

## 2023 SBSC SEMANA NAUTICA LCM MEET

### June 30-July 2, 2023

Sanctioned by USA Swimming & Southern California Swimming	All entries must be received by 5:00PM on June 21, 2023
Sponsored by Santa Barbara Swim Club (SBSC)	Friday, June 30: 2:30PM Warm-up, 4:00PM Start
Sanction Number: S23-110	Saturday, July 1 & Sunday, July 2: 7:30AM Warm-up, 9:00AM Start
Invited Teams: Free Weekend	

**POOL:** Los Baños Del Mar Pool. 401 Shoreline Drive; Santa Barbara. Parking across the street at Pershing Park. Paid parking available in Harbor Lots.

**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 10.5' turn end 3.5'.

**WARM-UP PROCEDURES:** All warm-up must be supervised by a current USA Swimming member coach. Warm-up for the morning session will be 7:30-8:45. At the conclusion of the morning session there will be a one hour warm-up for the afternoon session. Designated dive lanes will open as needed. Based on entries, warm up may be divided into two sessions with teams assigned. Pool will clear 15 minutes before the session. All swimmers must use a 3-point slide in entry into the pool for warm up, NO jumping or diving.

**MEET REFEREE:** Mary Jo Swalley (mj64bear@earthlink.com) will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** USA Swimming rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. This meet will limit entries to meet the "4 Hour" rule for 12&Under sessions. 12 & under athletes may only enter in one session per day (Open in morning or Age Group in afternoon). 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 June 30, 2023 to enter this meet. Timers are requested to be provided by each team. All events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 4 events per day. Changes to the meet management may be made with approval of the Meet Host. **This meet will be pre-seeded, and no deck entries will be allowed.** Scratches must be submitted by 5:00 p.m. the evening before each day of competition. The Meet Administrator will email heat sheets to coaches no later than 6:00 p.m. the evening before each day of competition. 400 Free, 400 IM, and 1500 Free will be swum fastest to slowest alternating girls/boys. Swimmers will be responsible for providing their own timers and lap counters for all events on Friday and for the 400 Free on Saturday and Sunday.

**MAAPP 2.0: Current USA Swimming Rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Per MAAPP 2.0, sites are supposed to be able to provide separate athlete and non-athlete restrooms. Coaches and Officials: Must have completed Concussion Training (CDC or NFHS); Coaches must have completed Coaches' Advantage Tutorial. All coaches and officials must complete the CANRA mandatory 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.

**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 without the use of a backstroke ledge. 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 all athletes who hold 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registrations will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. 18 & Older swimmers must complete Athlete Protection Training before competing. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**CHANGE OF AFFILIATION:** Club transfers (attached or unattached) 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. Swimmers must be at least 11 years old and meet the 11-12 "BB" National Age Group Motivational Standard for the event to enter an OPEN event.

**ENTRY FEES:** \$5.50 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 the 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.

**AWARDS: JAMES & RUTH JOHANSEN MEMORIAL TEAM AWARDS** will be awarded based on each club's 8 top scoring girls and 8 top scoring boys in the 13-18 50 Freestyle (events 48 & 49). The lowest average finish for these 16 combined swimmers will be considered for the prize purse: 1st place winning \$5,000, 2nd place winning \$3,000, and 3rd place winning \$1,000 for their respective teams. In case of team ties, the monetary awards will be divided between the tied clubs. UNAT swimmers will not be eligible for scoring. There will be an additional \$500 awarded to the team with the fastest 13-18 swimmer in event 48 & in event 49.

**CAPPS FAMILY 400 PLAQUE** will be awarded to overall 400 Freestyle champions (male and female).

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JUNE 21st, 2023. 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.)

For further meet information email Coach Mike Bechtholdt at coachmike@sbswim.net.

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.

Make Checks payable to Santa Barbara Swim Club

Questions: please contact the Meet Processor.

MAIL ENTRIES TO: Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117.

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

**Friday June 30, 2023**

Session Starts at 4:00 PM. Warm-up at 2:30 PM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
1	OPEN	6:48.29	5:56.79	400 IM	6:39.19	5:46.39	2
3	5-8/9-10			200 IM			4
5	11-12	5:56.49	6:38.19	400 Free	5:48.69	6:27.49	6
*7	9-10	3:20.99	2:57.19	400 Free	3:12.09	2:47.99	*8
9	OPEN	23:55.39	23:07.29	1500 Free	23:25.49	22:37.49	10

Athletes must provide their own timers for all events on Friday

\*Events 7 & 8 enter with the 200 Free "BB" time.

**Saturday July 1, 2023**

Morning Session Starts at 9 AM. Warm-up at 7:30 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
11	13 & Over			200 IM			12
13	13 & Over			100 Freestyle			14
15	OPEN	3:09.89	2:43.99	200 Backstroke	3:05.19	2:39.69	16
17	13 & Over			100 Breaststroke			18
19	OPEN	3:10.19	2:47.19	200 Butterfly	3:06.19	2:40.79	20
	13 & Over			400 Freestyle			21

Athletes in Event 21 must provide their own timers.

**Saturday Afternoon Session to start no sooner than 60 minutes after the conclusion of the Morning Session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
22	11-12			200 IM			23
24	5-8/9-10			50 Freestyle			25
26	11-12			50 Freestyle			27
28	5-8/9-10			50 Breaststroke			29
30	11-12			50 Breaststroke			31
32	5-8/9-10			100 Backstroke			33
34	11-12			100 Backstroke			35
36	5-8/9-10			100 Butterfly			37
38	11-12			100 Butterfly			39

**Sunday July 2, 2023**

Morning Session Starts at 9 AM. Warm-up at 7:30 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
40	13 & Over			200 Freestyle			41
42	OPEN	3:35.99	3:06.59	200 Breaststroke	3:28.69	3:00.19	43
44	13 & Over			100 Butterfly			45
46	13 & Over			100 Backstroke			47
48	13 & Over			50 Freestyle			49
50	13 & Over			400 Freestyle			

Athletes in Event 50 must provide their own timers.**Sunday Afternoon Session to start no sooner than 60 minutes after the conclusion of the Morning Session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
51	11-12			200 Freestyle			52
53	5-8/9-10			200 Freestyle			54
55	11-12			50 Backstroke			56
57	5-8/9-10			50 Backstroke			58
59	11-12			50 Butterfly			60
61	5-8/9-10			50 Butterfly			62
63	11-12			100 Breaststroke			64
65	5-8/9-10			100 Breaststroke			66
67	11-12			100 Freestyle			68
69	5-8/9-10			100 Freestyle			70