



LOMPOC TSUNAMI AQUATICS

SHORT COURSE "BRW" AGE GROUP SWIM MEET

December 6 & 7, 2014

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: Lompoc Tsunami Aquatic & Southern California Swimming
Date of Meet: December 6-7, 2014
Warm-up: 7:30am, Sat & Sun AM session, 45 min. before start for PM session

Sanction No. S14-289
Received by deadline: 5:00 pm, November 26, 2014
Start of Meet AM: 9:00am, December 6-7, 2014
Start of Meet PM: Will not start before 12 Noon

POOL: Lompoc Aquatic Center, 207 W College Ave. Lompoc, CA. 93436

DIRECTIONS: From 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 the Aquatic Center. HWY 101 North, Next to HWY 1-Lompoc, one mile 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 the Aquatic Center. Overflow parking is West of the Aquatic Center at Lompoc High School.

COURSE: Indoor 25 yd x 85 foot pool with 10 competition lanes and 4 warm-up lanes. 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 on Sat. & Sun. Diving will be allowed in assigned, designated lanes only under the supervision of the coaches and marshals & 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 30 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 December 6, 2014 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 & up are requested to furnish their own timers for three heats and lap counters in the 500 & up. **All events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events per day, not including relays.**

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.

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: Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

ELIGIBILITY: Open all Coastal Committee athletes who hold 2014 or 2015 USA Swimming Registration: Registration application must be received by November 26, 2014 (Wednesday 5 PM), by meet processor, administrative referee, or SCS Office. Registration application received after the meet entry deadline 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.

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. Must be 11 years old or older to enter OPEN events.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place
12 and Under only/No awards for Open events

ENTRY FEES: \$3.25 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.** Relays will be deck-entered at \$5.00 each relay, payable on deck.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, Nov. 26, 2014. 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.

MAIL ENTRIES TO:

Karen Thomas
750 Stagecoach Road
Arroyo Granda, CA 93420
H 805-473-0303 C 805-458-8404

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

LTA "BRW" MEET EVENTS

December 6-7, 2014

SATURDAY, DECEMBER 6, 9:00AM, 7:30AM WARM UP

GIRLS	Min Y/M	Age	Distance	Stroke	Min Y/M	BOYS
1		11-12	BRW 200 yd	Freestyle		
2	2:56.80/3:19.30	7-10	BR 200 yd	Freestyle	2:56.50/3:19.00	3
4	1:46.10/1:59.20	5-8	BR 100 yd	Freestyle	1:42.00/1:54.60	5
6		11-12	BRW 100 yd	Breaststroke		
7	1:49.10/2:02.40	7-10	BR 100 yd	Breaststroke	1:49.70/2:03.10	8
9		5-8	BRW 25 yd	Breaststroke		10
11		11-12	BRW 50 yd	Backstroke		
12		7-10	BRW 50 yd	Backstroke		13
14	57.80/1:05.30	5-8	BR 50 yd	Backstroke	56.30/ 1:03.80	15
16		11-12	BRW 50 yd	Freestyle		
17		7-10	BRW 50 yd	Freestyle		18
19		5-8	BRW 50 yd	Freestyle		20
21		11-12	BRW 100 yd	Butterfly		
22	1:37.40/1:49.70	7-10	BR 100 yd	Butterfly	1:37.60/1:49.70	23
24		5-8	BRW 25 yd	Butterfly		25
26	Deck Entry	11-12	BRW 200 yd	Freestyle Relay	Deck Entry	
27		7-10	BRW 200 yd	Freestyle Relay		28
29		5-8	BRW 100 yd	Freestyle Relay		30
31		11-12	BRW 200 yd	IM		
32	3:23.50/3:49.30	7-10	BR 200 yd	IM	3:24.50/3:50.40	33
34	5:48.20/6:31.20	OPEN		400 yd IM	5:48.90/6:32.30	35

SATURDAY, DECEMBER 6, NO EARLIER THAN 12 NOON 45 MINUTE WARM UP BEFORE START

GIRLS	Min Y/M	Age	Distance	Stroke	Min Y/M	BOYS
		11-12	BRW 50 yd	Butterfly		36
37	3:08.80/3:31.00	OPEN	200 yd	Breaststroke	3:09.00/3:31.20	38
		11-12	BRW 200 yd	Freestyle		39
40		13-up	BRW 200 yd	Freestyle		41
		11-12	BRW 100 yd	Backstroke		42
43		13-up	BRW 100 yd	Backstroke		44
		11-12	BRW 50 yd	Freestyle		45
46		13-up	BRW 50 yd	Freestyle		47
		11-12	BRW 50 yd	Breaststroke		48
49	2:43.20/3:05.70	OPEN	200 yd	Butterfly	2:47.40/3:07.20	50
		11-12	BRW 100 yd	IM		51
52	Deck Entry	13-up	BRW 200 yd	Freestyle Relay	Deck Entry	53
		11-12	BRW 200 yd	Freestyle Relay		54
55	21:32.10/22:11.60	OPEN	1650 yd	Freestyle	21:51.60/22:10.90	56

SUNDAY, DECEMBER 7, 9:00AM, 7:30AM WARM UP

GIRLS	Min Y/M	Age	Distance	Stroke	Min Y/M	BOYS
57		11-12	BRW 100 yd	IM		
58		7-10	BRW 100 yd	IM		59
60		5-8	BRW 100 yd	IM		61
62		11-12	BRW 100 yd	Backstroke		
63	1:36.80/1:50.30	7-10	BR 100 yd	Backstroke	1:37.00/1:50.50	64
65		5-8	BRW 25 yd	Backstroke		66
67		11-12	BRW 50 yd	Breaststroke		
68		7-10	BRW 50 yd	Breaststroke		69
70	1:02.80/1:10.30	5-8	BR 50 yd	Breaststroke	1:01.20/1:08.50	71
72		11-12	BRW 100 yd	Freestyle		
73	1:21.50/1:32.00	7-10	BR 100 yd	Freestyle	1:21.00/1:31.60	74
75		5-8	BRW 25 yd	Freestyle		76
77		11-12	BRW 50 yd	Butterfly		
78		7-10	BRW 50 yd	Butterfly		79
80	55.60/1:02.41	5-8	BR 50 yd	Butterfly	56.40/1:03.20	81
82	Deck Entry	11-12	BRW 200 yd	Medley Relay	Deck Entry	
83		7-10	BRW 200 yd	Medley Relay		84
85		5-8	BRW 100 yd	Medley Relay		86
87	*2:42.00/3:02.70	7-10	B 500 yd	Freestyle	*2:41.80/3:02.40	88
89	6:24.60/5:26.20	OPEN	500 yd	Freestyle	6:29.80/5:46.60	90

SUNDAY, DECEMBER 7, NO EARLIER THAN 12 NOON 45 MINUTE WARM UP BEFORE START

GIRLS	Min Y/M	Age	Distance	Stroke	Min Y/M	BOYS
91	2:46.20/3:09.20	OPEN	200 yd	Backstroke	2:51.40/3:11.80	92
		11-12	BRW 100 yd	Freestyle		93
94		13-up	BRW 100 yd	Freestyle		95
		11-12	BRW 100 yd	Butterfly		96
97		13-up	BRW 100 yd	Butterfly		98
		11-12	BRW 200 yd	IM		99
100		13-up	BRW 200 yd	IM		101
		11-12	BRW 100 yd	Breaststroke		102
103		13-up	BRW 100 yd	Breaststroke		104
		11-12	BRW 50 yd	Backstroke		105
106	Deck Entry	13-up	BRW 200 yd	Medley Relay	Deck Entry	107
		11-12	BRW 200 yd	Medley Relay		108

Swimmers are limited to 4 individual events per day

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

*7-10 swimming the 500 free must enter 200 yd free time. Minimum to enter is the 200 yd Blue time.

11-12 swimmers entering the 400 IM enter blue 200 IM times

Swimmers are requested to have own timers for all 400 & up events, & lap counters for the 500's and up Events 400 yds and over may be swum together alternating girls and boys swimming fastest to slowest

No awards for open events, **minimum age 11 to enter open events**

Relays swum time permitting.

Note Requirements for 5-6 year olds:

5-6 year old swimmers meeting the listed time standard or the following conditions may enter 7-10 events:

A swimmer may swim "up" (not down) one distance. If a swimmer's time:

- meets the 5-8 Red standard for 50 of stroke, may enter 100 of stroke
- meets the 5-8 Blue standard for 100 FR or 100 IM, may enter 200 FR or 200 IM
- equaled or bettered 5-8 Red standard in three events, may enter 100 BK, BR, or FL
- equaled or bettered 5-8 Blue standard in three events may enter 200 FR or 200 IM