

SPMS News

March/April
2017



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2016 SPMS Swimmers of the Year

2016 Swimmer of the Year Awards were presented at the SCM Championships in City of Commerce in December. Nominations are submitted by Coaches and Swimmers and voted upon by the SPMS Awards Committee each year. These nominations and documentation are submitted by Oct 31st and awards are presented at the Regionals Championships. Full requirements and timelines for all awards are on the SPMS website. Please be thinking about who you want to nominate in 2017!

2016 SPMS Swimmers of the Year

2016 Male Swimmer of the Year

Male Swimmer of the Year for 2016 was awarded to **Mario Marshall** from Golden Road Aquatics. Mario swims in the Men's 30-34 years old age group. Mario competed at all levels of USMS Masters Swimming and also competed in Triathlon. Mario is very energetic and supportive of masters swimming.

Mario achieved All American Status in 2016 SCY with fastest times in the 50 and 100 yard butterfly events along with 4 other top ten times in his age group. In 2015 SCM two number one times in 50 free and 100 Butterfly earning him All American Honors with these Number one rankings. Mario had a total of 4 American Individual rankings and six relay All American Rankings. Mario has a total of 53 USMS Top Ten times.



2016 Female Swimmer of the Year



Female Swimmer of the Year 2016 was awarded to **Becky Cleavenger** from Conejo Valley Masters Swimming (CVMM). Becky swims in the very competitive women's 50-54 years old age group.

Becky competed in pool, postal events, open water lake swims, triathlons, Alcatraz Centurion Swim and open water Ocean Swims. Becky is unique as she can compete with the Nations and Worlds best swimming in the sprints but also the distance swims. She is also very good at Open Water Swimming which is rare to have the ability to cover all aspects of swimming as Becky does.

Becky is a great supporter of SPMS swim meets, postal events, open water events, Regionals, Zones and USMS National Championships. She donates dozens of hours of her time each year as the Awards Chair for the Matt Biondi Swim meet, coaching CVMM Open water clinics in the summer and helped raise over \$30,000.00 for Children's Hospital Los Angeles at the Malibu Triathlon as part of the CVMM racing team.

Just a few of Becky's swimming achievements, 2016 National Champion 200 M freestyle, 3 Relay National Championships, 3 All American Swims, 4 FINA World Top Ten. At the 2016 SCY Nationals she placed Top Ten in all 6 individual events and 5 relays swims! She was first women overall at Alcatraz Centurion swim and 1st age group, first in age group at Newport Beach Pier to Pier and 3rd women overall, first in age group at Malibu Nautica Triathlon and second women overall for swim portion of both the International and

2016 Open Water Series Results



Thank you to all of the swimmers who participated in our 2016 Open Water Series this season. If you are on the list below, congratulations, you placed in our 2016 SPMS Open Water Series.

40-44 Female

1st Place Jennifer O'Keefe NOVA 56 points
2nd Place Tiffany McQueen FISS 50 points

45-49 Male

1st Place Chappie De Haven SCAQ 54 points

50-54 Female

1st Place Eileen Span MVN 42 points

55-59 Female

1st Place Denise Hearst CVMM 66 points
2nd Place Janice Clark CTM 46 points

55-59 Male

1st Place Chris Georges TSTT 36 points
2nd Place Michael Lucas SWAM 34 points
3rd Place Dave O'Neil SWLB 28 points
4th Place Mark Harmon PSP 26 points

60-64 Female

1st Place Christie Ciraulo UCLA 110 points
****High Point****
2nd Place Cheryl Plantz SWM 70 points
3rd Place Deire Hobbs UC33 68 points

60-64 Male

1st Place Stephen Sponagle NOVA 82 points
****High Point****
2nd Place Craig Beaudine SWM 56 points
3rd Place Greg Mortimer UC33 36 points

65-69 Female

1st Place Katherine Watson OJAI 50 points

65-69 Male

1st Place Hubie Kerns VCM 62 points
2nd Place John Nisbet UC33 52 points
3rd Place Bill Wiggins UC33 42 points
4th Place Thomas Heydorff LALM 26 points

75-79 Male

1st Place Ronald Durkee LALM 78 points
2nd Place Conrad VonBlankenburg UC33 62 points

**CVMM Matt Biondi
SCY Swim Meet
Sunday, March 19th, 2017**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Cal Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd., Thousand Oaks, CA. Pool is an outdoor 25- yard by 50-meter pool with up to 8 competition lanes. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From 101 Freeway, take 23 North, exit Olsen Rd and head west toward Thousand Oaks. Approximately 3 miles on right. Lots of free parking.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedent over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 19 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, March 12, 2017. The on- line entry deadline is 11:59 p.m. Pacific Time on March 15, 2017. Deck registration is permitted. Deck entries will close at 9:00 a.m. (7:30 a.m. for Event 1)

Entry Fees: \$39.00 per swimmer flat fee. Deck entries allowed for \$50.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest by entered time. Check-in is required for all events to ensure the meet runs efficiently.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$8.00 per relay due upon entry. For relay swimmers who are not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: Medals for places 1 to 3 and ribbons for 4th through 6th. Relay: Ribbons for 1st place. A special award (the Matt Biondi Award) and award presentation ceremony for the fastest male and female in the 50 free; in addition the winners' names will be added to the Matt Biondi Perpetual Award. Heat Winner Awards.

Checks payable to: Conejo Valley Multisport Masters. Mail your consolidated entry card, a copy of your 2017 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA .93062, (805) 444-0317Alina@dearmas.com.

Admin: Alina de Armas. (805) 444-0317, Alina@dearmas.com.

Questions: Meet Director Nancy Kirkpatrick Reno (818) 469-9972; nancy@conejovalleymultisportmasters.com.

Raffle tickets for sale: Crowd pleasers at our first two Matt Biondi meets were our fabulous raffle baskets which will be available again this year. Raffle tickets available for purchase at the meet. All meet entrants receive swag bags. Snack Bar.

Sunday March 19 2017

Warm-up at 7:00am

Meet starts at 8:00am

- | | | | |
|-----|--------------------------------|-----|--|
| 1. | 1650 yd Freestyle * | 12. | 100 yd Freestyle |
| 2. | 200 yd. Breaststroke | 13. | 100 yd Butterfly |
| 3. | 200 yd Backstroke | 14. | 50yd Freestyle (Matt Biondi Event) |
| 4. | 200 yd Butterfly | 15. | 400yd Individual Medley |
| 5. | 200 yd Freestyle | 16. | 200 yd Freestyle Relay (Men, Women, Mixed) |
| 6. | 100 yd Individual Medley | 17. | 100 yd Breaststroke |
| 7. | 400 yd Freestyle (Mixed Relay) | 18. | 50 yd Backstroke |
| 8. | 50 yd Butterfly | 19. | 400 yd Freestyle Relay (Men or Women) |
| 9. | 100 yd Backstroke | 20. | 800 yd Freestyle Relay (Men Women, Mixed) |
| 10. | 200 yd Individual Medley | | |
| 11. | 50 yd Breaststroke | | |

*Mile limited to four heats

**UCLA Short Course Yards
SCY Swim Meet
Saturday, April 2, 2017**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: UCLA's Spieker Aquatics Center. The address is 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately $\frac{3}{4}$ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Age on April 2nd, 2017 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is March 25, 2017. Online entries will close @ 11:59 p.m. on Wednesday, March 29, 2017. On deck registration is permitted. Deck entries for the 1650 yd Freestyle if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1650 yd Freestyle.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2017 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1650yd Freestyle must check in to be seeded.

Relays: For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

Questions: Meet Director: Cami Stein. Meet Admin: Omar de Armas omar.dearmas@gmail.com

Sunday, April 2, 2017

1650 yd Freestyle warm-up at 8:00 a.m.

1650 yd Freestyle starts at 9:00 a.m.

Event 2 will start no sooner than 10:30 a.m.

1. 1650 yd. Freestyle (32 max entries)
2. 200 yd. Butterfly
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 200 yd. Freestyle Relay (Men, Women, Mixed)
6. 100 yd. Breaststroke
7. 200 yd. Freestyle
8. 50 yd. Butterfly
9. 100 yd. Individual Medley
10. 200 yd. Backstroke
11. 50 yd. Breaststroke

SAN LUIS OBISPO SWIM CLUB 2017 SPRING SPLASH

DATE OF MEET: Friday, Saturday and Sunday, March 31st – April 2nd

SANCTIONED BY: USA Swimming, Southern CA Swimming, USMS & SPMS

SPONSORED BY: SLO Swim Club, Coastal Committee, and

DECK OPENS: Friday: 3:30 PM, Saturday/Sunday: 7:00 AM

WARM-UP:

Friday 3:30 PM Saturday/Sunday Senior Prelims: 7:00 AM
Saturday/Sunday BRW Age Group: 10:30 AM to 30 minutes after the completion of the Prelims Session.
Sunday/Sunday Senior Finals: TBD

MEET START:

Friday: 5:00 PM
Saturday & Sunday Senior Prelims: 8:30 AM
Saturday & Sunday BRW Age Group: At least 30 minutes after the conclusion of the Prelims Session, NO SOONER THAN 11:00 PM
Saturday & Sunday Senior Finals: TBD

ENTRY DEADLINE: Entries must be received by the meet processor NO LATER THAN 5 PM WEDNESDAY, MARCH 22, 2017. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

FACILITY: San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. The pool is a 50-meter by 25 yard, 8 lane outdoor heated pool. Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. For the competition pool the Start End is 13 ft deep in lane 1 to 6 ft deep in lane 6, and the Turn End is 4 ft deep for all lanes. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming. Ample deck space is available for structures and seating. **Bring tie-downs and weights to secure your structures.

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2016 USA Swimming registration and USMS athletes who hold 2016 USMS registration. Out of LSC entries will be accepted space available, please submit a copy of registration with entry. Registration applications must be received by the meet entry deadline (March 22nd) by the meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III B. Registration application may be submitted together with entry forms. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

SUBMITTED & QUALIFYING TIMES: Times submitted must be the BEST RECORDED TIMES long course meters or short course yards from this or the 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.

ENTRY LIMIT: Swimmers in Senior OPEN events are limited to 3 Individual events per day. Swimmers in BRW Age Group events are limited to 5 individual events per day. Swimmers who enter BOTH Senior OPEN and BRW Age Group events are limited to 3 individual events per day. Entries will be limited to meet the "4 Hour" Rule.

ENTRY PROCEDURES: Electronic Entry: Email 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 a team entry must be postmarked within 48 hours of the email 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 for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

Entry Card: Submit one SCS consolidated entry card (can be found at www.sloswimclub.org) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming or USMS registration number. To avoid concern regarding receipt of entry card, enclose a stamped, self-addressed envelope or postcard. Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services. All USMS athletes must sign and date the waiver form.

ENTRY FEE: Senior OPEN HEATS/FINALS EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND BRW AGE GROUP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER must accompany each individual entry to the address below (not the SCS swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

EMAIL ENTRIES TO: office@sloswimclub.org

MAIL ENTRIES AND TEAM PAYMENT TO:

2017 Spring Splash
c/o San Luis Obispo Swim Club
PO Box 142
San Luis Obispo, CA 93406

PAYMENT: Make Checks Payable: to Southern CA Swimming

HAND DELIVER ENTRIES TO: 900 Southwood Drive, San Luis Obispo, CA 93401, between the hours of 6-8AM, 12-1:30PM, 4-7PM M-F

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2017 USA Swimming coach. Warm-up rules will be announced and enforced. Warm-up lanes will be posted for 10&under, Masters, and General warm-up, please obey the warm-up posting in the consideration of athlete safety. No diving into the pool except for the sprint lanes directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.

CHECK-IN: Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in at least 30 minutes prior to the start of the appropriate session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. Check-In Deadlines: Check-In for all events will close 30 minutes prior to the start of each session.

RULES: USA Swimming rules will govern this combined USA-S and USMS meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Swimmers must swim in their actual age group as determined by the age on the first day of the meet (March 31, 2017). Swimmers may swim in only one age group. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard.

Finals: Depending on the number of entrants, Finals will be swum in 5-7 lanes. The National Finals scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of announcement of preliminary results. Final: SCRATCH ONLY. Final "no show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. The 50 Free will have a Semi-Final (Top 10 as the first event of Sunday's Final session) and a Final (Top 5 as the last event of Sunday's Final session). In order, the 100 Free will have a Bonus, Bonus Consolation, Consolation and Final. In order, the 100's of stroke, 200 Free and 200 IM will have a Bonus Consolation, Consolation and Final. In order, the 200's of stroke will have a Consolation and Final. The 400 Free will have a Final.

Recording Devices & Media Coverage: The uses 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 for the BRW Age Group Sessions, check SCS website for a list of approved racing suits.

Deck Changes: Deck changes are prohibited.

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.

SEEDING: All preliminary and timed final events will be seeded FAST to SLOW. The Prelim/Final 400 Free (events 37 and 38) will have the fastest 2 heats circle-seeded. All other prelim/final events will have the fastest 3 heats circle-seeded.

AWARDS: Ribbons 1st thru 6th places in B, R & W divisions for the following age groups: 5/6, 7/8, 9/10, and 11/12. No awards for 13&up or OPEN division.

LANE TIMING: Swimmers in Friday's events are requested to provide their own timers. For Saturday and Sunday, clubs will be assigned lanes for timing based on the number of entrants.

DISTANCE EVENTS: Swimmers in the 800 Free are requested to provide their own timers and lap counters. The 400 Free, 400 IM and 800 Free will alternate girls and boys heats.

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

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515 email: office@sloswimclub.org website: www.sloswimclub.org

USA Swimming Disclaimer: 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.

****DETAILED MASTERS INFORMATION: See Page 5**

2017 SPRING SPLASH EVENTS

FRIDAY - MARCH 31

Warm Up: 3:30 PM, Meet Start: 5:00 PM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	11:44.20L 12:58.60Y	OPEN	800 FREE	11:43.70L 13:09.80Y	2
3	34.90L 30.70Y	OPEN	50 FREE	34.40L 30.80Y	4
Short Break					
5	11&UP=BRW 9-10 = **3:02.70 L **2:42.00 Y	9-10, 11&UP	400 FREE **9-10 enter with 200 FREE time	11&UP=BRW 9-10 = **3:02.40 L **2:41.80 Y	6
7	6:31.20L 5:48.20Y	OPEN	400 IM	6:32.30L 5:48.90Y	8

**The 9-10 400 Free has a 7-10 200 FR Blue Std. Enter with a 200 FR time.

*The OPEN 800 Free and 400 IM will be a timed final event.

SATURDAY - APRIL 1

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
9	3:07.90L 2:46.20Y	OPEN	200 IM	3:08.20L 2:46.50Y	10
11	1:29.40L 1:17.90Y	OPEN	100 BACK	1:30.70L 1:20.50Y	12
13	2:42.90L 2:24.10Y	OPEN	200 FREE	2:43.60L 2:24.60Y	14
15	1:40.00L 1:28.90Y	OPEN	100 BREAST	1:40.10L 1:29.00Y	16
17	1:27.30L 1:16.10Y	OPEN	100 FLY	1:28.10L 1:18.20Y	18

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
19	BRW	5-6, 7-8, 9-10, 11&UP	50 BREAST	BRW	20
21	BRW	5-6, 7-8, 9-10, 11&UP	50 FREE	BRW	22
23	BRW	9-10, 11&UP	100 FLY	BRW	24
25	BRW	5-6, 7-8, 9-10, 11&UP	50 BACK	BRW	26
27	BRW	9-10, 11&UP	200 FREE	BRW	28

SUNDAY - APRIL 2

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
29	3:09.20L 2:46.20Y	OPEN	200 BACK	3:11.80L 2:51.40Y	30
31	1:15.60L 1:06.70Y	OPEN	100 FREE	1:15.10L 1:06.20Y	32
33	3:31.00L 3:08.80Y	OPEN	200 BREAST	3:31.20L 3:09.00Y	34
35	3:05.70L 2:43.20Y	OPEN	200 FLY	3:07.20L 2:47.40Y	36
37	5:47.30L 6:24.60Y	OPEN	400 FREE	5:46.60L 6:29.80Y	38

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
39	BRW	5-6, 7-8, 9-10, 11&UP	50 FLY	BRW	40
41	BRW	9-10, 11&UP	100 BREAST	BRW	42
43	BRW	5-6, 7-8, 9-10, 11&UP	100 FREE	BRW	44
45	BRW	9-10, 11&UP	200 IM	BRW	46
47	BRW	9-10, 11&UP	100 BACK	BRW	48

To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1 (Prelims) with fastest 3 heats circle seeded.
- 2) The top 10 finishers will swim in the Semifinal on Saturday as the first event of Saturday's final session in 2 circle seeded heats, the 200 IM will follow.
- 3) The top 5 finishers will swim in the Final as the last event of Sunday's Finals Session.

EVENTS OFFERED

(BY AGE GROUP)

Friday, March 31, 2017

5-6	7-8	9-10	11 & UP	OPEN
		400 FREE <i>*ENTER WITH 200 FREE TIME</i>	400 FREE	800 FREE <i>*timed final</i>
				50 FREE <i>*round 1 of 3</i>
				400 IM <i>*timed final</i>

Saturday, April 1, 2017

5-6	7-8	9-10	11 & Up	OPEN (P/F)
50 BREAST	50 BREAST	50 BREAST	50 BREAST	200 IM
50 FREE	50 FREE	50 FREE	50 FREE	100 BACK
50 BACK	50 BACK	100 FLY	100 FLY	200 FREE
		50 BACK	50 BACK	100 BREAST
		200 FREE	200 FREE	100 FLY

Sunday, April 2, 2017

5-6	7-8	9-10	11 & Up	OPEN (P/F)
50 FLY	50 FLY	50 FLY	50 FLY	200 BACK
100 FREE	100 FREE	100 BREAST	100 BREAST	100 FREE
		100 FREE	100 FREE	200 BREAST
		200 IM	200 IM	200 FLY
		100 BACK	100 BACK	400 FREE



Entry Limit:

Swimmers in **Senior OPEN** events are limited to **3 Individual events per day.**

Swimmers in **BRW AGE GROUP** events are limited to **5 individual events per day.**

Swimmers in **BOTH OPEN and Age Group** events are limited to 3 individual events per day.

*To compete in Senior OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: ???-????

Facility: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 5-7 lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent, please bring tie-downs and weights to secure your structures. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Rules: USA Swimming rules will govern this combined USA-S and USMS meet.

Check-In: Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in at least 30 minutes prior to the start of the appropriate session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. **Check-In Deadlines:** Check-In for all events will close 30 minutes prior to the start of each session.

Seeding: This is a "combined" USA-S and USMS event. All events will be deck seeded **FASTEST to SLOWEST** by entered time, all combined. Check-in will be required for all events.

Entry Deadline: The ENTRY deadline is **Wednesday, March 22nd**. Deck Entries will be allowed, Space Available. Deck Entries will close 30 minutes prior to the START of each session.

Entries: Fill out a Consolidated entry card AND the USMS waiver (both can be found at: www.sloswimclub.org). Include a copy of your 2017 USMS registration. Age on December 31, 2017 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

Entry Eligibility: Masters Swimmers are eligible to enter OPEN events (even if they have NOT achieved the qualifying time) and all 11 & UP events (no qualifying time needed).

Entry Limit: Masters Swimmers entered in OPEN events are limited to 3 individual events per day. Masters Swimmers entered in 11 & UP events are limited to 5 individual events per day. Masters Swimmers entered in BOTH Open and 11 & Up events are limited to 3 individual events per day.

Entry Fees: \$30.00 per swimmer flat fee if you enter by the registration deadline of **Wednesday, March 22nd**. Deck entries are allowed for a total of \$40.00. (Masters deck entries will be taken space available). Late entries (received after March 22nd) and entries received without payment will be treated as deck entries and charged the deck entry fee.

Awards: There will be no awards. Individual printed results are available upon request.

Checks payable to: SLO Swim Club

Mail consolidated entry card, a copy of your 2017 USMS card, USMS waiver and check to: SLO Swim Club Spring Splash
P. O. Box 142
San Luis Obispo, CA 93406

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

A complete Meet Event List and Meet Times are available above.

Swimmers in the 800 Free are responsible for providing their own timers and lap counters.



2017 NATIONWIDE USMS
SPRING NATIONAL CHAMPIONSHIP



Calling ALL VOLUNTEERS!

Riverside Aquatics Association Swim Team
is proud to host the
**2017 Nationwide U.S. Masters Swimming Spring
National Championships**
April 27 - April 30, 2017
at the Riverside Aquatics Complex at Riverside
Community College

Volunteer timers and deck marshals are needed for this championship meet. Volunteers will receive a commemorative event t-shirt and complimentary snacks and drinks.

Days and shifts include:

Thursday, April 27 8:00 am - 1:00 pm
1:00 pm - 6:00 pm

Friday, April 28 8:00 am - 1:00 pm
1:00 pm - 6:00 pm

Saturday, April 29 and
Sunday, April 30 shifts are also needed

For questions or to sign up, contact Shari Chun
(951) 452-3776
shariann.chun@gmail.com

Order of Events

Thursday, April 27, 2017

1650 freestyle

1000 freestyle

Friday, April 28, 2017

500 freestyle (men)

100 breaststroke

200 backstroke

50 butterfly

200 IM

100 freestyle

200 freestyle relay (mixed)

Saturday, April 29, 2017

500 freestyle (women)

100 butterfly

200 breaststroke

100 IM

50 backstroke

200 medley relay

200 freestyle relay

Sunday, April 30, 2017

400 IM

50 freestyle

200 butterfly

200 medley relay (mixed)

100 backstroke

200 freestyle

50 breaststroke

Swimmers of the Month

January 2017

Carolyn Kluss

Mission Viejo Masters
Coach Tina Sanderson
Continued Improvements and Team Leader

Denise Hearst

Conejo Valley Masters
Coach Nancy Kirkpatrick Reno
Winner of Open Water Series and Postal 400 Kick

February 2017

Michael Chang

Southern California Aquatic Masters
Coach Rossella Pescatori
Attends every meet and rallies others

Niki Stokols

Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
1st Time 400 IM, 200 Fly & 200 Breast, Rose Bowl

Jim Santy

Mission Viejo Masters
Coach Tina Sanderson
Outstanding Competitive Drive and Spirit

Welcome! New SPMS Club

Silver Peak Performance (SPP) - Sunland CA
Coach Charles McPeak



Congratulations Golden Road Aquatics

This young club just added a second training location at the Santa Clarita Aquatics Center. The team began use of the facility March 1, 2017, exactly two years after the establishment of GRA.

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

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Member At-Large:

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newsletter@SPMasterSwim.org

For archived newsletters,

Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>

Upcoming SPMS Events

Sunday, March 5

Caltech Pentathlon

Thursday, March 16

SPMS Committee Conference Call

[Information](#)

Sunday, March 19

CVMM Matt Biondi SCY Masters

[Registration](#)

March 31 - April 2

San Luis Obispo Long Course Meters

Sunday, April 2

UCLA Short Course Yards

Thursday, April 20

SPMS Committee Conference Call

[Information](#)

Thursday, April 27 - Sunday, April 30

USMS National SCY Championships

[Registration](#)