USMS waiver and check to: SLO Swim Club 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 and Meet Times are available above.

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

UCLA Bruin Masters SCY Meet
Sunday, April 8, 2018
Preliminary Information

Pending Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: UCLA's Spieker Aquatics Center. The address is 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¾ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

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 final. Age on April 8nd, 2018 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is March 31, 2018. Online entries will close @ 11:59 p.m. on Wednesday, April 4th, 2018. On deck registration is permitted. Deck entries for the 1650 yd Freestyle if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1650 yd Freestyle.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2018 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined Swimmers in the 1650 yd Freestyle must check in to be seeded.

Relays: 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: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

Meet Questions: Meet Admin: **PENDING**

Sunday, April 8, 2018

1650 yd Freestyle warm-up at 8:00 a.m.

1650 yd Freestyle starts at 9:00 a.m.

Event 2 will start no sooner than 10:30 a.m.

- | | |
|--|--|
| 1. 1650 yd. Freestyle (32 max entries) | 10. 200 yd. Backstroke |
| 2. 200 yd. Butterfly | 11. 50 yd. Breaststroke |
| 3. 200 yd. Individual Medley | 12. 50 yd. Freestyle |
| 4. 50 yd. Backstroke | 13. 100 yd. Butterfly |
| 5. 200 yd. Freestyle Relay (Men, Women, Mixed) | 14. 200 yd. Medley Relay (Men, Women, Mixed) |
| 6. 100 yd. Breaststroke | 15. 400 yd. Individual Medley |
| 7. 200 yd. Freestyle | 16. 100 yd. Backstroke |
| 8. 50 yd. Butterfly | 17. 200 yd. Breaststroke |
| 9. 100 yd. Individual Medley | 18. 100 yd. Freestyle |

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Deborah Hefter

secretary@SPMasterSwim.org

Member At-Large:

Becky Cleavenger

memberatlarge@SPMasterSwim.org

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Top Ten Recorder:

Kim Thornton

TopTen@SPMasterSwim.org

Newsletter Editor:

Tami Barrera

newsletter@SPMasterSwim.org

For archived newsletters

Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>

Club Swimmers of the Month

Mansi Kinworthy

Conejo Valley Masters

Coach Nancy Kirkpatrick-Reno

From Fearful Swimmer to Fearless Swimmer

January 2018

Dustin Morris

Long Beach Grunions

Coach Kenny Brisbin

Swam 1st 800 Freestyle nonstop at practice

Alison Swain

Long Beach Masters Swim

Coach Kenny Brisbin & Pat Powers

Returned to competition after 24 years

February 2018

Upcoming SPMS Events

Sunday, March 4

Caltech Pentathlon

[Registration](#)

Thursday, March 15

SPMS Committee Conference Call 7:30pm

Sunday, March 18

CVMM Matt Biondi SCY Masters Classic Swim Meet

[Registration](#)

Friday, April 6, Saturday, April 7, & Sunday, April 8

San Luis Obispo Long Course Meters Swim Meet

Sunday, April 8

UCLA Short Course Yards Swim Meet

Thursday, April 19

SPMS Committee Conference Call 7:30pm

Friday, April 27, Saturday, April 28, & Sunday, April 29

Southwest Zone Championships

[Registration](#)