

PUMA POLAR BEAR PLUNGE  
JANUARY 24-25, 2015



**SANCTIONED BY:** USA Swimming and Southern California Swimming  
**SANCTION NUMBER:** #S15-020  
**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, January 14, 2015 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. Eight to ten lanes (depending on entries) will be used for the competition and a minimum of 3 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 January 24, 2015 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\*\*\* **All events will be swum fastest to slowest.** The 400 yd IM and 500 yd FREE will be swum 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 2015 USA Swimming registered. **REGISTRATION APPLICATIONS MUST BE RECEIVED BY THE MEET ENTRY DEADLINE (JAN 14) 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 applications 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**). 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. **Do not submit "NT" times for OPEN events. Swimmers must have achieved, or be otherwise qualified for, an 11-12 year old "B" time standard.**

**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, JANUARY 14, 2015. 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, Special Delivery or Registered mail.** The Meet Processor will not sign for entries.

**AWARDS:** Ribbons for 12 & Under (5-8, 7-10, 11-12) 1st thru 6th places in "B, R, & W" Divisions/ individual events only. No awards for RELAY or OPEN events.

**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](mailto:judclark@yahoo.com) or 805-709-7946

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:** SOUTHERN CALIFORNIA SWIMMING

**MAIL ENTRIES TO:**

**PUMA POLAR BEAR PLUNGE**

C/O Karen Thomas, 750 Stagecoach Road, Arroyo Grande, CA 93420-4603

**EMAIL FOR ELECTRONIC ENTRIES:** [splashandgo@charter.net](mailto:splashandgo@charter.net)

**Do not use Certified, Special Delivery or Registered mail**



# PUMA POLAR BEAR PLUNGE

January 24-25, 2015



Swimmers are limited to a maximum of 5 individual events and 1 relay per day.  
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, January 14, 2015

**NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED**

Session 1 REGULAR SESSION  
Saturday, January 24, 2015  
Warm up 7:30 AM, Start Time 9:00 PM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
1	BRW	13 & UP	200 YD FREE	BRW	2
3	BRW	11-12	200 YD FREE	BRW	4
5	BRW	7-10	200 YD FREE	BRW	6
7	BRW	13 & UP	200 YD I.M.	BRW	8
9	BRW	11-12	100 YD I.M.	BRW	10
11	BRW	7-10	100 YD I.M.	BRW	12
13	BRW	13 & UP	100 YD BACK	BRW	14
15	BRW	11-12	50 YD BACK	BRW	16
17	BRW	7-10	50 YD BACK	BRW	18
19	BRW	13 & UP	200 YD BREAST	BRW	20
21	BRW	11-12	50 YD BREAST	BRW	22
23	BRW	7-10	50 YD BREAST	BRW	24
25	BRW	13 & UP	100 YD FLY	BRW	26
27	BRW	11-12	100 YD FLY	BRW	28
29	BRW	7-10	100 YD FLY	BRW	30
31	5:48.20	OPEN	400 YD I.M.	5:48.90	32

The 400 YD I.M. will be swum fastest to slowest, alternating girls & boys.  
A swimmer must be at least 11 years old and meet the listed time  
standard to enter an Open event.  
Do not enter NO TIMES [NT] in OPEN events.

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



**Session 2 NOVICE SESSION**  
**Saturday, January 24, 2015**



**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
33	NTS	Mixed Age	100 YD FREESTYLE RELAY	NTS	34
35	BRW	5-8	25 YD FREE	BRW	36
37	RW	9-12	25 YD FREE	RW	38
39	BRW	5-8	25 YD BACK	BRW	40
41	RW	9-12	25 YD BACK	RW	42
43	BRW	5-8	25 YD BREAST	BRW	44
45	RW	9-12	25 YD BREAST	RW	46
47	BRW	5-8	25 YD FLY	BRW	48
49	RW	9-12	25 YD FLY	RW	50
51	BRW	7-10	50 YD FREE	BRW	52
53	RW	11-14	50 YD FREE	RW	54
55	BRW	7-10	50 YD BACK	BRW	56
57	RW	11-14	50 YD BACK	RW	58
59	BRW	7-10	50 YD FLY	BRW	60
61	RW	11-14	50 YD FLY	RW	62
63	BRW	7-10	50 YD BREAST	BRW	64
65	RW	11-14	50 YD BREAST	RW	66

Events 35/36 Relays may be combined.  
 Relays may be mixed age.  
 Relays will be deck entered. Fee is \$7.00 per relay.

Swimmers are limited to a maximum of 5 individual events  
 7 to 8 year old swimmers may swim 5-8 events AND/OR 7-8 events. This applies to NOVICE session of the meet ONLY.  
 Swimmers who enter the NOVICE session may not enter Saturday & Sunday regular sessions.  
 NOTE: 9-12 Age will use 5-8 Time Standards for 25 YD events; 11-14 Age events will use 11-12 Time Standards for 50 YD events.



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

**Session 3 REGULAR SESSION**  
**Sunday, January 25, 2015**  
**Warm up 7:30 AM, Start Time 9:00 AM**

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
67	BRW	11-12	200 YD I.M.	BRW	68
69	BRW	7-10	200 YD I.M.	BRW	70
71	BRW	13 & UP	100 YD Free	BRW	72
73	BRW	11-12	100 YD Free	BRW	74
75	BRW	7-10	100 YD Free	BRW	76
77	BRW	13 & UP	200 YD BACK	BRW	78
79	BRW	11-12	100 YD BACK	BRW	80
81	BRW	7-10	100 YD BACK	BRW	82
83	BRW	13 & UP	100 YD BREAST	BRW	84
85	BRW	11-12	100 YD BREAST	BRW	86
87	BRW	7-10	100 YD BREAST	BRW	88
89	BRW	13 & UP	200 YD FLY	BRW	90
91	BRW	11-12	50 YD FLY	BRW	92
93	BRW	7-10	50 YD FLY	BRW	94
95	BRW	13 & UP	50 YD FREE	BRW	96
97	BRW	11-12	50 YD FREE	BRW	98
99	BRW	7-10	50 YD FREE	BRW	100

Break as determined by Meet Referee

101	6:24.60	OPEN	500 YD FREE	6:29.80	102
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**Swimmers in the 500 YD FREE are requested to provide their own timers.**  
**The 500 YD FREE will be swum fastest to slowest, alternating girls & boys.**  
**A swimmer must be at least 11 years old and meet the listed time standard to enter an Open event.**  
**Do not enter NO TIMES [NT] in OPEN events.**



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

