

2024 SBSC MAY Long Course Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: SBSC and Coastal Committee
Date of Meet: May 4-5, 2024

Sanction No. S24-024
Received by deadline 5:00 pm, April 24, 2024
Start of Meet: 8:30am Warm-up: 7:00am

POOL: Los Banos Del Mar Pool. 401 Shoreline Drive; Santa Barbara. Parking across the street at Pershing Park.

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 10.6 turn end 3.6.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 -8:15. 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 a 3-point slide in entry into the pool for warm up, NO jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mary Jo Swalley (mj64bear@eathlink.net)

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP 2.0”), will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete.** All coaches and officials must be current USA Swimming members. There will be separate bathrooms for athletes and coaches/officials. **This meet will limit entries to meet the “4 Hour” rule.** Events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 4 events per day. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. No deck entries will be allowed. 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 May 4, 2024 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800 Freestyle required to furnish their own timers and lap counters. Swimmers competing in the 400 IM event are required to furnish their own timers. Changes to the meet management may be made with approval of the Meet Host. All Teams are required to provide timers. **All coaches and officials on deck must complete the CDC or NFS Concussion course and the CANRA 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. 12 and under swimmers are not allowed to wear tech suits.**

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 Coastal Committee athletes who hold 2024 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to meet entry deadline. No late or deck registration will be accepted.**

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.

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. 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. 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.

AWARDS: No Awards

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 24th, 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.)**

Email for team electronic entries only: pam.jam24@gmail.com

Make Checks payable to: Santa Barbara Swim Club

MAIL ENTRIES TO: Pam Nguyen

237 Spruce Drive; Goleta, CA 93117.

Questions: please contact the Meet Processor

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.

Saturday May 4th, 2024

Morning Session 8:30 a.m. start. Warm-up at 7:00 a.m.

Girls			Age Group	Event Description	Boys		
Event	SCY	LCM			SCY	LCM	Event
1	6:47.79	6:06.79	13-14, 15 & O	*400 FREESTYLE	6:26.59	5:49.09	2
3	ABC	ABC	13-14, 15 & O	200 BACKSTROKE	ABC	ABC	4
5	ABC	ABC	13-14, 15 & O	100 BUTTERFLY	ABC	ABC	6
7	ABC	ABC	13-14, 15 & O	200 BREASTSTROKE	ABC	ABC	8
9	ABC	ABC	13-14, 15 & O	100 FREESTYLE	ABC	ABC	10
11	6:03.59	6:55.49	13-14, 15 & O	**400 INDIVIDUAL MEDLEY			
			13-14, 15 & O	**800 FREESTYLE**	13:21.19	12:05.89	12

*Events 1&2 will be swum alternating girls/boys fastest to slowest. Swimmers must provide their own timer.

*Athletes in events 1&2 must meet 13-14 "B" time standard.

**Athletes in events 11&12 must meet 13-14 "B" time standard to qualify and must provide their own timer and lap counter

Saturday afternoon session starts 60 minutes after the conclusion of the morning session

13	7:08.79	6:23.89	9-10, 11-12	*400 FREESTYLE	6:57.29	6:15.49	14
15	ABC	ABC	5-8, 9-10, 11-12	100 BACKSTROKE	ABC	ABC	16
17	ABC	ABC	5-8, 9-10, 11-12	50 BUTTERFLY	ABC	ABC	18
19	ABC	ABC	5-8, 9-10, 11-12	100 BREASTSTROKE	ABC	ABC	20
21	ABC	ABC	5-8, 9-10, 11-12	100 FREESTYLE	ABC	ABC	22
23	6:24.19	7:19.69	11-12	**400 INDIVIDUAL MEDLEY			
			11-12	**800 FREESTYLE	14:32.59	13:11.69	24

*Swimmers in events 13&14 must meet 11-12 "B" time standard and must provide their own timer.

**Athletes in events 23&24 must meet 11-12 "B" time standard to qualify and must provide their own timer and lap counter

Sunday May 5th, 2024

Morning Session 8:30 a.m. start. Warm-up at 7:00 a.m.

25	ABC	ABC	13-14, 15&O	200 FREESTYLE	ABC	ABC	26
27	ABC	ABC	13-14, 15 & O	100 BACKSTROKE	ABC	ABC	28
29	ABC	ABC	13-14, 15 & O	200 INDIVIDUAL MEDLEY	ABC	ABC	30
31	ABC	ABC	13-14, 15 & O	100 BREASTSTROKE	ABC	ABC	32
33	ABC	ABC	13-14, 15 & O	200 BUTTERFLY	ABC	ABC	34
35	ABC	ABC	13-14, 15 & O	50 FREESTYLE	ABC	ABC	36
			13-14, 15 & O	400 INDIVIDUAL MEDLEY	5:41.49	6:32.59	37
38	14:01.99	12:35.99	13-14, 15 & O	**800 FREESTYLE**			

**Athletes in events 37&38 must meet 13-14 "B" time standard to qualify and must provide their own timer and lap counter

39	ABC	ABC	9-10, 11-12	200 FREESTYLE	ABC	ABC	40
41	ABC	ABC	5-8, 9-10, 11-12	50 BACKSTROKE	ABC	ABC	42
43	ABC	ABC	9-10, 11-12	200 INDIVIDUAL MEDLEY	ABC	ABC	44
45	ABC	ABC	5-8, 9-10, 11-12	50 BREASTSTROKE	ABC	ABC	46
47	ABC	ABC	5-8, 9-10, 11-12	100 BUTTERFLY	ABC	ABC	48
49	ABC	ABC	5-8, 9-10, 11-12	50 FREESTYLE	ABC	ABC	50
			11-12	**400 INDIVIDUAL MEDLEY	6:13.09	7:09.89	51
52	13:24.09	14:48.09	11-12	**800 FREESTYLE			

**Athletes in events 51&52 must meet 11-12 "B" time standard to qualify and must provide their own timer and lap counter