

SPMA LCM Regional Championships

Conejo Simi Aquatics

Cal Lutheran University, Samuelson Aquatics Center

Friday to Sunday, August 1 - 3, 2008

Sanction number: 338-025

The Samuelson Aquatics Center at Cal Lutheran University is an outdoor, 25 yard x 50-meter pool with 8 swimming lanes and an electronic score board with Daktronics timing system. Seven lanes will be used for competition, and one for warm-up and warm-down during the meet.

Directions:

Cal Lutheran University is located off the 23 North Freeway from the 101 at Thousand Oaks. Exit 23 North at Olsen, turn left (west) and the University pool is approx 3 miles on the right.

Fees:

Flat fee of \$40.00 if postmarked on or before Tuesday, July 22nd. Entries postmarked or submitted after midnight on July 22nd will be subject to a \$10.00 late fee. ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00 p.m., Saturday, July 25th. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding:

Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in:

Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

Awards:

Custom medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Custom medals for 1st place relay teams, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays.

Entries:

Mail entry card, copy of 2008 USMS card, and check (payable to Conejo Simi Aquatics) to: Conejo Simi Aquatics, Meet Administrator Bev Pierson, c/o 935 Calle Collado, Thousand Oaks, CA 91360. Receipt of entry will NOT be verified by phone. Send a SASE or stamped postcard for return receipt. Questions: Meet director: Bev Pierson (805) 376-3042, beverly.pierson@gmail.com.

Friday, August 1, 2008

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men)

Saturday, August 2, 2008

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay* (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay* (Women, Men, Mixed)
19. 800 m Freestyle Relay* (Women, Men, Mixed)

Sunday, August 3, 2008

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 M Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

***Relays:** A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed).