

Long Beach Grunions
2017 Southwest Zone & SPMS SCM
Championships December 1 – 3, 2017

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040. 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: Go to scmchamps.org for directions

Fees: Flat fee of \$52.00 if entered online or postmarked by Wednesday, November 15th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Wednesday, November 15th. All entries *must be received* by 11:59 p.m. on Saturday, November 25th. No individual deck entries are allowed.

Rules/Entries: 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 finals. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. Age on December 31st, 2017 determines age group for the meet.

Relays: Relay entries are \$15.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet **before the start of event No. 1**, by paying the \$15.00 relay-only entry fee (which does not include a meet T-shirt) and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: *Positive check-in is required for all events.* Swimmers may check in at <http://www.swimphone.com> or in-person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at Noon on Friday

Check-in for the 400m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top five teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <http://scmc.lbgrunions.org>, click on "Register." Or mail an SPMS entry card, copy of 2016 USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: call 714-273-8793, or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to scmchamps.org

Host Hotel Information scmchamps.org

Friday, December 1, 2017
Warm-up 7:00 a.m., Meet starts at 8:00 a.m.
Check in for 1500 m Freestyle closes at 7:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. Women's 800 m Freestyle Relay*
9. Men's 800 m Freestyle Relay*
10. Mixed 800 m Freestyle Relay*

Saturday, December 2, 2017
Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 400 m Freestyle closes at 7:30 a.m.

11. Women's 400 m Freestyle
12. Men's 400 m Freestyle
13. Women's 50 m Butterfly
14. Men's 50 m Butterfly
15. Women's 400 m Freestyle Relay
16. Men's 400 m Freestyle Relay
17. Mixed 400 m Freestyle Relay
18. Women's 100 m Backstroke
19. Men's 100 m Backstroke
20. Women's 100 m Breaststroke
21. Men's 100 m Breaststroke
22. Women's 200 m Butterfly
23. Men's 200 m Butterfly
24. Womens' 200 m Medley Relay*
25. Men's 200 m Medley Relay*
26. Mixed 200 m Medley Relay*
27. Women's 50 m Freestyle
28. Men's 50 m Freestyle
29. 400 m Individual Medley (Women, Men)

Sunday, December 3, 2017
Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 800 m Freestyle closes at 7:30 a.m.

30. 800 m Freestyle (Women, Men)
31. Women's 100 m Butterfly
32. Men's 100 m Butterfly
33. Women's 50 m Breaststroke
34. Men's 50 m Breaststroke
35. Women's 400 m Medley Relay*
36. Men's 400 m Medley Relay*
37. Mixed 400 m Medley Relay*
38. Women's 200 m Freestyle
39. Men's 200 m Freestyle
40. Women's 100 m Individual Medley
41. Men's 100 m Individual Medley
42. Women's 50 m Backstroke
43. Men's 50 m Backstroke
44. Women's 200 m Breaststroke
45. Men's 200 m Breaststroke
46. Women's 200 m Freestyle Relay*
47. Men's 200 m Freestyle Relay*
48. Mixed 200 m Freestyle Relay*

*Relays: swimmers may swim only one relay in each of these events