



## January 13-14, 2024 – Triple Slam!

**Outside teams may not enter the pool deck before 7:15AM. Please inform your parents & swimmers.**

**Sanctioned by** USA Swimming & Southern California Swimming

**Sanction #S24-026**

**Sponsored by:** Santa Maria Swim Club & Coastal Committee

**Entries received by: 5:00PM, Wed. 1/3/24**

**Dates & Times:**

Warm-up:

Saturday: Age Group Session Warm-up at 7:30AM-8:50AM;

Saturday: Open/Intrasquad Warm-up at 12:30-1:30PM

Sunday: Open/Intrasquad Warm-up at 7:30AM-8:50AM

Competition:

Age Group Session: 9:00-12:30PM

Open Session: 1:30PM

Open Session: 9:00AM

The Saturday Open Session may be adjusted once entries have been counted. Saturday Open session will start 60 minutes after the completion of the Saturday age group session.

**Location:** Lompoc Aquatic Center. 207 W. College, Lompoc, CA

**Parking:** Park in designated spaces around the aquatic center only.

**Course:** 10-lane 25-yard course. 8 SCY lanes will be used with ample warm-up/down space. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. 9ft depth at both ends of the racing course.

**Warm-up Procedures:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30AM-8:50AM. 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

**Meet Referee:** Ernie Peterson will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

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 in the AGE GROUP SESSION to a 3.5hr timeline.

Check-in will be via TEAM CHECK-IN. All coaches should provide a list of swimmers who will not be swimming by 30 minutes prior to the session starting. 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.

**Rules:** Swimmers must be at least 6 years of age on January 13, 2024 to enter the age group session. Swimmers in the Open session events must be at least 11 years of age on January 13, 2024 to enter that session.

**All events will be swum FAST to SLOW.**

Swimmers in the AGE GROUP SESSION may compete in a maximum of **4 events per day**.

Swimmers in the OPEN SESSION may compete in a maximum of 3 events per session PLUS RELAYS.

**All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

**All coaches and officials on deck must complete the CANRA Mandatory Training 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, 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. Tech suits are not permitted at this meet for 12-Un swimmers.

**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.

**Eligibility:** Open to 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 registration will be accepted. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

**Change of Affiliation:** Club transfers (unattach or attach) 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.

**Awards:** 1<sup>st</sup> through 6<sup>th</sup> place awards for the age group session. No awards for the Open session. **There will be an additional \$20 fee to mail Awards not collected at the end of the meet. Coaches or designated Team representatives may check in with the Awards Coordinator to collect any completed awards at the end of each session. For the final session, please allow at least 10 minutes after the completion of the meet for remaining awards to be ready for disbursement.**

**Entry Fees:** Each Individual Event: \$5.50; Relays \$8.00. Surcharge per swimmer: \$15.00.

*NOTE: Entry fee for each OUTREACH registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.*

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. Prior to 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. Relays may be pre-entered or deck-entered, payable on entry.

Entries Close: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN **5:00PM; WEDNESDAY, JANUARY 3, 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 the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

**EMAIL ENTRIES TO:** [joyvonne32@gmail.com](mailto:joyvonne32@gmail.com)

**MAIL CHECKS & ENTRIES TO:**

- Checks payable to [Santa Maria Swim Club](#) and mailed to **PO Box 44, Santa Maria, CA 93454**
- **Team Checks not received by the host team prior to the start of check-in will be REQUIRED to pay via VENMO/PAYPAL, a link to pay will be provided at the meet or upon request in lieu of a check payment.**

**Meet Referee Email:** [ernieP@kcienv.com](mailto:ernieP@kcienv.com)

Questions on the meet may be directed to [santamariaswim@gmail.com](mailto:santamariaswim@gmail.com)

**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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0) govern this meet.**

**IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.**

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**Concussion Informed Consent Acknowledgement:** Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

**Individual, COVID Specific Waiver (see below):** The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

**MAAP Statement:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP2.0"), will govern this meet.

**COVID 19 Acknowledgement:** We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID 19 Sanction Requirements:** Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

\*\* Entries may be limited on a first received, first in basis if the County of Santa Barbara or City Facility indicate decreased numbers allowed in our facility. \*\*

**SATURDAY, January 13, 2024 – AGE GROUP SESSION 1**

**\*\* Entries will be accepted for Session 1 until we have reached a 3.5hr timeline.**

**7:30AM w/u; 9:00AM competition**

GIRLS	AGE GROUP	EVENT	BOYS
1	13-UP	200 FREE	2
3	11-12	200 FREE	4
5	10-UNDER*	200 FREE	6
7	13-UP	50 FLY	8
9	11-12	50 FLY	10
11	10-UNDER*	50 FLY	12
13	13-UP	50 BACK	14
15	11-12	50 BACK	16
17	10-UNDER*	50 BACK	18
19	13-UP	50 BREAST	20
21	11-12	50 BREAST	22
23	10-UNDER*	50 BREAST	24
25	13-UP	50 FREE	26
27	11-12	50 FREE	28
29	10-UNDER*	50 FREE	30
31	13-UP	100 IM	32
33	11-12	100 IM	34
35	10-UNDER*	100 IM	36

- EACH EVENT CYCLE WILL BE COMBINED AND SEEDED TOGETHER
- All events will go Fastest to Slowest.

**SATURDAY, JANUARY 13, 2024 – OPEN SESSION 2**

**12:30PM w/u; 1:30PM competition**

GIRLS	AGE GROUP	EVENT	BOYS
101	11-Over	400 Medley Relay	102
103	11-Over	100 FREE	104
105	11-Over	200 BACK	106
107	11-Over	500 FREE	108
109	11-Over	200 BREAST	110
111	11-Over	100 FLY	112
113	11-Over	200 IM	114
115	11-Over	200 FREE RELAY	116

\*Coaches are encouraged to use common sense and discretion in entering the OPEN session.

\* Athletes may not compete in Session 1 and Session 2/3 – they must choose.

**SUNDAY, JANUARY 14, 2024 – OPEN SESSION 3**  
**7:30AM w/u; 9:00AM competition**

GIRLS	AGE GROUP	EVENT	BOYS
117	11-Over	200 MEDLEY RELAY	118
119	11-Over	50 FREE	120
121	11-Over	200 FREE	122
123	11-Over	1650 FREE	124
125	11-Over	100 BACK	126
127	11-Over	100 BREAST	128
129	11-Over	200 FLY	130
131	11-Over	400 IM	132
133	11-Over	400 FREE RELAY	134