



LOMPOC TSUNAMI AQUATICS , "BR" MINIMUM SHORT COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming

Sponsored By: Lompoc Tsunami Aquatics & Southern California Swimming

Date of Meet: SEPTEMBER 28/29, 2013

Warm-up: 7:30AM

POOL: 207 W COLLEGE AVE. Lompoc, CA. 93436

DIRECTIONS: HWY 101 south, take the Orcutt exit to HWY 135. Exit HWY 1-Lompoc to "H" street. West at College Ave. Turn North, past the YMCA and drive to Aquatic Center. HWY 101 North, Next to HWY 1-Lompoc, past Gaviota Park. Turn west to Ocean Ave. Turn North to "H" street. Turn West to College Ave. Turn North, past the YMCA and drive to Aquatic Center. Overflow parking is west of the Aquatic Center at Lompoc High School.

COURSE: INDOOR (w/retractable roof) 25 yards x 10-lanes with 8 competition lanes and 4-lanes Warm-Up. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7' to 9', turn end 7' to 9'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on SEPTEMBER 28 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 yard Free and 400 I.M. are requested to furnish their own timers for three heats and lap counters. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Swimmer may swim a maximum of 4 events per day.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

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

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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.

ELIGIBILITY: Open to Coastal and outside SCS athletes who hold 2013 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
12 and UNDER ONLY

ENTRY FEES: **\$3.50** for each individual event along with a **\$7.50 surcharge per swimmer must accompany each individual entry card.**

NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted **ONLY** when received with an attached .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 an e-mail entry must be postmarked within 48 hours of the e-mail 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 (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.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, September 18 IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard.

(Receipt of entries will not be verified by phone or e-mail.)

Make Checks payable to Southern California Swimming

Email for team electronic entries only: Karen Thomas [splashandgo@charter.net]

Questions: Paula Robinson, paula110792@yahoo.com, 941-321-0159

MAIL ENTRIES TO:

Karen Thomas

750 Stagecoach Road

Arroyo Grande, CA 93420-4603

H 805-473-0303 C 805-458-8404



LOMPOC TSUNAMI AQUATICS "BR" SHORT COURSE AGE GROUP SWIM MEET

September 28-29, 2013

Red		Saturday		Red	
Girls	Minimum	Age	Event	Minimum	Boys
1	3.23.50	5 to 10	BR 200 yd I.M.	3.24.50	2
3	3.01.30	11 to 12	BR 200 yd I.M.	3.01.70	4
5	2.50.90	13 to 14	BR 200 yd I.M.	2.42.60	6
	2.52.10	15 & U	BR 200 yd I.M.	2.34.70	
7	1.21.50	5 to 10	BR 100 yd Free	1.21.00	8
9	1.12.70	11 to 12	BR 100 yd Free	1.12.20	10
11	1.09.10	13 to 14	BR 100 yd Free	1.05.00	12
	1.09.60	15 & U	BR 100 yd Free	1.02.60	
13	44.30	5 to 10	BR 50 yd Back	44.20	14
15	39.60	11 to 12	BR 50 yd Back	40.00	16
17	3.01.40	11 to 12	BR 200 yd Back	3.07.30	18
19	2.54.50	13 to 14	BR 200 yd Back	2.45.10	20
	2.56.70	15 & U	BR 200 yd Back	2.37.30	
21	1.37.40	5 to 10	BR 100 yd Fly	1.37.60	22
23	1.23.00	11 to 12	BR 100 yd Fly	1.25.30	24
25	1.17.40	13 to 14	BR 100 yd Fly	1.13.80	26
	1.17.50	15 & U	BR 100 yd Fly	1.11.00	
27	49.80	5 to 10	BR 50 yd Breast	49.80	28
29	44.50	11 to 12	BR 50 yd Breast	44.80	30
31	3.25.90	11 to 12	BR 200 yd Breast	3.26.20	32
33	3.18.20	13 to 14	BR 200 yd Breast	3.06.40	34
	3.17.30	15 & U	BR 200 yd Breast	2.57.80	
35	1.36.80	5 to 10	BR 100 yd Back	1.37.00	36
37	1.25.20	11 to 12	BR 100 yd Back	1.28.00	38
39	6.59.50	11 to 12	BR 500 yd Free	7.05.30	40
41	6.32.30	13 to 14	BR 500 yd Free	6.20.30	42
	6.29.90	15 & U	BR 500 yd Free	6.05.30	

Red		Sunday		Red	
Girls	Minimum	Age	Event	Minimum	Boys
43	2.56.80	5 to 10	BR 200 yd Free	2.56.50	44
45	2.37.20	11 to 12	BR 200 yd Free	2.37.80	46
47	2.28.40	13 to 14	BR 200 yd Free	2.22.80	48
	2.28.80	15 & U	BR 200 yd Free	2.18.20	
49	1.49.10	5 to 10	BR 100 yd Breast	1.49.70	50
51	1.37.00	11 to 12	BR 100 yd Breast	1.37.10	52
53	1.31.00	13 to 14	BR 100 yd Breast	1.26.30	54
	1.32.90	15 & U	BR 100 yd Breast	1.22.70	
55	37.00	5 to 10	BR 50 yd Free	37.20	56
57	33.50	11 to 12	BR 50 yd Free	33.60	58
59	31.90	13 to 14	BR 50 yd Free	30.00	60
	34.40	15 & U	BR 50 yd Free	28.90	
61	41.80	5 to 10	BR 50 yd Fly	41.60	62
63	37.40	11 to 12	BR 50 yd Fly	37.70	64
65	2.58.10	11 to 12	BR 200 yd Fly	3.02.60	66
67	2.55.10	13 to 14	BR 200 yd Fly	2.47.30	68
	2.50.90	15 & U	BR 200 yd Fly	2.34.40	
69	1.21.00	13 to 14	BR 100 yd Back	1.18.00	70
	1.26.50	15 & U	BR 100 yd Back	1.15.70	
71	1.34.40	5 to 10	BR 100 yd I.M.	1.34.80	72
73	1.24.70	11 to 12	BR 100 yd I.M.	1.24.70	74
75	5.48.20	11 to 12	B 400 yd I.M.	5.48.90	76
77	6.07.30	13 to 14	BR 400 yd I.M.	5.47.30	78
	5.51.50	15 & U	BR 400 yd I.M.	5.28.80	

*4-event Max each day

*Awards for 11 and unders only

*All event swam Fastest to slowest

*Swimmers in the 500 FR and 400 I.M. are requested to provide timers and their own lap counters.

*13-14 and 15-up individuals events will be swum together and awarded separately

