



SAN LUIS OBISPO SWIM CLUB



2022 FIRECRACKER

FRIDAY – SUNDAY, JUNE 24-26

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

SPONSORED BY: SLO Swim Club, Coastal Committee, and SPMS

DECK OPENS: Fri: 12:30 PM, Sat/Sun: 7:45 AM

SANCTION #: S22-XXX(SCS) and XXX-XXXX (SPMS)

WARM-UP START:

Friday: 12:30 PM
Sat/Sun (1st Session): 8:00 AM
Sat/Sun (2nd Session): At least 45 minutes after the completion of the first session

MEET START:

Friday: 1:30 PM
Sat/Sun (1st Session): 9:00 AM
Sat/Sun (2nd Session): No sooner than 45 min after completion of the first session

Pool Open Water: TBD

Pool Open Water: TBD

ENTRY DEADLINE: Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, JUNE 15, 2022** if the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

FACILITY	San Luis Obispo Swim Center, 900 Southwood Dr, San Luis Obispo, CA 93401
COURSE	Pool is a 50-meter by 2-yard, 8 lane outdoor heated pool. 5 to 7 lanes (depending on entries) will be used for the competition and a minimum of 4 lanes will be used for warm-up/warm down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool Depth: 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. Ample deck space is available for structures and seating. *Bring tie-downs/weights to SECURE your canopies/structures.
ELIGIBILITY	Open to all athletes who hold 2022 USA Swimming Registration who are 2022 USA Swimming registered. Registration applications must be received by the meet entry deadline (5:00 PM on Fri, March 18) by 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. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING in order to compete.
CHANGE OF AFFILIATION	Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
MEET REFEREE	The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Meet Referee (omarswimref@gmail.com)
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 entry form (see 2022 SCS Swim Guide). Swimmers must swim in their actual Age Group as determined by their age on June 24, 2022 . All coaches on deck must complete the CDC or NFHS Concussion course. Entries will be limited to meet the "4 Hour" Rule. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.
USA SWIMMING DISCLAIMER / MAAPP 2.0	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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet.
RECORDING DEVICE & 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, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment 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.
SWIM WEAR	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. 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. Backstroke start wedges will be available for use at the discretion of the athletes.
WARM UP RULES	Swimmers warming up or down before and after the meet must be under the direct supervision of a current 2022 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 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. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving.
CHECK-IN	Meet check-in may or may not be available depending on the state's guidelines. Check-in procedures will be sent out, along with the meet information to teams/coaches prior to the start of the meet. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Check-In Deadlines: Check-In for ALL events will close 30 minutes prior to the start of each session.
SEEDING	All events will be seeded prior to the start of each session. All events will be seeded FAST to SLOW. Non-conforming times will be converted for seeding purposes.
ENTRY PROCEDURES	Electronic Entry (Preferred Method): 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. Online Entry: Swimmers can enter online via Swim Connection. Entry Card: Submit an SCS Entry Card (available at www.sloswimclub.org).
SUBMITTED TIMES	Times submitted must be BEST RECORDED TIMES long course or short course from this or preceding swim season (no workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES	To compete in OPEN events a swimmer must be at least 11 years old and meet the stated minimum time standard. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at the non-conforming minimum (see 2022 Swim Guide for exceptions).
ENTRY LIMIT	Swimmers are limited to 6 Individual events per day (including regular events and POW events). Entries will be limited to meet the "4 Hour" Rule.
ENTRY FEE:	\$10.00 surcharge PER SWIMMER plus \$4.00 for each INDIVIDUAL EVENT and \$15 for POOL OPEN WATER EVENT must accompany each individual entry to the address below (not the swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy. Make Checks payable to: Southern CA Swimming.
RELAYS	Relays can be deck entered. Relays will be swum time permitting. Relay entry fee will be \$10.00 per relay team . Relay Only Swimmers must pay the meet surcharge (\$10.00) and be entered on the meet entry form by the entry deadline of June 15, 2022.
SCORING/AWARDS	<u>Individual Events:</u> Medals for 1 st -3 rd , ribbons 4 th -6 th for swimmers 5-6, 7-8, 9-10, 11-12. (13/over and OPEN age groups 1 st -3 rd medals only). <u>Relay Events:</u> Medals 1 st -3 rd . <u>Goodrich Memorial Award Trophy</u> for the winners of the Open 800 Free. <u>Queen and King of the Pool Trophies</u> for 7, 8, 9, 10, 11, 12, 13, 14, 15-18 and Masters. Awards will be handed out on SUNDAY, JUNE 26 th .
LANE TIMING & DISTANCE	Clubs will be assigned lanes for timing based on the number of entrants. Swimmers in the 400 IM and 800 Free are requested to provide their own timers and lap counters. The 400 IM and 800 Free will alternate girls and boys heats.
ENTRIES CLOSE	ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00 PM, WEDNESDAY, JUNE 15, 2022. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

E-MAIL ENTRIES TO: Kristin Yoshida - office@sloswimclub.org

RECEIPT OF ENTRY WILL NOT BE VERIFIED BY PHONE OR EMAIL.

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED

MAKE CHECKS PAYABLE TO: SLO Swim Club

MAIL TO CHECKS: SLO Swim Club, PO BOX 142, San Luis Obispo, CA 93406

HAND DELIVER TO: SLO Swim Club Office, 900 Southwood Drive, San Luis Obispo, CA 93401 (between the hours of 4:00-6:00pm M-F)

For further meet Information please contact the SLO Swim Club:
e-mail: office@sloswimclub.org website: www.sloswimclub.org

COVID-19 INFORMATION

COVID 19 PROTOCOLS

Covid 19 This meet will follow all state, local and facility guidelines. Covid 19 protocols are subject to change based on state and local guidance. As such, Covid 19 protocols for the event will be posted on our Event Information Page on our website and will be sent out to all teams/coaches along with the meet information that is sent out prior to the start of the meet.

ASSUMPTION OF RISK

It is understood and agreed that San Luis Obispo Swim Club, the City of San Luis Obispo and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Southern California Swimming LSC and the San Luis Obispo Swim Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

We have taken enhanced health and safety measures for all swim meet attendees. You must follow all posted instructions at this venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this swim meet, you voluntarily assume all risks related to exposure to COVID-19.

USA SWIMMING ACKNOWLEDGEMENT OF RISK

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

****ALL MASTERS MEET INFORMATION: See Page 4 for details**

****FOR POOL OPEN WATER (POW) EVENT INFORMATION: See Page 5 for details**

QUEEN AND KING OF THE POOL

To qualify you must compete in ALL 5 of the listed events below for your age group. Trophies will be given to the Male (King) and Female (Queen) swimmer with the lowest combined time for ALL 5 events for the following age brackets: 7, 8, 9, 10, 11, 12, 13, 14, 15-18, and Masters. If needed, ties will be broken based on lowest average finish place, and a DQ in an event will result in a 30 second time penalty. Individual pentathlon event winners will also receive a special award!

- 12 & Under and Masters Pentathlon Events:
★ 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- 13 & Over Pentathlon Events:
★ 100 of each stroke (Fly, Back, Breast, Free) & 200 IM

2022 FIRECRACKER EVENT LIST

FRIDAY – JUNE 24

Start: 1:30 p.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	BRW	11-12/13-UP	200 Free	BRW	2
3	BRW	5-6/7-8/9-10	100 FREE	BRW	4
5	BRW	7-8/9-10/11-12	100 BREAST	BRW	6
7	3:10.19 L 2:47.19 Y	OPEN	200 FLY	3:06.19 L 2:40.79 Y	8
9	BRW	7-8/9-10/11-12	100 BACK	BRW	10
11	5 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				11
13	12:26.69 L 13:44.69 Y	OPEN	800 FREE	12:15.19 L 13:30.19 Y	14

QUEEN AND KING OF THE POOL

To qualify you must compete in ALL 5 of the listed events below for your age group.

- 12 & Under and Masters Pentathlon Events:
 - ★ 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- 13 & Over Pentathlon Events:
 - ★ 100 of each stroke (Fly, Back, Breast, Free) & 200 IM

★ Swimmers are limited to 6 Individual Events PER Day.
**POW event is included in the 6 event/day limit

★ OPEN Events: Must be 11 years old and meet the stated time standard.

SATURDAY – JUNE 25

1st Session Start: 9:00 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
15	BRW	5-6/7-8/9-10	50 FLY	BRW	16
17	BRW	5-6/7-8/9-10	50 BACK	BRW	18
19	BRW	5-6/7-8/9-10	50 BREAST	BRW	20
21	BRW	7-8/9-10	200 FREE	BRW	22
23	5-10 200 FREE RELAY				24

SUNDAY – JUNE 26

1st Session Start: 9:00 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
47	BRW	7-8/9-10	100 FLY	BRW	48
49	BRW	5-6/7-8/9-10	50 FREE	BRW	50
51	BRW	7-8/9-10	200 IM	BRW	52
53	5-10 200 MEDLEY RELAY				54
55	BRW	9-10	400 FREE	BRW	56

2nd Session Start: No sooner than 45 mins after 1st sessions end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
25	BRW	13-UP	100 FLY	BRW	26
27	BRW	11-12/13-UP	50 FLY	BRW	28
29	BRW	13-UP	100 BACK	BRW	30
31	BRW	11-12/13-UP	50 BACK	BRW	32
33	BRW	13-UP	100 BREAST	BRW	34
35	BRW	11-12/13-UP	50 BREAST	BRW	36
37	BRW	11-12/13-UP	100 FREE	BRW	38
39	13 & UP 200 FREE RELAY				41
40	11-12 200 FREE RELAY				42
43	11 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				43
45	6:48.29 L 5:56.79 Y	OPEN	400 IM	6:39.19 L 5:46.39 Y	46
- Break to Set-up Pool for POW Event -					
101	POOL OPEN WATER EVENT **See Page 5 for more information**				102
103					104
105					106
107					108
109					110

2nd Session Start: No sooner than 45 mins after 1st sessions end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
57	3:35.99 L 3:06.59 Y	OPEN	200 BREAST	3:28.69 L 3:00.19 Y	58
59	BRW	11-12	100 FLY	BRW	60
61	BRW	11-12/13-UP	50 FREE	BRW	62
63	BRW	11-12/13-UP	200 IM	BRW	64
65	3:09.89 L 2:43.99 Y	OPEN	200 BACK	3:05.19 L 2:39.69 Y	66
67	13 & UP 200 MEDLEY RELAY				69
68	11-12 200 MEDLEY RELAY				70
71	11 & UP Mixed 200 MEDLEY RELAY (*2Boys/2Girls*)				71
73	BRW	11-12	400 FREE	BRW	74
75	BRW	13-UP	400 FREE	BRW	76





SAN LUIS OBISPO SWIM CLUB

2022 FIRECRACKER MASTERS MEET

FRIDAY – SUNDAY, JUNE 24-26



Sanctioned by Southern Pacific Masters Swimming for USMS: XXX-XXXX (SPMS)

DECK OPENS: Fri: 12:30 PM, Sat/Sun: 745 AM

WARM-UP START:

Friday: 12:30 PM
 Sat/Sun (1st Session): 8:00 AM
 Sat/Sun (2nd Session): At least 45 minutes after the completion of first session
 Pool Open Water: TBD

MEET START:

Friday: 1:30 PM
 Sat/Sun (1st Session): 9:00 AM
 Sat/Sun (2nd Session): No sooner than 45 min after Completion of first session
 Pool Open Water: TBD

FACILITY: San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 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. 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 1072.1. 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.

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

ENTRY DEADLINE: The entry deadline is Wednesday, June 15, 2022. If the meet fills prior to the entry deadline, entries can close before the deadline and entries received after the meet fills may be rejected. Masters deck entries will be taken space available. Deck entries for Friday’s events will close at 1:00pm. Deck entries for Saturday & Sunday’s events will close 30 minutes prior to the start of the 2nd session.

ENTRIES: Fill out a SPMS Consolidated Entry Card *AND the USMS Waiver (Entry cards/waivers can be found online at www.sloswimclub.org).* Include a copy of your 2022 USMS registration. Age on December 31, 2022 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. ****Masters swimmers may enter any 13&Up or OPEN event. (Complete event list can be found on Page 3)**

ENTRY LIMIT: Swimmers are limited to 6 individual events per day (which include any POW events-separate fee).

ENTRY FEES: \$30.00 per swimmer flat fee if you enter by the received deadline of Wednesday, June 15th. Deck entries allowed for a total of \$40.00. Separate fee for POW event. Late entries (received after June 15th) and entries received without payment will be treated as deck entries and charged the deck entry fee. Entry checks payable to **SLO Swim Club.**

RELAYS: Relays can be deck entered. Relay fees are \$10.00 per SPMS relay due upon entry. *For each relay only 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.

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

AWARDS: There will be no individual event awards. Individual printed results are available upon request. **Queen and King of the Pool** (Masters Division-All Ages Combined) -Trophies for the lowest combined time in the 50 of each stroke and 200 IM.

CHECKS PAYABLE TO: SLO Swim Club (SLOSC)

Mail consolidated entry card, a copy of your 2022 USMS card, USMS waiver and Payment to: San Luis Obispo Swim Club
 P. O. Box 142
 San Luis Obispo, CA 93406

MEET DIRECTOR: Philip Yoshida **QUESTIONS:** e-mail: office@sloswimclub.org website: www.sloswimclub.org

****FOR POOL OPEN WATER (POW) EVENT INFORMATION: See Page 5 for details**



SAN LUIS OBISPO SWIM CLUB

2022 POOL OPEN WATER



DATE OF MEET: Saturday, June 25
SANCTIONED BY: USA Swimming, Southern CA Swimming, USMS & SPMS

SANCTION #: S20-XXX (SCS) and XXX-XXXX (SPMS)
SPONSORED BY: SLO Swim Club, Coastal Committee, and SPMS

MEET START: The Meet Start time will be announced on our club website (www.sloswimclub.org) on Tuesday, June 21st

WHAT IS POW: Pool Open Water (POW) is an open water swimming competition conducted in a pool. Think of POW as “short-track open water swimming”. Lane lines are removed from the pool, buoys are placed at each turn and swimmers swim laps around the course in a counter-clockwise direction.

RULES: USA Swimming Rules will govern this USA-S and USMS event. Current SCS 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.

Swimwear: Swimwear must conform to USA Swimming Rule 701.4.4 - Swimwear for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle. NO WETSUITS ALLOWED.

Open Water Rules: All competitors must have trimmed fingernails and may not wear jewelry of any kind, including watches. At the pre-race meeting, swimmers will be marked with a competitor # on their arm and shoulder and will undergo fingernail, jewelry, and swimwear inspection. Prior to the start of each heat, swimmers will undergo a final inspection.

Swim Caps: Colored caps (supplied by host) may be required to differentiate between swimmers/age-groups as determined by the referee.

FACILITY: San Luis Obispo Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401. The facility is an outdoor 50 meter x 25 yard pool.

ELIGIBILITY: All swimmers must be 2022 registered with either USA Swimming or US Masters. Proof of Membership required. One-day US Masters Membership Registration available for \$25 on race day. **One-day USMS registrations are only valid for the Pool Open Water Event.** Swimmers must swim in their actual age group as determined by their age on the first day of the meet (June 24, 2022)

CHECK-IN: All swimmers must check-in with Clerk of Course at least 45 minutes before the start of the session.

EVENT LIMIT: Swimmers are limited to 6 events per day (including Regular Sessions and POW Events). Masters Swimmers may enter events 105/106 and/or 109/110.

ENTRY FEES: **Event Fee:** \$15 per POW event.

Swimmer Surcharge: \$10.00 per swimmer (the surcharge is for swimmers who are not already entered in other sessions of the meet, if you are swimming other non-POW events, the surcharge does not apply)

Deck (Late) Entry = \$20 per event + \$10 Swimmer Surcharge (if applicable).

ENTRY PROCEDURE: Electronic Entry: The POW events will be in the HyTek event file. Entry Card: Entry cards and Waivers can be found at www.sloswimclub.org. USMS must fill out and sign an entry card and USMS Waiver.

ENTRY DEADLINE: The entry deadline is Wednesday, June 15, 2022. Deck entries will be taken space available. Deck entries for the POW events will close at 45 minutes before the start of the session.

PRE-RACE MEETING: All swimmers and coaches will be required to attend a pre-race meeting 10 minutes prior to the start of warm-up. At which time swimmers will undergo inspection and get their competitor #.

WARM-UP & WARM-DOWN: Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered. A 30-minute general warm-up will be available to all swimmers prior to the start of the meet. In-between each heat there will be a warm-up/warm-down period of no less than 5 minutes. The pool will be cleared 2 minutes prior to the start of each heat and a final inspection will occur.

RACE COUNTDOWN: A 90-second warning will be given by the race starter to indicate the swimmers in the next heat should enter the pool and get into position on the starting rope. A 30-second warning will be given. A final countdown will begin at 10 seconds.

START: The start will be in the water with all swimmers holding the start rope in the water. After the starting signal, the swimmers may let go of the rope and begin the race.

BELL LAP: As the first swimmer starts the last loop, the Referee will ring a bell indicating that one loop remains.

FINISH: The finish is in the water and is determined by the swimmers touching the wall. The order of finish is determined by the referee. After finishing, swimmers must immediately move out of the way and make room for swimmers finishing behind them.

DISQUALIFICATIONS: Swimmers can be disqualified for making intentional contact, obstruction, or interference with another swimmer. Such unsportsmanlike conduct is judged by the officials who are located at the turn buoys and by the Referee/Starter. A warning can be given by a whistle. At the first rule infraction, the official will show a Yellow Flag/ Card to the swimmer. For the second infringement (or the first infraction for certain rules), swimmers are shown a Red Flag/Card and can be asked to immediately leave the pool.

HEATS: Depending on the number of entries, heats and events may be combined and swum mixed boys and girls all ages combined and scored separately.

EVENT #	AGE GROUP	DISTANCE (# of Loops)	APPROXIMATE DISTANCE
101 & 102	7 – 8	1	125 Meters
103 & 104	9 – 10	2	250 Meters
105 & 106	11 – 12 and Masters	4	500 Meters
107 & 108	13 – 14	6	750 Meters
109 & 110	15 & Over and Masters	8	1000 Meters

AWARDS: Individual Awards 1st -6th (ages 7/8, 9/10, 11/12, 13/14, 15/Up, and Masters).

QUESTIONS: e-mail: office@sloswimclub.org website: www.sloswimclub.org