

7th Annual PUMA Cancer Awareness Meet and Coastal Cup Challenge
Sponsored by French Hospital October 25-26, 2014



SANCTIONED BY: USA Swimming and Southern California Swimming
SANCTION NUMBER: #S14- 279
SPONSORED BY: PUMA AQUATIC TEAM and Coastal Section
START TIME: Saturday & Sunday: 7:30 AM Warm up, 9:00 AM Start. Saturday Novice Session will not start before 1:00 PM
ENTRY DEADLINE: Received by Wednesday, October 15, 2014 5:00 pm

LOCATION: ARROYO GRANDE HIGH SCHOOL – 495 Valley Road, Arroyo Grande, CA. If traveling Northbound on US 101: Exit Traffic Way, drive straight 0.1 miles. Turn left on Fair Oaks Ave. Drive 0.1 miles to High School on your left. If traveling Southbound on US 101: exit Fair Oaks Ave., turn right. Drive 0.1 miles to High School on your left.

POOL/COURSE: The pool is a 25 yard, 13 lane outdoor heated pool. Six to eight lanes (depending on entries) will be used for the competition and a minimum of 4 lanes will be used for warm-up/warm down. The competition pool is 13 ft deep in Lane 1 to 8 ft deep in Lane 8. Ample deck space is available for structures and seating. The competition course has been certified in accordance with 104.2.2C(4).

WARM-UP POLICY: 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 practice start lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 25 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 direct to that referee.

CHECK-IN: Swimmers must check in at the Clerk of Course for each event entered. AFTER AN EVENT IS CLOSED, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers in the first 4 events each day must check in thirty (30) minutes prior to beginning of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. 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 October 25, 2014 to enter this meet. Swimmers may swim in a maximum of 5 individual events and 1 relay per day.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced, taking precedence over any errors or omissions in this form. ***ENTRIES WILL BE LIMITED TO MEET THE 4-HOUR RULE*** The 400 yd IM and 500 yd FREE will be swum fastest to slowest, alternating girls & boys. Swimmers entering the NOVICE session on Saturday may not enter in the regular Saturday & Sunday sessions.

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 allowed 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.

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.

SWIMSUITS: 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.

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

ELIGIBILITY: Open to Coastal Committee athletes who are 2014 or 2015 USA Swimming registered. **REGISTRATION APPLICATIONS MUST BE RECEIVED BY THE MEET ENTRY DEADLINE (OCT 15) 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 together with entry form.** In SCS age group meets, swimmers 18 & under must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of USAS registration with entry

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

SUMMITTED TIMES: Times submitted must be the **best recorded times** short or long course from this or preceding swim season (**NO WORKOUT TIMES**). All non-conforming times will be seeded last. 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 FEES/PROCEDURE: \$3.25 for each individual event along with a \$7.50 surcharge **per swimmer** must accompany each individual entry card. NO REFUNDS. Returned checks may incur a service fee. 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 (5 PM 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 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 \$7.00 fee per relay, payable on entry. All returned checks will result in a service charge per SCS policy. You should include a self-addressed stamped envelope or postcard to confirm receipt or your entry. No deck entries will be allowed. There will be no refunds.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, OCTOBER 15, 2014. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry, enclose a SASE or postcard or use USPS Proof of Mailing. **Receipt of entries will not be verified by phone or email.**

Do not use Certified or Registered mail.

AWARDS: Ribbons for 12 & Under (5-8, 7-10, 11-12) 1st thru 6th places in "B, R, & W" Divisions/ individual events only. "Coastal Cup Challenge" first place TEAM award. Points: Blue:23,21,20,19,18,17 Red: 15,13,12,11,10,9 White: 7,5,4,3,2,1 Relays: 46,42,40"**IMx Challenge**": **1)** Hosted across SMSC , PUMA, and SLO meets. Swimmers must compete in all three meets to be eligible for IMX awards. **2)** Best scores will be tabulated from IMX Events for each age group (9-10, 11-12, 13-14, 15-18) and by gender. **3)** Distinctive awards 1st through 3rd by age group and gender. **4)** To be eligible, the athlete must complete all IMX events in their age group. **5)** Athletes are only eligible in one age group. (I.E.: if you age up during this challenge, you must compete in the older age group).

CONCESSIONS: A fully equipped snack bar will be available for meals and snacks on Saturday and Sunday.

LANE ASSIGNMENTS: Clubs will be assigned lanes for timing according to the number of entries per club. Travel teams please plan accordingly.

FURTHER INFORMATION: Coach Jud Clark at judclark@yahoo.com or 805-709-7946

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

MAIL ENTRIES TO:

7th ANNUAL PUMA BREAST CANCER AWARENESS MEET

c/o Karen Thomas, 750 Stagecoach Road, Arroyo Grande, CA 93420-4603

EMAIL FOR ELECTRONIC ENTRIES: splashandgo@charter.net



7th Annual PUMA Cancer Awareness Meet and Coastal Cup Challenge

October 25-26, 2014



Swimmers are limited to a maximum of 5 individual events
7 to 8 year old swimmers may swim 5-8 events OR 7-10 events; not any combination.

This applies to all days of the meet.

Swimmers who enter the Saturday NOVICE Session 2 may not swim individual events in the Saturday & Sunday regular sessions.
[Swimmers may swim in the novice session but not both the novice session and regular sessions on Saturday and Sunday]

Entry deadline: Entries **MUST** be received by 5 PM, Wednesday, October 15, 2014
NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED

Session 1 REGULAR SESSION Saturday, October 25, 2014 Warm up 7:30 AM, Start Time 9:00 PM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
1	BRW	7-10	200 YD FREE	BRW	2
3	BRW	11-12	200 YD FREE	BRW	4
5	BRW	13 & UP	200 YD FREE	BRW	6
7	BRW	7-10	100 YD I.M	BRW	8
9	BRW	11-12	100 YD I.M.	BRW	10
11	BRW	13 & UP	200 YD I.M.	BRW	12
13	BRW	7-10	50 YD BACK	BRW	14
15	BRW	11-12	50 YD BACK	BRW	16
17	BRW	13 & UP	100 YD BACK	BRW	18
19	BRW	7-10	50 YD BREAST	BRW	20
21	BRW	11-12	50 YD BREAST	BRW	22
23	BRW	13 & UP	200 YD BREAST	BRW	24
25	BRW	7-10	100 YD FLY	BRW	26
27	BRW	11-12	100 YD FLY	BRW	28
29	BRW	13 & UP	100 YD FLY	BRW	30
31		Mixed age/gender	200 FREE RELAY		

Break as determined by Meet Referee

33	BR	OPEN	400 YD I.M.	BR	34
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Swimmers in the 400 YD I.M. are requested to provide their own timers.
The 400 YD I.M. will be swum fastest to slowest, alternating girls & boys

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



Session 2 NOVICE SESSION
Saturday, October 25, 2014

A 30 minute Warm up will begin at the conclusion of Session 1
Start time will begin following the warm up time allowance, but no sooner than 1:00 PM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
35	BRW	5-8	25 YD FREE	BRW	36
37	BRW	5-8	25 YD BREAST	BRW	38
39	BRW	5-8	25 YD BACK	BRW	40
41	BRW	5-8	25 YD FLY	BRW	42
43	RW	7-10	50 YD FREE	RW	44
45	RW	11 -14	50 YD FREE	RW	46
47	RW	7-10	50 YD BACK	RW	48
49	RW	11 -14	50 YD BACK	RW	50
51	RW	7-10	50 YD FLY	RW	52
53	RW	11 -14	50 YD FLY	RW	54
55	RW	7-10	50 YD BREAST	RW	56
57	RW	11 14	50 YD BREAST	RW	58
59		Mixed age/gender	100 FREE RELAY		

Swimmers are limited to a maximum of 5 individual events

7 to 8 year old swimmers may swim 5-8 events OR 7-10 events; not any combination.
This applies to all days of the meet.

Swimmers who enter the NOVICE session may not enter Saturday & Sunday regular sessions.



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



Session 3 REGULAR SESSION
Sunday, October 26, 2014
Warm up 7:30 AM, Start Time 9:00 AM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
61	BRW	11-12	200 YD I.M.	BRW	62
63	BRW	7-10	200 YD I.M.	BRW	64
65	BRW	13 & UP	100 YD FREE	BRW	66
67	BRW	11-12	100 YD FREE	BRW	68
69	BRW	7-10	100 YD FREE	BRW	70
71	BRW	13 & UP	200 YD BACK	BRW	72
73	BRW	11-12	100 YD BACK	BRW	74
75	BRW	7-10	100 YD BACK	BRW	76
77	BRW	13 & UP	100 YD BREAST	BRW	78
79	BRW	11-12	100 YD BREAST	BRW	80
81	BRW	7-10	100 YD BREAST	BRW	82
83	BRW	13 & UP	200 YD FLY	BRW	84
85	BRW	11-12	50 YD FLY	BRW	86
87	BRW	7-10	50 YD FLY	BRW	88
89	BRW	13 & UP	50 YD FREE	BRW	90
91	BRW	11-12	50 YD FREE	BRW	92
93	BRW	7-10	50 YD FREE	BRW	94

Break as determined by Meet Referee

95	BR	OPEN	1000 YD FREE	BR	96
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<p>Swimmers in the 1000 YD FREE are requested to provide their own timers. The 1000 YD FREE will be swum fastest to slowest, alternating girls & boys</p>

NOTE: All events will by swum fastest to slowest.

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

** Swimmers participating in the IMX must enter in all 3 meets (SMSC, PUMA, SLO) to be eligible for awards.

