

SBSC "The June Bug is Back" MEET

June 5-6, 2010

Sanctioned By: Southern California Swimming
Sanction Number: 10-094, USA Swimming
Warm-up : Saturday & Sunday 7:30 am

Sponsored By: Santa Barbara Swim Club, Inc.
ENTRIES DUE: **Wed, May 26, 2010 5:00PM PDT**
Starting Times: Saturday & Sunday 9:00 am

POOL: LOS BANOS DEL MAR MUNICIPAL POOL, 401 Shoreline Drive, Santa Barbara, CA

NORTHBOUND: Take Hwy 101 north to Garden St., exit left, follow to the beach, at Carrillo Blvd., turn right and follow for 1 mile. At first light past Castillo St, go left into harbor parking lot then first left back to pool.

SOUTHBOUND: Take Hwy 101 south to Castillo St, exit right, continue to the end of Castillo St. Right at light, left at next light into harbor parking lot and double back to pool. **There is free parking at Pershing Park, approximately 2 blocks away from the pool off of Castillo St. There is a beach area parking fee. Read signs for street parking**

COURSE: LOS BANOS pool is a 50 meter, outdoor pool with seven (7) swimming lanes. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C). Pool depth is 10-feet at the start end, and 3.5-feet at the turn end.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

WARM-UP: Practice starts or diving from either the starting blocks or the pool edge is NOT allowed during warm-ups. At the discretion of the Meet Referee lanes 2 & 6 MAY BE designated as sprint lanes (practice starts permitted under *USA Swimming member coach supervision* - one way from the blocks), lanes 1 & 7 designated for push-pace work (time to be announced and posted). MARSHALS will enforce warm-up rules.

RULES: USA Swimming Rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form (see 2010 SCS Swim Guide). Swimmers must check-in at Clerk of Course for each event they wish to swim. After an event has been closed, swimmers MAY NOT CHECK-IN OR SCRATCH. Swimmers in the first four events of each session must check-in *THIRTY MINUTES* prior to the start of the session. SWIMMERS ARE LIMITED TO **FOUR (4) INDIVIDUAL EVENTS PER DAY.**

ELIGIBILITY: Open to 2010 USA Swimming registered Coastal Section athletes as well as athletes registered in any LSC other than Southern California Swimming. Registration application must be received by Monday prior to first day of meet 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.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. During the meet, a swimmer may only UNATTACH by notifying the Meet Secretary in writing and paying the appropriate fee (may not attach or reattach).

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (NO WORK OUT TIMES). All non conforming times will be seeded last. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

SWIMWEAR: Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

AWARDS: Ribbons for Red/White/Blue divisions, 12&under swimmers.

ENTRY FEES: \$3.25 for each INDIVIDUAL EVENT must accompany entry form. \$7.50 surcharge per swimmer must be included in check for individual entries. To avoid any concern regarding receipt of entry form, you may enclose a self-address, stamped envelope or postcard. **DO NOT USE CERTIFIED OR REGISTERED MAIL.** Receipt of entry will not be verified by phone.

NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.

E-MAIL ENTRY: 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.(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 hardcopy (this includes e-mail) ONLY. New swimmers accepted if *SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE:* A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED NO LATER THAN 5 PM, WEDNESDAY, May 26, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). Entries will be limited to comply with 4-hour rule.

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

MAIL ENTRIES TO: SBSC June Meet c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, CA 91360, hand deliver same.

FOR FURTHER INFORMATION, PLEASE CALL Bev Pierson 805-376-3042. E-mail: Beverly.pierson@gmail.com.

NOTICE: 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.

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WOMEN #	AGE	MIN. METERS	TIME STANDARD YARDS	EVENT	MIN. METERS	TIME STANDARD YARDS	MEN #
SATURDAY JUNE 5, 9AM START; 7:30 warm-up							
1	11-12	BRW	BRW	100 FREESTYLE	BRW	BRW	2
3	10 & UN	BRW	BRW	100 FREESTYLE	BRW	BRW	4
5	11-12	BRW	BRW	100 BREASTSTROKE	BRW	BRW	6
7	10 & UN	2.02.40	1.49.10	100 BREASTSTROKE	2.03.10	1.49.70	8
9	11-12	BRW	BRW	50 BUTTERFLY	BRW	BRW	10
11	10 & UN	BRW	BRW	50 BUTTERFLY	BRW	BRW	12
13	11-12	BRW	BRW	50 BACKSTROKE	BRW	BRW	14
15	10 & UN	BRW	BRW	50 BACKSTROKE	BRW	BRW	16
17	11-12	BRW	BRW	200 IM	BRW	BRW	18
19	10 & UN	3.49.30	3.23.50	200 IM	3.50.40	3.24.50	20
21	11-12			400 MEDLEY RELAY			22
Break as determined by referee							
23	OPEN	5.47.30	6.24.60	400 FREESTYLE	5.46.60	6.29.80	24

SATURDAY JUNE 5, no earlier than 12:00PM							
25	13-14	BRW	BRW	100 BACKSTROKE	BRW	BRW	26
27	15 & UP	BRW	BRW	100 BACKSTROKE	BRW	BRW	28
29	13-14	3.17.40	2.55.10	200 BUTTERFLY	3.08.90	2.47.30	30
29	15 & UP	3.13.00	2.50.90	200 BUTTERFLY	2.54.80	2.34.40	30
29	OPEN	3.05.70	2.45.20	200 BUTTERFLY	3.07.20	2.47.40	30
31	13-14	BRW	BRW	100 BREASTSTROKE	BRW	BRW	32
33	15 & UP	BRW	BRW	100 BREASTSTROKE	BRW	BRW	34
35	13-14	BRW	BRW	50 FREESTYLE	BRW	BRW	36
37	15 & UP	BRW	BRW	50 FREESTYLE	BRW	BRW	38
39	13-14	BRW	BRW	200 IM	BRW	BRW	40
41	15 & UP	BRW	BRW	200 IM	BRW	BRW	42
43	13-14			400 MEDLEY RELAY			44
45	15&UP			400 MEDLEY RELAY			46
Break as determined by referee							
47	OPEN	22.11.60	21.32.10	1500 Freestyle	22.10.90	21.51.50	48

WOMEN #	AGE	MIN. METERS	TIME STANDARD YARDS	EVENT	MIN. METERS	TIME STANDARD YARDS	MEN #
SUNDAY JUNE 6, 9AM START; 7:30 warm-up							
49	11-12	BRW	BRW	200 FREESTYLE	BRW	BRW	50
51	10 & UN	3.19.30	2.56.80	200 FREESTYLE	3.19.00	2.56.50	52
53	11-12	BRW	BRW	50 BREASTSTROKE	BRW	BRW	54
55	10 & UN	BRW	BRW	50 BREASTSTROKE	BRW	BRW	56
57	11-12	BRW	BRW	50 FREESTYLE	BRW	BRW	58
59	10 & UN	BRW	BRW	50 FREESTYLE	BRW	BRW	60
61	11-12	BRW	BRW	100 BACKSTROKE	BRW	BRW	62
63	10 & UN	BRW	BRW	100 BACKSTROKE	BRW	BRW	64
65	11-12	BRW	BRW	100 BUTTERFLY	BRW	BRW	66
67	10 & UN	1.49.70	1.37.40	100 BUTTERFLY	1.49.80	1.37.60	68
69	11-12			400 FREE RELAY			70
Break as determined by referee							
71	OPEN	6.31.20	5.48.20	400 IM	6.32.30	5.48.90	72

SUNDAY JUNE 6, no earlier than 12:00PM							
73	13-14	BRW	BRW	200 FREESTYLE	BRW	BRW	74
75	15 & UP	BRW	BRW	200 FREESTYLE	BRW	BRW	76
77	13-14	BRW	BRW	100 BUTTERFLY	BRW	BRW	78
79	15 & UP	BRW	BRW	100 BUTTERFLY	BRW	BRW	80
81	13-14	3.43.00	3.18.20	200 BREASTSTROKE	3.33.00	3.06.40	82
81	15 & UP	3.41.90	3.17.30	200 BREASTSTROKE	3.20.40	2.57.80	82
81	OPEN	3.31.00	3.08.80	200 BREASTSTROKE	3.31.20	3.09.00	82
83	13-14	BRW	BRW	100 FREESTYLE	BRW	BRW	84
85	15 & UP	BRW	BRW	100 FREESTYLE	BRW	BRW	86
87	13-14	3.19.60	2.54.50	200 BACKSTROKE	3.09.20	2.45.10	88
87	15 & UP	3.12.70	2.56.70	200 BACKSTROKE	3.00.70	2.37.30	88
87	OPEN	3.09.20	2.46.20	200 BACKSTROKE	3.11.80	2.51.40	88
89	13-14			400 FREE RELAY			90
91	15 & UP			400 FREE RELAY			92
Break as determined by referee							
93	OPEN	11.44.20	12.58.60	800 Freestyle	11.43.70	13.09.80	94

Relays will be swum, time permitting

The 400 IM, 400, 800 and 1500 freestyle will be swum fastest to slowest, alternating girls and boys
Swimmers in the 400 Free, 400 IM, 800 Free and 1500 Free must provide a timer for a minimum of 3 heats
Swimmers in the 800 and 1500 Free must supply their own lap counters

If length of combined sessions is projected to be 4 hour or less, sessions will be combined as follows:

Saturday: 1-4,25-28,5-8,31-34,9-12,29-30,13-16,35-38,17-20,39-42,21-22,43-46,23-24,47-48

Sunday: 49-52,73-76,53-56,81-82,57-60,83-86,61-64,87-88,65-68,77-80,69-70,89-92,71-72,93-94