

# 2024 SBSC SEMANA NAUTICA LC ABC

## June 28-30, 2024

Sanctioned by USA Swimming & Southern California Swimming	All entries must be received by 5:00pm. June 19th, 2024
Sponsored by SBSC	Friday, June 28: 2:30pm Warm-up, 4:00 p.m. Start
Sanction Number: S24-123	Saturday, June 29 and Sunday June 30: 7:00am Warm-up, 8:30 a.m. Start
Invited Teams: Free Weekend	

**POOL:** Los Baños Del Mar Pool. 401 Shoreline Drive; Santa Barbara. Parking across the street at Pershing Park. Paid parking available in Harbor Lots.

**COURSE:** Outdoor 50 meter pool with 7 competition lanes and 3x15 meter warm-up lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 10.5' turn end 3.5'.

**WARM-UP Procedures:** All warm-up must be supervised by a current USA Swimming member coach. Warm-up for the morning session will be 7:00-8:15. At the conclusion of the morning session there will be an hour warm-up for the afternoon session. Designated dive lanes will open as needed. Based on entries, warm up may be divided into two sessions with teams assigned. Pool will clear 15 minutes before the session. All swimmers must use a 3-point slide in entry into the pool for warm up, NO jumping or diving.

**MEET REFEREE:** Mary Jo Swalley (mj64bear@earthlink.com) 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, including the Minor Athlete Abuse Protection Policy, will govern this meet. 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 for 12&Under sessions. 12 & under athletes may only enter in one session per day. (Open in morning or age group in afternoon). 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 June 28, 2024 to enter this meet. Timers are requested to be provided by each team. All events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 4 events per day. Changes to the meet management may be made with approval of the Meet Host. **This meet will be pre-seeded, and no deck entries will be allowed.** Scratches must be submitted by 5:00 p.m. the evening before each day of competition. The Meet Administrator will send heat sheets out no later than 6:00 p.m. the evening before each day of competition. 400 Free, 400 IM, and 1500 Free will be swum fastest to slowest alternating girls/boys. Swimmers will be responsible for providing their own timers and lap counters for All Events on Friday.

**MAAPP 2.0: Current USA Swimming Rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Per MAAPP 2.0, sites are supposed to be able to provide separate athlete and non-athlete restrooms. Coaches and Officials: Must have completed Concussion Training (CDC or NFHS); Coaches must have completed Coaches' Advantage Tutorial. All coaches and officials must complete the CANRA mandatory reporting course.**

**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, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

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

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams may be worn only for swimmers 13 and older.

**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 without the use of a backstroke ledge. 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 all athletes who hold 2024 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registrations will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. 18 & Older swimmers must complete Athlete Protection Training before competing. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**CHANGE OF AFFILIATION:** Club transfers (attached or unattached) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as unattached, but is responsible to complete the club transfer process online in SWIMS 3.0

**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). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. 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. Swimmers must be at least 11 years old and meet the 11-12 "BB" National Age Group Motivational Standard for the event to enter an OPEN event.

**ENTRY FEES:** \$6.00 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. **Outreach athlete fee is \$15 for the meet. Outreach athletes must be designated at the time entries are submitted to the Meet Processor.** 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. Prior to the entry deadline 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.

**AWARDS: JAMES & RUTH JOHANSEN MEMORIAL TEAM AWARDS** will be awarded based on the 8 top placing girls and 8 top placing boys in the 13-18 50 Freestyle (events 48 & 49). The team that places the most total swimmers in the top 8 will be awarded 1st place \$5000, the next team with the most swimmers in the top 8 will be awarded 2nd place \$3000, and the next team with the most swimmers in the top 8 will be awarded 3rd place, \$1000 for their respective teams. In case of team ties, the monetary awards will be divided between the tied clubs. UNAT swimmers will not be eligible for scoring. There will be an additional \$500 awarded to the team with the fastest 13-18 swimmer in events 48 & 49 each. **RIBBONS!!!!**

**CAPPS FAMILY 400 PLAQUE** will be awarded to overall 400 Freestyle champions (male and female).

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JUNE 19th, 2024. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card to the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

**USA SWIMMING MEET 360:**

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern) Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report)

For further meet information email Coach Mike Bechtholdt at [coachmike@sbswim.net](mailto:coachmike@sbswim.net)

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.

Make Checks payable to Santa Barbara Swim Club

Questions: please contact the Meet Processor .

MAIL ENTRIES TO: Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117.

Email for team electronic entries only: [pam.jam24@gmail.com](mailto:pam.jam24@gmail.com).

**Friday June 28, 2024**

Session Starts 4:00 PM - Warm-up 2:30 PM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
1	OPEN	6:48.29	5:56.79	400 IM	6:39.19	5:46.39	2
3	5-8/9-10	ABC	ABC	200 IM	ABC	ABC	4
5	11-12	6:23.89	7:08.79	400 Fr	6:15.49	6:57.29	6
*7	9-10	3:45.79	3:18.99	400 FR	3:33.49	3:06.69	*8
9	OPEN	23:55.39	23:07.29	1500 FR	23:25.49	22:37.49	10

Athletes must provide their own timers for all events on Friday

\*Events 7 & 8 may be entered with the 200 or 400 "B" time.

**Saturday June 29, 2024**  
Morning Session starts at 8:30 AM. Warm-up at 7:00 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
11	13 & Over	ABC	ABC	200 IM	ABC	ABC	12
13	13 & Over	ABC	ABC	100 Freestyle	ABC	ABC	14
15	OPEN	3:09.89	2:43.99	200 Backstroke	3:05.19	2:39.69	16
17	13 & Over	ABC	ABC	100 Breaststroke	ABC	ABC	18
19	OPEN	3:10.19	2:47.19	200 Butterfly	3:06.19	2:40.79	20
	13 & Over			400 Freestyle	ABC	ABC	21

Athletes in Event 21 must provide their own timers.

**Saturday Afternoon Session to start no sooner than 60 minutes  
after the conclusion of the Morning Session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
22	11-12	ABC	ABC	200 IM	ABC	ABC	23
24	5-8/9-10	ABC	ABC	50 Freestyle	ABC	ABC	25
26	11-12	ABC	ABC	50 Freestyle	ABC	ABC	27
28	5-8/9-10	ABC	ABC	50 Breaststroke	ABC	ABC	29
30	11-12	ABC	ABC	50 Breaststroke	ABC	ABC	31
32	5-8/9-10	ABC	ABC	100 Backstroke	ABC	ABC	33
34	11-12	ABC	ABC	100 Backstroke	ABC	ABC	35
36	5-8/9-10	ABC	ABC	100 Butterfly	ABC	ABC	37
38	11-12	ABC	ABC	100 Butterfly	ABC	ABC	39

**Sunday June 30, 2024**  
Morning Session 8:30 AM start. Warm-up at 7:00 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
40	13 & Over	ABC	ABC	200 Freestyle	ABC	ABC	41
42	OPEN	3:35.99	3:06.59	200 Breaststroke	3:28.69	3:00.19	43
44	13 & Over	ABC	ABC	100 Butterfly	ABC	ABC	45
46	13 & Over	ABC	ABC	100 Backstroke	ABC	ABC	47
48	13 & Over	ABC	ABC	50 Freestyle	ABC	ABC	49
50	13 & Over	ABC	ABC	400 Freestyle			

Athletes in Event 50 must provide their own timers.

**Sunday Afternoon Session to start no sooner than 60 minutes  
after the conclusion of the Morning Session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
51	11-12	ABC	ABC	200 Freestyle	ABC	ABC	52
53	5-8/9-10	ABC	ABC	200 Freestyle	ABC	ABC	54
55	11-12	ABC	ABC	50 Backstroke	ABC	ABC	56
57	5-8/9-10	ABC	ABC	50 Backstroke	ABC	ABC	58
59	11-12	ABC	ABC	50 Butterfly	ABC	ABC	60
61	5-8/9-10	ABC	ABC	50 Butterfly	ABC	ABC	62
63	11-12	ABC	ABC	100 Breaststroke	ABC	ABC	64
65	5-8/9-10	ABC	ABC	100 Breaststroke	ABC	ABC	66
67	11-12	ABC	ABC	100 Freestyle	ABC	ABC	68
69	5-8/9-10	ABC	ABC	100 Freestyle	ABC	ABC	70