

# SPMS News

May/June  
2018



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*Mission Viejo  
Nadadores  
are back at home!*

# Caltech Pentathlon

Suzanne Dodd



197 swimmers competed for the title of fastest all-round sprinter, testing their ability at the 2018 Caltech Pentathlon by racing a 50 of each stroke plus the 100 IM, with the total times added together to determine the age group winners. The competitors ranged in age from 20 to 96. Rose Bowl Masters was the largest club with 47 swimmers, which included the oldest swimmer, 96 year old Maurine Kornfeld.

Michelle Duraj (25) of Rose Bowl was crowned fastest female of the meet. Duraj had the fastest times in 50 Butterfly (27.82) and 50 Freestyle (25.54) in route to winning first place in the 25-29 age group. Michelle's total time of 3:01.35 was less than a second faster than the total time posted by Lesley Bethel (28) of Santa Barbara Masters. Lesley had the fastest time in the 50 Backstroke (30.71), 50 Breaststroke (32.24), and 100 IM (1:03.59).

Taking the trophy as the fastest male swimmer of the meet was 43 year old Val Bagri of Royal Swim Team. Val had the top time in four of the five races: 50 Butterfly (24.50), 50 Breaststroke (26.95), 50 Freestyle (23.22), and 100 IM (56.41). 47 year old David Sumner of Mission Viejo had the fastest time in the 50 Backstroke (26.61), winning the 45-49 age group.

Thank you to everyone who helped to make the Pentathlon a success. We hope to see everyone back in Pasadena in 2019!



## Age Group Winners

### Women

18-24: Renee Wang (CTM)  
25-29: Michelle Duraj (ROSE)  
30-34: Beth Margalis (4SWM)  
35-39: Jenny Lee (ROSE)  
40-44: Jennifer Rines (MVN)  
45-49: Sarah Condor-Fisher (MACS)  
50-54: Denna Esparza (SCA)  
55-59: Kimberly Elsbach (DAM)  
60-64: Stacey Warmuth (VCM)  
65-69: Debbie Bradbury (UCLA)  
70-74: Anne Grams (4SWM)  
75-79: Ellen Shockro (ROSE)  
80-84: ---  
85-89 ---  
95-100 Maurine Kornfeld (ROSE)

### Men

Matthew Costigan (GRA)  
Raphael Carpio (RAA)  
Stephen Quinn (GRA)  
Benjamin Cone (ROSE)  
Val Bagri (RYL)  
David Sumner (MVN)  
Patrick McGinley (ROSE)  
Bryant Lum (VCM)  
Doug Kajiwaru (SCAQ)  
Glenn Gruber (VCM)  
Larry Raffaelli (VCM)  
George Carey (SDSM)  
Tom Mitchell (SDSM)  
Bob Best (SDSM)  
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*Jonathan Pierce with Kris McPeak*

Thank you to all who attended the 5th Annual Matt Biondi Masters Classic Swim Meet. Special thanks to those who came from out of state: Florida, Pennsylvania, Texas, Arizona and Nevada. Our streak of excellent weather was on track - until the afternoon when the wind came up and the high clouds moved in, dropping the temperature into the downright chilly range. We are grateful the water was warm and there was no rain! However, the cool afternoon did not deter anyone from swimming fast. No fewer than ninety-two meet records were broken.

## **Fast and Fun Day at the Matt Biondi Masters Classic**

*Becky Cleavenger*

The 50 Freestyle is always a fast and fun event, and the overall winners are awarded flowers, an acrylic plaque, and their name inscribed on the Matt Biondi Perpetual Trophy in addition to free entry in our meet so they can come back year after year to defend their title. This year Alexander Aceino from Golden Road Aquatics was a repeat winner in 21.57. Lauren Frendreis from Rose Bowl Aquatics was also a repeat winner in 24.97. Congratulations to both!

Jonathan Pierce, a para swimmer, bettered his American record in the 1650 Freestyle with an 18:13.26 and just missed his 10:55.28 1000 Free record with a 10:56.02 split. Johnny is on the USA National Paralympic Emerging Team for 2018. Congratulations to Johnny - we look forward to watching his continuing success.

Many thanks to Matt Biondi for all the photos taken with swimmers and autographs signed throughout the day. He truly is a great ambassador of swimming.

Hope you enjoyed all the extra things we CVMM does to make the Matt Biondi Masters Classic a special meet in honor of Matt's illustrious career including 11 Olympic medals in 3 Olympic Games, 5 world records and 8 individual NCAA championships . We try to create a happy environment for all participants. The raffle baskets are popular, and there's a special basket for the swimmer who traveled the farthest distance to the meet and one for the coach who brought the most swimmers. We provide lap counters for those whose friends and relatives prefer not to be at a swim meet at 8:00 a.m. on a Sunday morning, plenty of free parking, a snack bar, the Swimsuit Guy with great prices on suits and the latest gear, medals 1st through 3rd and ribbons 4th through 6th, and heat winner awards such as the rubber ducks and bag tags. We have received overwhelmingly positive feedback about the meet and we will continue to do all the little extras in future years.



*Matt Biondi and Lauren Frendreis*



*Matt Biondi and Alexander Aceino*

# Open Water Season Begins

Robin Smith



For more information see the SPMS Open Water Swim Upcoming Events web page:

<https://www.spmasterswim.org/open-water-schedule>

IT'S TIME FOR OPEN WATER SWIMMING!!! Get ready for the 2018 SPMS Open Water Season! We will have four events this summer starting with the 49th Annual Seal Beach Rough Water Swim scheduled for Saturday June 23, 2018. There are two distances offered at this event – One Mile and 5K. Swimmers may enter one or both distances. See the entry form in this newsletter.

*Here are a few training tips for those of you who may be thinking about entering your first open water event this summer:*

- Safety is key in any open water swim. Do you know how to tread water or how to rescue yourself while waiting for the lifeguard or safety kayaker to assist you? Practice treading water and floating on your back in the pool.
- Do you swim straight? Practice swimming with your eyes closed in the pool for a few strokes to see if you drift to one side of the lane. Practicing good freestyle technique and learning to breathe comfortably on both sides is helpful in maintaining a straight line in the open water.
- Being able to sight the course buoys and see any landmarks is an important skill to practice. Two ways to sight are swimming “heads up water polo style” (also called Tarzan-style swimming) and “alligator sighting”. Alligator sighting involves lifting your head so only your eyes are above the water (like an alligator) before or after you breathe to the side. Practice swimming up to 25 yards in the pool using both of these styles of sighting. Another way to sight especially around crowded turn buoys is to use “heads-up breaststroke”. Practice swimming breaststroke up to 25 yards in the pool keeping your face out of the water the whole time.
- Be sure to check out the March/April 2018 issue of USMS Swimmer Magazine (the Annual Open Water issue) for more open water training tips and information.

*Here are two pool workouts to help you train on your own for a one mile open water swim. Each set is 1800 yards not including your warm-up and cool-down mileage.*

## **Practice #1**

Warm-up your choice

2 x 50 kick

2 x 50 swim – practice sighting

2 x 100 swim

2 x 200 pull or use paddles

4 x 50 swim – practice sighting

2x 200 pull or use paddles

2 x 100 swim

2 x 50 swim – practice sighting

2 x 50 kick

Cool-down your choice

## **Practice #2**

Warm-up your choice

4 x 50 swim – practice sighting and stop at far flags, tread water for 10 seconds and swim back. Don't touch the wall to turn.

4 x 75 swim – don't touch the walls to turn, instead turn early at the flags at each end

4 x 100 swim

(repeat the set so that you do 2 rounds total)

*Note, if your pool doesn't have backstroke flags, just don't touch the walls when turning on the 50's and 75's.*

Cool-down your choice

*Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters.*

# 2018 NOVAQUATICS – SPEEDO GRAND CHALLENGE

William Woollett Jr. Aquatics Center – Irvine California

May 25, 26 & 27, 2018

**Sanctioned By:** USA Swimming and SCS  
**Sanction Number:** S18-088 and USMS 338-S010  
**Sponsored By:** SPEEDO and Novaquatics Swimming Team  
**Open to:** USA Swimming & FINA ATHLETES

**Date of Meet:** May 25, 26 & 27, 2018  
**ENTRIES RECEIVED BY 5:00PM:** **May 16, 2018 (Wednesday)**  
WARMUP Pool Open: 7:00 am (Fri – Sun)

**START TIME:** Prelims: 8:30 am (Fri – Sun)  
Finals: 5:00pm (Fri & Sat), 4:00pm (Sun)

**POOL:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL, 4601 WALNUT, IRVINE, CA 92604. Site of the 2013 & 2014 US Open/ National Championships, Junior National Championships and the 2010 Pan Pacific International Championships.

**COURSE:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL is an outdoor eight Lane 50 meter competition pool with a separate eight lane 50 meter warm-up pool. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurements at Start and Turn End Lanes 1 – 8 = 7'. 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.

**ADMISSION:** Preliminaries – Free; Finals: \$5.00

**PARKING:** Ample parking available behind the pool, in the Irvine High School parking Lot. Parking is limited on Friday, (school is in session). Parking is also available in lots to the East off Yale and Culver and to the West down Escolar, throughout the weekend. **NO PARKING ON WALNUT AVENUE.**

**WARMUP:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during or after the swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

**ELIGIBILITY:  
and AFFILIATION:** Open to athletes who hold a current 2018 USA Swimming or FINA Membership. Registration application must be received by the meet processor, administrative referee or SCS Office by Wednesday, **May 16, 2018**. There are substantial penalties for swimmer and club (2018 Swim Guide, part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not Attach or Re-attach) by notifying the Admin Referee in writing and paying the appropriate fee.

**QUALIFYING  
TIMES:** **SUBMIT LONG COURSE METER TIMES.** If qualifying by short course yard times, enter your short course yards time. Swimmers with National qualifying times in yards may enter at the minimum National meter time. Swimmers must have achieved the Short Course or Long Course Time Standard after May 25, 2017. **DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials.** Swimmers may enter as many events as qualified, but may only compete in three (3) individual events per day. **All events are contested as Trials and Finals events, including the women's 800 freestyle and the men's 1500 freestyle.**

**SWIMMERS WITH "A" FLIGHT QUALIFYING STANDARDS MAY CHOOSE TO ENTER THE "B" FLIGHT SESSIONS BY ENTERING THE "B" FLIGHT EVENTS RATHER THAN THE "A" FLIGHT.**

**PROOF OF  
TIME:** This is a Proof of Time Meet. All entered times will be verified through the SWIMS database. See SCS Swim Guide for Proof of Time procedures and penalties. Special Entry Procedure: A swimmer qualified in one or two individual events may enter their qualifying events plus bonus events up to a total of three events (except 400/800/1500 free and 400 IM); swimmers who have qualified to swim three or more – all times must be proved for all events entered. **Label Bonus Events with "B". Swimmers entered in the 400 IM, 400/800/1500 free must meet the qualifying standard for entry.**

**ELECTRONIC ENTRY  
PROCEDURE:** E-mail 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 10:00PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) **ONLY**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

**ENTRY FEES:** **\$13.00 per individual event in addition to a \$14.00 per swimmer surcharge must accompany electronic or individual entry.**

**MAKE CHECKS PAYABLE TO:**

**SOUTHERN CALIFORNIA SWIMMING**

**MAIL and HAND DELIVER ENTRIES TO:**

Irvine Novaquatics  
c/o Judi Divan 949-280-6787  
33561 Calle Miramar  
San Juan Capistrano, CA 92675  
divanj@cox.net

# 2018 NOVAQUATICS – SPEEDO GRAND CHALLENGE

William Woollett Jr. Aquatics Center – Irvine California

May 25, 26 & 27, 2018

## RULES AND PROCEDURES

**MEET REFEREE:** Ted Olivieri shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly Trackmdr@aol.com

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Trials and Finals Meets will be enforced (See 2018 SCS Swim Guide); The National Championship scratch rules will be used.

### RECORDING DEVICES

**& MEDIA NOTICE:** The use 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.

**DECK CHANGES:** Deck Changes are prohibited.

### RACING START

**CERTIFICATION:** Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### PRELIMINARY

**HEATS:** All Preliminary heats will be divided into "A" and "B" sessions with 7 heats of the 200, 100 and 50 events, 5 heats of the 400 events. All 7-12 events will be swum in the "A" session. The "B" session will be run following the conclusion of the "A" session. ALL PRELIMINARY HEATS WILL BE SWUM FASTEST TO SLOWEST.

### 800/1500 METER

#### FREESTYLE

**EVENTS:** The women's 800 and the men's 1500 freestyle events are being conducted as a trials and finals event. The Women's 800 freestyle preliminary A flight heats will swim at the conclusion of the "A" flight and the B flight heats at the conclusion of the "B" flights on Saturday, May 26. The Men's 1500 freestyle "A" preliminary heats will swim at the conclusion of the "A" flight and the "B" flight preliminaries at the conclusion of the "B" flight on Friday, May 25. Preliminary heats of the 800/1500 freestyle events will be swum FASTEST TO SLOWEST. The women's final of the 800 meter freestyle will be conducted as the first event of the finals session on Sunday, May 28, the men's final of the 1500 meter freestyle will be conducted following the finals of event 36 (men's 100 backstroke) Sunday, May 27.

**FINALS FORMAT:** The top four qualifiers in each Open event advance to the Championship Final; there will be an "A" and "B" consolation final for the next 16 qualifying competitors. The finals of the 800 free for women and the 1500 free for men will consist of a single Championship Final of the top 8 swimmers from the preliminary heats. The order of competition for the finals session will be "B" consolation, "A" Consolation and Championship Final. The top 6 finalists in the 7-12 year old events advance to the Championship finals.

**AWARDS:** Cash Awards will be presented to the 1<sup>st</sup> – 3<sup>rd</sup> places, to those athletes eligible to receive cash. Awards: **\$100.00 for 3<sup>rd</sup> Place, \$200.00 for 2<sup>nd</sup> Place with 1<sup>st</sup> Place** amount determined by the spin of the **Mystery Wheel** (\$300.00 - \$1,000.00). Other cash awards may be affected by the spin of the Mystery Wheel (ex: "Winner Takes All"). The Mystery wheel will be spun prior to the Championship final to determine 1<sup>st</sup> Place cash value. A \$100.00 cash award will be presented for a Meet record set in the Championship Final. In addition to cash awards, merchandise awards will be presented to the Championship Finalists (4) and the winner of the A Consolation. Swimmers with current or future collegiate (e.g. NCAA) or high school (e.g. CIF) eligibility may be prohibited from receiving cash awards but may accept merchandise awards. 7-12 events will be awarded medals 1<sup>st</sup> – 3<sup>rd</sup> place.

**AWARDS: 1500/800:** Cash awards for the Men's 1500 free and Women's 800 free will be based on the fastest split for each 50 throughout the championship final. In the Men's event the fastest split for each 50 is worth \$25 and for the Women's event the fastest split for each 50 is worth \$50. To claim the cash prize the swimmer MUST swim the final in a time faster than their preliminary qualifying time.

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.

Hilton Garden Inn  
2381 Morse Avnue  
Irvine, CA 92614  
949-224-3900-8888  
\$145/night + Tax

Courtyard by Marriott  
2701 Main Street  
Irvine, CA 92614  
800-228-9290  
\$154/night + Tax

Courtyard by Marriott Irvine Spectrum  
7955 Irvine Center Drive  
Irvine, CA 92618  
800-228-9290  
\$154/night + Tax

# 2018 IRVINE NOVAQUATICS SPEEDO GRAND CHALLENGE

Friday - May 25, 2018

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

| WOMEN     |                  |                           |                           | MEN            |                |                           |                           |                  |           |
|-----------|------------------|---------------------------|---------------------------|----------------|----------------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event          |                | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 1         |                  |                           | 2:24.28                   | 200 IM         | 200 FREE       | 1:56.08                   |                           |                  | 2         |
| 101       | 2:07.09          | 2:29.16                   |                           |                |                |                           |                           | 2:00.84          | 1:41.69   |
| 3         | 56.09            |                           | 1:04.97                   | 7-12 100 FREE  |                | 1:02.52                   |                           | 54.88            | 4         |
| 5         |                  |                           | 1:17.08                   | 100 BREAST     | 100 BREAST     | 1:08.11                   |                           |                  | 6         |
| 105       | 1:06.19          | 1:20.80                   |                           |                |                |                           |                           | 1:12.20          | 57.87     |
| 7         | 33.53            |                           | 38.22                     | 7-12 50 BREAST |                | 37.75                     |                           | 33.10            | 8         |
| 9         |                  |                           | 27.42                     | 50 FREE        | 200 IM         | 2:10.40                   |                           |                  | 10        |
| 109       | 23.55            | 28.24                     |                           |                |                |                           |                           | 2:16.10          | 1:54.59   |
| 11        | 1:05.49          |                           | 1:15.11                   | 7-12 100 BACK  |                | 1:12.41                   |                           | 1:03.09          | 12        |
| 13        |                  |                           | 4:29.70                   | 400 FREE       | 1500 FR Prelim | 17:12.83                  |                           |                  | 14        |
| 113       | 5:02.21          | 4:35.19                   |                           |                |                |                           |                           | 17:33.19         | 16:24.50  |

Saturday - May 26, 2018

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

| WOMEN     |                  |                           |                           | MEN             |          |                           |                           |                  |           |
|-----------|------------------|---------------------------|---------------------------|-----------------|----------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event           |          | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 16        |                  |                           | 2:06.24                   | 200 FREE        | 50 FREE  | 25.01                     |                           |                  | 15        |
| 116       | 1:50.14          | 2:09.20                   |                           |                 |          |                           |                           | 25.99            | 20.83     |
| 18        | 1:14.28          |                           | 1:24.46                   | 7-12 100 BREAST |          | 1:23.69                   |                           | 1:13.59          | 17        |
| 20        |                  |                           | 5:09.67                   | 400 IM          | 400 IM   | 4:50.81                   |                           |                  | 19        |
| 120       | 4:31.19          | 5:17.89                   |                           |                 |          |                           |                           | 5:00.89          | 4:11.89   |
| 22        | 31.14            |                           | 35.18                     | 7-12 50 BACK    |          | 33.61                     |                           | 30.63            | 21        |
| 24        |                  |                           | 1:04.52                   | 100 FLY         | 100 FLY  | 58.29                     |                           |                  | 23        |
| 124       | 56.32            | 1:05.19                   |                           |                 |          |                           |                           | 1:00.19          | 50.23     |
| 26        | 1:04.43          |                           | 1:13.92                   | 7-12 100 FLY    |          | 1:11.91                   |                           | 1:03.72          | 25        |
| 28        |                  |                           | 2:24.29                   | 200 BACK        | 200 BACK | 2:15.69                   |                           |                  | 27        |
| 128       | 2:05.89          | 2:34.89                   |                           |                 |          |                           |                           | 2:24.29          | 1:55.79   |
| 30        |                  |                           | 9:09.99                   | 800 FR Prelim   | 400 FREE | 4:11.79                   |                           |                  | 29        |
| 130       | 10:26.39         | 9:36.89                   |                           |                 |          |                           | 4:20.69                   | 4:42.11          | 129       |

Sunday - May 27, 2018

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 4:00 PM

| WOMEN     |                  |                           |                           | MEN          |            |                           |                           |                  |           |
|-----------|------------------|---------------------------|---------------------------|--------------|------------|---------------------------|---------------------------|------------------|-----------|
| Event No. | SC Time Standard | LC B Flight Time Standard | LC A Flight Time Standard | Event        |            | LC A Flight Time Standard | LC B Flight Time Standard | SC Time Standard | Event No. |
| 30        |                  |                           |                           | 800 FREE     |            |                           |                           |                  |           |
| 31        |                  |                           | 2:44.29                   | 200 BREAST   | 200 BREAST | 2:29.79                   |                           |                  | 32        |
| 131       | 2:22.49          | 2:53.39                   |                           |              |            |                           |                           | 2:41.49          | 2:08.04   |
| 33        | 26.54            |                           | 30.27                     | 7-12 50 FREE |            | 28.83                     |                           | 25.25            | 34        |
| 35        |                  |                           | 1:06.59                   | 100 BACK     | 100 BACK   | 1:02.29                   |                           |                  | 36        |
| 135       | 57.19            | 1:08.99                   |                           |              |            |                           |                           | 1:05.99          | 52.63     |
|           |                  |                           |                           | 1500 FREE    |            |                           |                           |                  | 14        |
| 37        | 2:22.51          |                           | 2:41.39                   | 7-12 200 IM  |            | 2:34.93                   |                           | 2:16.69          | 38        |
| 39        |                  |                           | 2:23.29                   | 200 FLY      | 200 FLY    | 2:11.19                   |                           |                  | 40        |
| 139       | 2:08.38          | 2:32.89                   |                           |              |            |                           |                           | 2:18.89          | 1:56.10   |
| 41        | 28.60            |                           | 32.95                     | 7-12 50 FLY  |            | 32.48                     |                           | 28.00            | 42        |
| 43        |                  |                           | 58.59                     | 100 FREE     | 100 FREE   | 53.89                     |                           |                  | 44        |
| 143       | 51.02            | 59.19                     |                           |              |            |                           |                           | 55.19            | 46.12     |

All non conforming and Bonus times will swim in the B Flight  
All 12 & Under events will be swum in the A Flight

**Mission Viejo Nadadores**  
**Masters LC Meet**  
**Sunday, June 3<sup>rd</sup> 2018**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

**Facility:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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 & Parking:** From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Park-way. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2018 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

**Entries:** \$35.00 per swimmer flat fee. Deck entries or online entries after Wednesday, May 16 will be allowed for a total of \$40.00. Online entries close at midnight. Pacific Time on Wednesday, May 30, 2018. Checks payable to: Mission Viejo Nadadores (MVN) Mail consolidated entry card, a copy of your 2018 USMS card, and check to: Mission Viejo Nadadores, Mark Moore, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92675

**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 400 and 1500 m Freestyle (limited to 40 swimmers) and the 400 m Individual Medley.

**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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Snack Bar:** Hot and cold drinks, snacks, and food will be available for purchase.

**Meet Questions:** Meet Director, Mark Moore (949) 233-6521; coach-mark@mastersmvnswim.org.

**Sunday June 3, 2018**  
**1500 Freestyle warm-up at 8:00am**  
**1500 Freestyle starts at 8:30am**

- |   |  |
|---|--|
| 1. 1500 M Freestyle (40 max entries)    | 10. 50 m Breaststroke                  |
| Additional warm-up after 1500 Freestyle | 11. 200 m Backstroke                   |
| 2. 400 m Individual Medley              | 12. 100 m Freestyle                    |
| 3. 200 m Freestyle                      | 13. 100 m Butterfly                    |
| 4. 50 m Butterfly                       | 14. 50 m Backstroke                    |
| 5. 100 m Backstroke                     | 15. 200 m Freestyle Relay (M,W, Mixed) |
| 6. 200 m Breaststroke                   | 16. 100 m Breaststroke                 |
| 7. 200 m Medley Relay (M, W, Mixed)     | 17. 50 m. Freestyle                    |
| 8. 200 m Individual Medley              | 18. 400 m. Freestyle                   |
| 9. 200 m Butterfly                      |  |



**Mission Viejo Nadadores & Southern California Swimming  
present the  
2018 Dolfin Fran Crippen Memorial Swim Meet of Champions**

**SANCTIONED BY:** Southern California Swimming/USA Swimming

**Sanction Number:** #S18-071/Time Trials:#S18-072/USMS: #338-S006

**SPONSORED BY:** Mission Viejo Nadadores

**DATE OF MEET:** June 21-24, 2018

**USA Swimming and FINA Athletes/USMS Athletes: Heats & Finals  
ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, June 13, 2018**

**START TIME:** THURS 5 p.m.; FRI-SUN PRELIMS 9 am; FINALS 5 pm

**WARM-UP:** Pool will open for warm-up at 3:00 pm, THURS; 7:00 am FRI, SAT, and SUN

**ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED.**

**FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION.**

**IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3)  
AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH.**

**SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED.**

**THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF TIMES ARE NOT IN SWIMS.**

**POOL:** Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

**COURSE:** Competition pool is an outdoor, eight-lane, 50 meter course with adjacent eight-lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at South End: Lanes 1-8=2M; and North End: Lanes 1-8=3.5M.

**ADMISSION:** Prelims – Free, Finals - \$7. An all-meet pass (all sessions) is \$20.

**ENTRY INTO THE MEET**

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold current 2018 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by June 13, 2018. There are substantial penalties for swimmer and club (2018 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**QUALIFYING TIMES:** Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after Sept. 1, 2016. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. **Swimmer may swim a maximum of 3 events per day plus relays. If more than 3 events per day are entered, only the first 3 events entered for that day will be accepted. No exceptions or refunds.**

**NOTE:** Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.

**NOTE:** If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L".

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y".

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by "S".

Enter BONUS events with swimmer's actual time: indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS,

indicate "YB" on entry for BONUS time achieved in YARDS,

indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS.

**National Qualifiers may enter at the National meter minimum; please indicate on entry.**

**THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE AVAILABLE TIME (FIRST COME, FIRST SERVED).**

**MAKE CHECKS PAYABLE TO:  
and MAIL ENTRIES TO:**

**SOUTHERN CALIFORNIA SWIMMING  
Judi Divan  
33561 Calle Miramar  
San Juan Capistrano, CA 92675**

**Or E-MAIL ENTRIES TO:**

[divanj@cox.net](mailto:divanj@cox.net)

**For Information, Call the Mission Viejo Nadadores at (949) 380-2552**

**-or- e-mail: [generalmanager@mvnswim.org](mailto:generalmanager@mvnswim.org)**

**Visit [https://www.teamunify.com/TabGeneric.jsp?\\_tabid\\_=211374&team=scmvn](https://www.teamunify.com/TabGeneric.jsp?_tabid_=211374&team=scmvn)**

**PROOF OF TIME:** This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE:** A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered. **EXCEPTIONS:** (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in either the 400M or 1500 M Freestyle. (2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in either the 400M or 800 M Freestyle. (3) A swimmer may not enter the 400 M Freestyle as a BONUS event without providing proof of time in the 200 M free. (4) A swimmer may not enter the 400M M Individual Medley as a BONUS event without providing proof of time in the 200 M Individual Medley

**ENTRY FEES:** \$13.00 per individual event plus \$14.00 per swimmer surcharge. E-mail 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 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

**RELAY ENTRY FEES:** \$26.00 per relay team; relays may be pre-entered (if pre-entered must be paid with team entry) or deck entered. \$14.00 surcharge for relay-only swimmers (must be prepaid). Deletions will NOT be refunded.

**ENTRIES CLOSE:** Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on June 13, 2018 will be rejected.

### **RULES AND PROCEDURES**

**MEET REFEREE:** The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Mary Jo Swalley, [mj64bear@earthlink.net](mailto:mj64bear@earthlink.net)

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2018 SCS Swim Guide); the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for individual events except the 50's (top 24 will swim circle seeded at start of finals with top 8 swimming in a final prior to the relays) and the 800 & 1500 Freestyle. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 24 places) 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.

If warranted, the meet will be swum in 'A' and 'B' flights on Friday and Saturday only. Events on Thursday and Sunday will not be flighted. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, June 18, 2018.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is 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 acknowledgment and consent to this fact.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Ony swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

**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.

**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.

**DISTANCE EVENTS:** The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

- \* Thursday: The 1500 Freestyles will be swum fastest to slowest, alternating women's and men's heats;
- \* Sunday: Fastest 8 entrants checked in for the women's 800 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

**RELAYS:** Relays will be contested at the end of Finals Friday thru Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims before the 800 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Saturday.

### **SCRATCH DEADLINES:**

**Thursday 6/21 4:30 p.m. positive checkin for the 1500 Freestyle;  
Scratches: Friday 6/22 8:00 a.m. for Friday events; Friday 6/22 5:30 pm for Saturday's events &  
Saturday 6/23 5:30 p.m. for Sunday's events.**

**A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.**

**Positive check-in for the 800 and 1500 Meter Freestyle is required by the day's scratch deadline.**

# Mission Viejo Nadadores & Southern California Swimming

present the

## 2018 Dolfin Fran Crippen Memorial Swim Meet of Champions

Date of Meet: June 21-24, 2018

**ENTRIES MUST BE RECEIVED BY: Wednesday, June 13, 2018 - 5:00 PM**

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order

Finals for 50 M events: 3 semi-final heats in event order; Final (top 8) before relays

Automatic Timing - Open to 2018 USA Swimming and FINA Athletes and USMS Registered Athletes

| WOMEN           |            |            |                                   | MEN                         |            |            |                                   |           |
|-----------------|------------|------------|-----------------------------------|-----------------------------|------------|------------|-----------------------------------|-----------|
| Event No.       | Time LCM   | Time SCM   | Time SCY                          | Event Name                  | Time LCM   | Time SCM   | Time SCY                          | Event No. |
| <b>06/21/18</b> |            |            |                                   |                             |            |            |                                   |           |
| 1               | 18:00.78   | 17:36.77   | 17:39.59<br>Enter 1650Y Free Time | 1500 Meter Freestyle        | 16:54.69   | 16:30.69   | 16:34.80<br>Enter 1650Y Free Time | 2         |
| <b>06/22/18</b> |            |            |                                   |                             |            |            |                                   |           |
| 3               | 32.40      | 31.79      | 28.64                             | 50 Meter Backstroke         | 29.43      | 28.82      | 25.97                             | 4         |
| 5               | 2:25.80    | 2:23.00    | 2:09.00                           | 200 Meter Butterfly         | 2:16.39    | 2:13.59    | 2:00.35                           | 6         |
| 7               | 1:00.49    | 58.89      | 53.05                             | 100 Meter Freestyle         | 55.44      | 53.83      | 48.51                             | 8         |
| 9               | 2:49.20    | 2:45.19    | 2:28.83                           | 200 Meter Breaststroke      | 2:34.50    | 2:30.50    | 2:15.58                           | 10        |
| 11              | 4:32.60    | 4:26.20    | 5:05.43<br>Enter 500Y Free Time   | 400 Meter Freestyle         | 4:17.00    | 4:10.59    | 4:47.95<br>Enter 500Y Free Time   | 12        |
| 13              | Deck Entry | Deck Entry | Deck Entry                        | 400 Meter Freestyle Relay   | Deck Entry | Deck Entry | Deck Entry                        | 14        |
| <b>06/23/18</b> |            |            |                                   |                             |            |            |                                   |           |
| 15              | 34.91      | 33.90      | 30.54                             | 50 Meter Breaststroke       | 32.24      | 31.24      | 28.14                             | 16        |
| 17              | 2:07.50    | 2:04.29    | 1:51.98                           | 200 Meter Freestyle         | 1:58.50    | 1:55.29    | 1:43.87                           | 18        |
| 19              | 2:31.09    | 2:28.69    | 2:13.95                           | 200 Meter Backstroke        | 2:18.99    | 2:16.59    | 2:03.05                           | 20        |
| 21              | 28.10      | 27.30      | 24.60                             | 50 Meter Freestyle          | 25.59      | 24.78      | 22.33                             | 22        |
| 23              | 5:16.09    | 5:09.68    | 4:39.00                           | 400 Meter Individual Medley | 4:51.84    | 4:45.43    | 4:17.15                           | 24        |
| 25              | Deck Entry | Deck Entry | Deck Entry                        | 800 Meter Freestyle Relay   | Deck Entry | Deck Entry | Deck Entry                        | 26        |
| <b>06/24/18</b> |            |            |                                   |                             |            |            |                                   |           |
| 27              | 28.93      | 28.23      | 25.43                             | 50 Meter Butterfly          | 27.45      | 26.75      | 24.09                             | 28        |
| 29              | 1:18.76    | 1:16.76    | 1:09.15                           | 100 Meter Breaststroke      | 1:11.17    | 1:09.17    | 1:02.31                           | 30        |
| 31              | 1:10.00    | 1:08.79    | 1:01.98                           | 100 Meter Backstroke        | 1:03.80    | 1:02.59    | 56.39                             | 32        |
| 33              | 1:07.97    | 1:06.56    | 59.98                             | 100 Meter Butterfly         | 1:00.80    | 59.39      | 53.51                             | 34        |
| 35              | 2:26.00    | 2:24.00    | 2:09.72                           | 200 Meter Individual Medley | 2:15.50    | 2:13.50    | 2:00.27                           | 36        |
| 37              | 9:26.72    | 9:13.92    | 10:34.99<br>Enter 1000Y Free Time | 800 Meter Freestyle         | 9:00.73    | 8:47.93    | 10:05.87<br>Enter 1000Y Free Time | 38        |
| 39              | Deck Entry | Deck Entry | Deck Entry                        | 400 Meter Medley Relay      | Deck Entry | Deck Entry | Deck Entry                        | 40        |

Team entries may be submitted electronically (signed hard copy and single team check must be submitted).

Individual Entries must be made on Southern California Swimming consolidated entry forms.

This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet.

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by 'Y'.

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by 'S'.

If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by 'L'.

Enter BONUS events with swimmer's ACTUAL time; indicate 'YB' for BONUS time achieved in YARDS,

'SB' for BONUS time achieved in SHORT COURSE METERS, and

'LB' for BONUS time achieved in LONG COURSE METERS.

**Nationals Qualifiers may enter at the National meter minimum; please indicate on entry:**

**NOTE: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered. Swimmer may swim a maximum of 3 events per day plus relays. If more than 3 events per day are entered, only the first 3 events entered for that day will be accepted. No exceptions or refunds.**

**EXCEPTIONS: (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in either the 400M or 1500 M Freestyle.**

**(2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in either the 400M or 800 M Freestyle.**

**(3) A swimmer may not enter the 400 M Freestyle as a BONUS event without providing proof of time in the 200 M Freestyle.**

**(4) A swimmer may not enter the 400M M Individual Medley as a BONUS event without providing proof of time in the 200 M Individual Medley**

### DISTANCE EVENTS:

The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

Thursday: The 1500 Freestyle will be swum fastest to slowest, alternating women's and men's heats;

Sunday: Fastest 8 entrants checked in for the women's 800 Free will swim after the Event 30 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 34 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

The host club and referee reserve the right to limit the meet to the available time (first come, first served).

**For information, call the Mission Viejo Nadadores at (949) 380-2552 or e-mail [generalmanager@mvnswim.org](mailto:generalmanager@mvnswim.org)**

Visit [https://www.teamunify.com/TabGeneric.jsp?\\_tabid\\_=211374&team=scmvn](https://www.teamunify.com/TabGeneric.jsp?_tabid_=211374&team=scmvn)

2018 Dolfin Fran Crippen Memorial Swim Meet of Champions

**WARMUP:** From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING OR JUMPING. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No training equipment will be allowed in the competition pool. The diving pool will be available for warm-up/cool down at all times - No diving at any time. **All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.**

**AWARDS:** Special awards presented to top three places in championship finals and the top three places in relays. There will be a high point award for the top female and the top male swimmer.

**MASTERS ENTRY:** To swim a dual-sanctioned meet as a Masters swimmer, you must either enter electronically or using an SCS entry card (available on [www.socalswim.org](http://www.socalswim.org)), submit a copy of the USMS Waiver and Liability form, and a copy of your 2018 USMS Registration. Age on December 31, 2018 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete.

**Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.**

**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 meet.**

**DECK-ENTERED TIME TRIALS - Sanction No: #S18-072**

**DATES:** June 22-24, 2018  
**ENTRY:** Deck entry

**TIME:** Following the Preliminary sessions if time permits.  
**ENTRY FEE:** \$15.00/event (check/cash buys card at Clerk of Course) after seeding. No refunds.

**EVENTS:** Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

**ELIGIBILITY:** Open to USA-Swimming, or FINA registered, or USMS registered swimmers entered in individual and/or relay events at the meet.

**SUNDAY:** Time permitting, limited time trials AFTER 800 freestyle heats. Do NOT plan on Sunday Time Trials.

## **2018 SMOC Towel Team Pre-Order Form**

**Our SMOC towels are back and you have a chance to place a team order at a discount if that order is placed and received by May 1<sup>st</sup>, 2018.**

**This offer is only for teams, not individuals, so if you are an individual please have your team fill out this form and mail it to us with a team check.**

**Only one order form per team please.**

**If you do not pre-order towels there will be a limited supply at the meet for \$15 per towel.**

**Team Name** \_\_\_\_\_

**Number of Towels** \_\_\_\_\_

**Total Check Amount (@ \$7 per towel)** \_\_\_\_\_

**Pre-Ordered Towels will be handed out at SMOC.**

**Please make team checks out to  
"Mission Viejo Nadadores".  
Include this form with team check and mail to:**

**Mission Viejo Nadadores  
27474 Casta Del Sol  
Mission Viejo, CA 92694**



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|                                  |            |    |                          |                          |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name                        | First Name | MI | Sex (circle)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    | Date Signed              |                          |

Revised 07/01/2014

# SAN LUIS OBISPO SWIM CLUB

## 2018 FIRECRACKER

**DATE OF MEET:** Friday, June 29 – Sunday, July 1

**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:** Fri – 12:30pm, **Sat/Sun** – 7:45am

**WARM-UP START:** Fri – 12:30pm, **Sat/Sun** – (1<sup>st</sup> session): 8:00am & (2<sup>nd</sup> session): Competition Pool will open for at least 45 mins, at the completion of the 1<sup>st</sup> session

**MEET START:** Fri – 1:30pm, **Sat/Sun** – (1<sup>st</sup> session): 9:00 am & (2<sup>nd</sup> session): No sooner than 45 minutes after the completion of the last heat of the 1<sup>st</sup> session

**ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, JUNE 20, 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 available for canopies and seating. **\*\*Bring tie-downs & weights to secure your canopies.**

**ELIGIBILITY & AFFILIATION:** Open to athletes who are 2018 USA Swimming registered or USMS athletes who hold a 2018 USMS registration. Registration applications must be **received by the meet entry deadline (June 20<sup>th</sup>)** by 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** short or long 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.

**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](http://www.sloswimclub.org)) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming 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. USMS athletes must sign the USMS waiver form.**

**ENTRY LIMIT:** Swimmers are limited to **6 Individual events per day**. **The POW Event is included in the 6 events/day limit**. **Entries will be limited to meet the "4 Hour" Rule.**

**ENTRY FEE:** **\$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. Make Checks payable to: Southern CA Swimming.

**RELAYS:** Relays can be deck entered. Relays will be swum time permitting. Relay entry fee will be \$10.00 per relay team. **MIXED Relays must MIX genders (2 Girls/2Boys)**. Relay only swimmers must be entered on the team entry form/file and pay the \$10.00 swimmer surcharge.

**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 their age on the first day of the meet (June 29, 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.

**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 swim suit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are not permitted for this meet, please check the 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.

**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.

**WARM-UP PROCEDURES:** Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2017 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 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 slide 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 for all events at least 30 minutes prior to the start of each 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:** All events will be seeded **FAST to SLOW**.

**DISTANCE EVENTS:** Swimmers in the 800 Free and the 400 IM are requested to provide their own timers and lap counters. These events will alt. girls and boys heats.

**AWARDS:** Individual Awards - Blue Division: Medals for 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>- 6<sup>th</sup> (age 7/8, 9/10, 11/12). Red and White Divisions: Ribbons 1<sup>st</sup>-6<sup>th</sup> (age 7/8, 9/10, 11/12). Age 5/6: Single Division Ribbons 1<sup>st</sup>-6<sup>th</sup>. Age 13/Up & Open: Single Division Medals for 1<sup>st</sup> - 3<sup>rd</sup>. Relays - 1<sup>st</sup>-3<sup>rd</sup> place. Goodrich Memorial Award Trophy for the winners of the Open 800 Free. Queen and King of the Pool Trophies for 7, 8, 9, 10, 11, 12, 13, 14, 15-18 and Masters. Awards will be handed out on SUNDAY, JULY 1<sup>st</sup>.

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

**E-MAIL ENTRIES TO:** office@sloswimclub.org

**MAIL ENTRIES AND TEAM PAYMENT TO:** SLO Swim Club  
PO Box 142  
San Luis Obispo, CA 93406

**Hand Deliver To:** 900 Southwood Dr.  
San Luis Obispo  
6-8am, 12-2pm, 5-7pm

**PAYMENT:** Make Checks Payable to: Southern CA Swimming

**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 REFEREE:** Alina de Armas      **MEET REFEREE:** Ernie Peterson      **MEET DIRECTOR:** Philip Yoshida      **MEET PROCESSOR:** Kristin Yoshida

**FOR FURTHER INFO:** email: office@sloswimclub.org      website: www.sloswimclub.org

**\*\*ALL MASTERS MEET INFORMATION: See Page 4 for details**

**\*\*FOR POOL OPEN WATER (POW) EVENT INFORMATION: See Page 5 for details**

## DAILY EVENTS OFFERED (BY AGE GROUP)

| Friday - June 29, 2018   |                             |                        |                        |            |
|--------------------------|-----------------------------|------------------------|------------------------|------------|
| 5 - 6                    | 7 - 8 / 9 - 10              | 11 - 12                | 13 & Up                | Masters    |
| 100 FREE                 | 100 BREAST                  | 200 Free               | 200 Free               | 200 FREE   |
|                          | 100 FREE                    | 100 BREAST             | 200 FLY *open event    | 200 FLY    |
|                          | 100 BACK                    | 200 FLY *open event    | 800 FREE *open event   | 800 FREE   |
|                          |                             | 100 BACK               |                        |            |
|                          |                             | 800 FREE *open event   |                        |            |
| Saturday - June 30, 2018 |                             |                        |                        |            |
| 5 - 6                    | 7 - 8 / 9 - 10              | 11 - 12                | 13 & Up                | Masters    |
| 50 FLY                   | 50 FLY                      | 50 FLY                 | 100 FLY                | 100 FLY    |
| 50 BACK                  | 50 BACK                     | 50 BACK                | 50 FLY                 | 50 FLY     |
| 50 BREAST                | 50 BREAST                   | 50 BREAST              | 100 BACK               | 100 BACK   |
|                          | 200 FREE                    | 100 FREE               | 50 BACK                | 50 BACK    |
|                          |                             | 400 IM *open event     | 100 BREAST             | 100 BREAST |
|                          |                             |                        | 50 BREAST              | 50 BREAST  |
|                          |                             |                        | 100 FREE               | 100 FREE   |
|                          |                             |                        | 400 IM *open event     | 400 IM     |
| Sunday - July 1, 2018    |                             |                        |                        |            |
| 5 - 6                    | 7 - 8 / 9 - 10              | 11 - 12                | 13 & Up                | Masters    |
| 50 FREE                  | 100 FLY                     | 100 FLY                | 200 BREAST *open event | 200 BREAST |
|                          | 50 FREE                     | 50 FREE                | 50 FREE                | 50 FREE    |
|                          | 200 IM                      | 200 IM                 | 200 IM                 | 200 IM     |
|                          | 400 FREE **time std for 7-8 | 400 FREE               | 200 BACK *open event   | 200 BACK   |
|                          |                             | 200 BREAST *open event | 400 FREE               | 400 FREE   |
|                          |                             | 200 BACK *open event   |                        |            |

# QUEEN AND KING OF THE POOL

A Pentathlon ....With the winner being the Queen or King of the Pool!! To qualify you must compete in ALL 5 of the listed events below for your age group. Trophies will be given to the Male (King) and Female (Queen) swimmer with the lowest combined time for ALL 5 events for the following age brackets: 7, 8, 9, 10, 11, 12, 13, 14, 15-18, and Masters. If needed, ties will be broken based on lowest average finish place, and a DQ in an event will result in a 30 second time penalty. Individual pentathlon event winners will also receive a special award!

- **12 & Under and Masters Pentathlon Events:**
  - 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- **13 & Over Pentathlon Events:**
  - 100 of each stroke (Fly, Back, Breast, Free) & 200 IM

# 2018 FIRECRACKER EVENT LIST

## FRIDAY – JUNE 29

Start: 1:30 p.m.

| GIRLS | TIME   | AGE            | EVENT      | TIME                     | BOYS |
|-------|--|----------------|------------|--------------------------|------|
| 1     | BRW  | 11-12/13-UP    | 200 Free   | BRW                      | 2    |
| 3     | BRW  | 5-6/7-8/9-10   | 100 FREE   | BRW                      | 4    |
| 7     | BRW  | 7-8/9-10/11-12 | 100 BREAST | BRW                      | 8    |
| 5     | 3:05.70 L<br>2:43.20 Y                       | OPEN           | 200 FLY    | 3:07.20 L<br>2:47.40 Y   | 6    |
| 9     | BRW  | 7-8/9-10/11-12 | 100 BACK   | BRW                      | 10   |
| 11    | 5 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*) |                |            |                          | 11   |
| 13    | 11:44.20 L<br>12:58.60 Y                     | OPEN           | 800 FREE   | 11:43.70 L<br>13:09.80 Y | 14   |

- ★ Swimmers are limited to 6 Individual Events PER Day.
- ★ OPEN Events: Must be 11 years old and meet the stated time standard.
- ★ 7-8 400 FREE: Swimmers age 7-8 who wish to enter the 400 Free must have achieved the 7-10 200 Free Blue Time Standard to enter. 7-8 swimmers MUST enter the 400 Free with a qualifying 200 Free time.
- ★ Swimmers in the 800 Free and 400 IM are requested to provide their own timer/counter, and will be alternating girls & boys heats.

## SATURDAY – JUNE 30

1st Session Start: 9:00 a.m.

| GIRLS | TIME                | AGE          | EVENT     | TIME | BOYS |
|-------|---------------------|--------------|-----------|------|------|
| 15    | BRW                 | 5-6/7-8/9-10 | 50 FLY    | BRW  | 16   |
| 17    | BRW                 | 5-6/7-8/9-10 | 50 BACK   | BRW  | 18   |
| 19    | BRW                 | 5-6/7-8/9-10 | 50 BREAST | BRW  | 20   |
| 21    | BRW                 | 7-8/9-10     | 200 FREE  | BRW  | 22   |
| 23    | 5-10 200 FREE RELAY |              |           |      | 24   |

| GIRLS                                  | TIME   | AGE         | EVENT      | TIME                   | BOYS |
|--|--|-------------|------------|------------------------|------|
| 25                                     | BRW  | 13-UP       | 100 FLY    | BRW                    | 26   |
| 27                                     | BRW  | 11-12/13-UP | 50 FLY     | BRW                    | 28   |
| 29                                     | BRW  | 13-UP       | 100 BACK   | BRW                    | 30   |
| 31                                     | BRW  | 11-12/13-UP | 50 BACK    | BRW                    | 32   |
| 33                                     | BRW  | 13-UP       | 100 BREAST | BRW                    | 34   |
| 35                                     | BRW  | 11-12/13-UP | 50 BREAST  | BRW                    | 36   |
| 37                                     | BRW  | 11-12/13-UP | 100 FREE   | BRW                    | 38   |
| 39                                     | 13 & UP 200 FREE RELAY   |             |            |                        | 41   |
| 40                                     | 11-12 200 FREE RELAY   |             |            |                        | 42   |
| 43                                     | 11 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)                              |             |            |                        | 43   |
| 45                                     | 6:31.20 L<br>5:48.20 Y   | OPEN        | 400 IM     | 6:32.30 L<br>5:48.90 Y | 46   |
| - Break to Set-up Pool for POW Event - |  |             |            |                        |      |
| 101                                    | <b>POOL OPEN WATER EVENT</b><br><b>**See Page 5 for more information**</b> |             |            |                        | 102  |
| 103                                    |  |             |            |                        | 104  |
| 105                                    |  |             |            |                        | 106  |
| 107                                    |  |             |            |                        | 108  |
| 109                                    |  |             |            |                        | 110  |

## SUNDAY – JULY 1

1st Session Start: 9:00 a.m.

| GIRLS | TIME                       | AGE          | EVENT                                   | TIME                       | BOYS |
|-------|----------------------------|--------------|---|----------------------------|------|
| 47    | BRW                        | 7-8/9-10     | 100 FLY                                 | BRW                        | 48   |
| 49    | BRW                        | 5-6/7-8/9-10 | 50 FREE                                 | BRW                        | 50   |
| 51    | BRW                        | 7-8/9-10     | 200 IM                                  | BRW                        | 52   |
| 53    | 5-10 200 MEDLEY RELAY      |              |   |                            | 54   |
| 55    | BRW                        | 9-10         | 400 FREE                                | BRW                        | 56   |
| 55    | **3:02.70 L<br>**2:42.00 Y | 7-8          | 400 FREE<br>**enter with<br>200 FR Time | **3:02.40 L<br>**2:41.80 Y | 56   |

2nd Session Start: No sooner than 45 mins after 1st sessions end

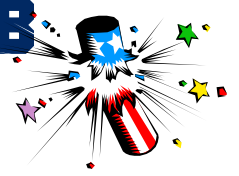
| GIRLS | TIME  | AGE         | EVENT      | TIME                   | BOYS |
|-------|---|-------------|------------|------------------------|------|
| 57    | 3:31.00 L<br>3:08.80 Y                          | OPEN        | 200 BREAST | 3:31.20 L<br>3:09.00 Y | 58   |
| 59    | BRW   | 11-12       | 100 FLY    | BRW                    | 60   |
| 61    | BRW   | 11-12/13-UP | 50 FREE    | BRW                    | 62   |
| 63    | BRW   | 11-12/13-UP | 200 IM     | BRW                    | 64   |
| 65    | 3:09.20 L<br>2:46.20 Y                          | OPEN        | 200 BACK   | 3:11.80 L<br>2:51.40 Y | 66   |
| 67    | 13 & UP 200 MEDLEY RELAY                        |             |            |                        | 69   |
| 68    | 11-12 200 MEDLEY RELAY                          |             |            |                        | 70   |
| 71    | 11 & UP Mixed 200 MEDLEY RELAY (*2Boys/2Girls*) |             |            |                        | 71   |
| 73    | BRW   | 11-12       | 400 FREE   | BRW                    | 74   |
| 75    | BRW   | 13-UP       | 400 FREE   | BRW                    | 76   |

★ In Celebration of the 4<sup>th</sup> of July, a patriotic gift will be given to everyone entered in the meet.





# SAN LUIS OBISPO SWIM CLUB



## 2018 FIRECRACKER MASTERS MEET

**Sanctioned by Southern Pacific Masters Swimming for USMS: 337-S013**

**MEET START:** Fri: 1:30pm; Sat & Sun (2<sup>nd</sup> session): no sooner than 45 minutes after the completion of the 1<sup>st</sup> session

**WARM-UP:** Fri: 12:30pm; Sat & Sun (2<sup>nd</sup> session): no less than 45 minutes after the completion of the 1<sup>st</sup> session

**FACILITY:** San Luis Obispo Swim Center, 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. 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 1072.1. 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.

**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. Check-In for ALL events will close 30 minutes prior to the start of each session. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in for all events at least 30 minutes prior to the start of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event.

**ENTRY DEADLINE:** The entry deadline is Wednesday, June 20, 2018. If the meet fills prior to the entry deadline, entries can close before the deadline and entries received after the meet fills may be rejected. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 1:00pm. Deck entries for Saturday & Sunday's events will close 30 minutes prior to the start of the 2<sup>nd</sup> session.

**ENTRIES:** Fill out a SPMS Consolidated Entry Card *AND* the USMS Waiver (*Entry cards/waivers can be found online at [www.sloswimclub.org](http://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 registered with USMS and be at least 18 years old to compete. **\*\*Masters swimmers may enter any 13&Up or OPEN event.**

**ENTRY LIMIT:** Swimmers are limited to 6 individual events per day (which include any POW events-separate fee).

**ENTRY FEES:** \$30.00 per swimmer flat fee if you enter by the received deadline of Wednesday, June 20<sup>th</sup>. Deck entries allowed for a total of \$40.00. Separate fee for POW event. Late entries (received after June 20<sup>th</sup>) and entries received without payment will be treated as deck entries and charged the deck entry fee.

**CHECKS PAYABLE TO:** Please make Master's entry checks payable to **SLO Swim Club**.

**RELAYS:** Relays can be deck entered. Relay fees are \$10.00 per SPMS relay due upon entry. \*For each relay only 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.

**SEEDING:** This is a combined USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Check-in will be required for all events.

**AWARDS:** There will be no individual event awards. Individual printed results are available upon request. **Queen and King of the Pool** (Masters Division-All Ages Combined) -Trophies for the lowest combined time in the 50 of each stroke and 200 IM.

**CHECKS PAYABLE TO: SLO Swim Club (SLOSC)**

**Mail consolidated entry card, a copy of your 2018 USMS card, USMS waiver and check to:** San Luis Obispo Firecracker  
P. O. Box 142  
San Luis Obispo, CA 93406.

**MEET DIRECTOR:** Philip Yoshida

**QUESTIONS:** e-mail: [office@sloswimclub.org](mailto:office@sloswimclub.org)

website: [www.sloswimclub.org](http://www.sloswimclub.org)

**\*\*POOL OPEN WATER INFO ON PAGE 5**

*San Luis Obispo Swim Club 2018 Firecracker*



# SAN LUIS OBISPO SWIM CLUB



## 2018 POOL OPEN WATER

**DATE OF MEET:** Saturday, June 30  
**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

**MEET START:** The Meet Start time will be announced on our club website ([www.sloswimclub.org](http://www.sloswimclub.org)) on Tuesday, June 26<sup>th</sup>

**WHAT IS POW:** Pool Open Water (POW) is an open water swimming competition conducted in a pool. Think of POW as “short-track open water swimming”. Lane lines are removed from the pool, buoys are placed at each turn and swimmers swim laps around the course in a counter-clockwise direction.

**RULES:** USA Swimming Rules will govern this USA-S and USMS event. Current SCS 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.

**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. Tech suits are not permitted for this meet, please check the SCS website for a list of approved racing suits. USA Swimming Rule 701.4.4 - Swimwear for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle. **NO WETSUITS ALLOWED.**

**Open Water Rules:** All competitors must have trimmed fingernails and may not wear jewelry of any kind, including watches. At the pre-race meeting, swimmers will be marked with a competitor # on their arm and shoulder and will undergo fingernail, jewelry, and swimwear inspection. Prior to the start of each heat, swimmers will undergo a final inspection.

**Swim Caps:** Colored caps (supplied by host) may be required to differentiate between swimmers/age-groups as determined by the referee.

**FACILITY:** San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. The facility is an outdoor 50 meter x 25 yard pool.

**ELIGIBILITY:** All swimmers must be 2018 registered with either USA Swimming or US Masters. Proof of Membership required. One-day USA Swimming Membership available for \$20 on race day. One-day US Masters Membership available for \$18 on race day. **One-day registrations are only valid for the Pool Open Water Event.** Swimmers must swim in their actual age group as determined by their age on the first day of the meet (June 29, 2018)

**CHECK-IN:** All swimmers must check-in with Clerk of Course at least 45 minutes before the start of the session.

**EVENT LIMIT:** Swimmers are limited to 6 events per day (including Regular Sessions and POW Events). Masters Swimmers may enter events 105/106 and/or 109/110.

### **ENTRY FEES:**

**Event Fee:** \$15 per POW event.

**Swimmer Surcharge:** \$10.00 per swimmer (the surcharge is for swimmers who are not already entered in other sessions of the meet, if you are swimming other non-POW events, the surcharge does not apply)

**Deck (Late) Entry** = \$20 per event + \$10 Swimmer Surcharge (if applicable).

**ENTRY PROCEDURE:** Electronic Entry: The POW events will be in the HyTek event file. Entry Card: Entry cards and Waivers can be found at [www.sloswimclub.org](http://www.sloswimclub.org). USMS must fill out and sign an entry card and USMS Waiver.

**ENTRY DEADLINE:** The entry deadline is Wednesday, June 20, 2018. Deck entries will be taken space available. Deck entries for the POW events will close at 1:00 PM.

**PRE-RACE MEETING:** All swimmers and coaches will be required to attend a pre-race meeting 10 minutes prior to the start of warm-up. At which time swimmers will undergo inspection and get their competitor #.

**WARM-UP & WARM-DOWN:** Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered. A 30-minute general warm-up will be available to all swimmers prior to the start of the meet. In-between each heat there will be a warm-up/warm-down period of no less than 5 minutes. The pool will be cleared 2 minutes prior to the start of each heat and a final inspection will occur.

**RACE COUNTDOWN:** A 90-second warning will be given by the race starter to indicate the swimmers in the next heat should enter the pool and get into position on the starting rope. A 30-second warning will be given. A final countdown will begin at 10 seconds.

**START:** The start will be in the water with all swimmers holding the start rope in the water. After the starting signal, the swimmers may let go of the rope and begin the race.

**TURNS:** The race will be conducted in the counter-clockwise direction. Swimmers MUST follow the course map and MUST swim around the OUTSIDE of all turn buoys. Swimmers must completely turn around each turn buoy with their complete body. If their body does not go around a buoy, they are either disqualified or they must go back and go around the buoy. Swimmers must keep all four turn buoys off their left shoulder around each turn buoy.

**BELL LAP:** As the first swimmer starts the last loop, the Referee will ring a bell indicating that one loop remains.

**FINISH:** The finish is in the water and is determined by the swimmers touching the wall. The order of finish is determined by the referee. After finishing, swimmers must immediately move out of the way and make room for swimmers finishing behind them.

**DISQUALIFICATIONS:** Swimmers can be disqualified for making intentional contact, obstruction or interference with another swimmer. Such unsportsmanlike conduct is judged by the officials who are located at the turn buoys and by the Referee/Starter. A warning can be given by a whistle. At the first rule infraction, the official will show a Yellow Flag/ Card to the swimmer. For the second infringement (or the first infraction for certain rules), swimmers are shown a Red Flag/Card and can be asked to immediately leave the pool.

**HEATS:** Depending on the number of entries, heats and events may be combined and swum mixed boys and girls all ages combined and scored separately.

| EVENT #   | AGE GROUP             | DISTANCE<br>(# of Loops) | APPROXIMATE<br>DISTANCE |
|-----------|-----------------------|--------------------------|-------------------------|
| 101 & 102 | 7 – 8                 | 1                        | 125 Meters              |
| 103 & 104 | 9 – 10                | 2                        | 250 Meters              |
| 105 & 106 | 11 – 12 and Masters   | 4                        | 500 Meters              |
| 107 & 108 | 13 – 14               | 6                        | 750 Meters              |
| 109 & 110 | 15 & Over and Masters | 8                        | 1000 Meters             |

**AWARDS:** Individual Awards 1<sup>st</sup> -6<sup>th</sup> (ages 7/8, 9/10, 11/12, 13/14, 15/Up, and Masters).

**QUESTIONS:** e-mail: [office@sloswimclub.org](mailto:office@sloswimclub.org) website: [www.sloswimclub.org](http://www.sloswimclub.org)

# Seal Beach 49th Annual Rough Water Swim

## Saturday, June 23, 2018

Info and Results at [sealbeachswimclub.org](http://sealbeachswimclub.org)

Including the SCS Age Group Open Water Events & 5 K and 1 mile  
USA-S/USMS Long Distance Events Sanctioned by USA-#S18-089 and USMS #338-W001

**USS OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS**

USMS

### LONG DISTANCE EVENTS

USMS SWIMMERS \$31

1. Men's 5K

3. Men's 1 Mile

2. Women's 5K

4. Women's 1 Mile

Due to new Lifeguard requirements a Paddler is mandatory for events 1 & 2. **No exceptions.**

**USMS \$6 surcharge included.**

### SCS AGE GROUP OPEN WATER EVENTS \$20

|                |                 |                   |                   |
|----------------|-----------------|-------------------|-------------------|
| 200 yard Swim  | 400 yard Swim   | 800 yard Swim     | 1200 yard Swim    |
| 5. Boys 7 & 8  | 7. Boys 9 & 10  | 9. Boys 11 & 12   | 11. Boys 13 & 14  |
| 6. Girls 7 & 8 | 8. Girls 9 & 10 | 10. Girls 11 & 12 | 12. Girls 13 & 14 |

Age group races start as soon as the 3 mile race goes off.

| EVENT # | CHECK IN TIMES | START TIMES                           | START LOCATION           |
|---------|----------------|---------------------------------------|--------------------------|
| 1 & 2   | 6:30am         | 8:00am                                | Seal Beach Pier N/W side |
| 5 - 12  | 7:00am         | after 3 mile race STARTS              | Seal Beach Pier N/W side |
| 3 & 4   | 8:00am         | after age group events (after 9:30am) | Seal Beach Pier N/W side |

**AWARDS:** Events 1 through 12 1<sup>st</sup> - 3<sup>rd</sup> place medal.

All Age Group swimmers will receive a finish medal.

**WETSUITS ALLOWED BUT NOT AWARDED.**

**RULES:** USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.

**ENTRY FEES:** Events 1 - 4 \$31

Add \$5.00 if postmarked after June 11th and on race day.

**MEDIA NOTICE** - Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

**For more information** call at (562) 430-1092 or email [mariafattal@sealbeachswimclub.org](mailto:mariafattal@sealbeachswimclub.org)

**Make checks payable to:** Seal Beach Swim Club

TEAM CODE

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

**Mail to:** S.B.R.W.S.

USA-S# \_\_\_\_\_

P.O. Box 605

**USMS Event Fee \$31**

USMS# \_\_\_\_\_

EVENT # \_\_\_\_\_

Seal Beach, CA 90740

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Email \_\_\_\_\_

(last)

(first)

Address: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ Paddlers Name(3 mile Swim) \_\_\_\_\_

**USMS Events:1-4 \$ 31**

**Late fee of \$5.00 if Postmarked after June 11, 2018 or event day.**

**PREORDER:** The Seal Beach RWS shirt **\$15.** ADULT SIZE S M L XL XXL

**Event T-shirt add \$15**

T-shirt also available race day for \$20 in limited sizes.

**Total Enclosed \$ \_\_\_\_\_**

**NO REFUNDS.**

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|                                  |            |    |                          |                          |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name                        | First Name | MI | Sex (circle)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    |                          | Date Signed              |

*Revised 07/01/2014*

# Club Swimmers of the Month

## Gary Linsky

Conejo Valley Masters

Coach Nancy Kirkpatrick-Reno

First Masters Swim Meet at 70! Wins 50 Free!

*March 2018*

## Matt Berkman

Mission Viejo Masters

Coach Jeff Taylor

Rediscovering himself

## Yvette K. Mankerian

Silver Peak Performance

Coach Charles McPeak

Great attitude with improved technique resulting in faster swim times and completion of her first triathlon!

## Spencer Allen

Silver Peak Performance

Coach Charles McPeak

3 second drop in 100 free and dedication in practice

*April 2018*



*Grand Opening of Renovated Marguerite Aquatic Center  
Home of Mission Viejo Nadadores*



# ATTENTION OPEN WATER SWIMMERS!

Please note that the 5th Annual SoCal Cup Open Water Championships on May 19th at Castaic Lake has been cancelled.

## SPMS Officers

Chair:

Mark Moore

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

Vice-Chair:

Ken Brisbin

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

Treasurer:

Bob Eberwine

[treasurer@SPMasterSwim.org](mailto:treasurer@SPMasterSwim.org)

(949) 933-7100

Secretary:

Deborah Hefter

[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

Member At-Large:

Becky Cleavenger

[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

Registrar and

Webmaster:

Dan Wegner

[registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Top Ten Recorder:

Kim Thornton

[TopTen@SPMasterSwim.org](mailto:TopTen@SPMasterSwim.org)

Newsletter Editor:

Tami Barrera

[newsletter@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)

For archived newsletters

Please go to:

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

## Upcoming SPMS Events

May 10 - 13

**USMS National Short Course Yards Championships**  
[Registration](#)

Tuesday, May 15

**USMS 5k/10k ePostal National Championship**  
*ends Saturday September 15*

Thursday, May 17

**SPMS Conference Call**

May 25 - 27

**2018 Novaquatics - Speedo Grand Challenge**  
[Registration](#)

Sunday, June 3

**Mission Viejo Nadadores Long Course Meters Swim Meet**  
[Preliminary Information](#)

Saturday, June 9

**Las Vegas Long Course Meters**  
[Preliminary Information](#)

June 21 - 24

**2018 Dolfin Fran Crippen Memorial**  
**Swim Meet of Champions**  
[Registration](#)

Thursday, June 21

**SPMS Conference Call**

Saturday, June 23

**49th Annual Seal Beach Rough Water Swim**  
[Registration](#)

June 29 - July 1

**SLO Firecracker Long Course Meters Swim Meet**