

**Long Beach Grunions**  
**2022 SPMS SCM Championships**  
**Dec 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 2022**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.**

**Facility:** Long Beach City College Pool. 3990 Faculty Ave #3940, Long Beach, CA 90808. This is an outdoor 65 meter by 25 yard pool with a bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.

**Timing:** The primary timing system will be automatic timing. Times may be submitted for world record USMS Records and USMS Top 10 considerations.

**Directions:** Go to [scmchamps.org](http://scmchamps.org) for directions

**Fees:** Flat fee of \$60.00 if entered online by Saturday, November 19<sup>th</sup>. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries entered online after Saturday, November 19<sup>th</sup>. All entries *must be received* by 11:59 p.m. on Saturday, November 26<sup>th</sup>. 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. 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. Age on December 31<sup>st</sup>, 2022 determines age group for the meet. You must be at least 18 years of age on December 2<sup>nd</sup>, 2022 to compete.

**Warm-up:** USMS warm-up policies will be enforced. There will be NO DIVING into the pool any time except into the designated sprint lane(s). Warm-up rules will be announced. Warm-up in the competition lanes will be available for one hour prior to the start of the meet. Additional warm-up lanes will be available.

**Disability Swimmers:** Disability swimmers are welcome. Please notify the meet director and meet referee, prior to the competition, of any disability and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

**Relays:** Relay entries are \$15.00 per relay. 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. Swimmers may only swim one relay type (men, women or mixed) for the following events: 800m Freestyle Relay, 400m Freestyle Relay, 200m Medley Relay, 400m Medley Relay, 200m Freestyle Relay. **Any change of swimmers after event is closed must keep the relay in the same age group or the relay will be disqualified.**

**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 sex and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the Meet Director. Swimmers may enter both the 800 and 1500 m Freestyle.

**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 two hours 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 [scmchamps.org](http://scmchamps.org) click on "Register"

**Questions: Meet Director:** Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com) 714-273-8793

**Meet Referee:** Mike Sheppard [cattywampus@roadrunner.com](mailto:cattywampus@roadrunner.com)

**Meet Admin:** Steve Ingram [steve@supersource.com](mailto:steve@supersource.com)

For hotels, information, and directions, go to [scmchamps.org](http://scmchamps.org)

**Friday, December 2<sup>nd</sup>, 2022**  
**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 Breaststroke
7. Men's 200 m Breaststroke
8. Women's 800 m Freestyle Relay\*
9. Men's 800 m Freestyle Relay\*
10. Mixed 800 m Freestyle Relay\*

**Saturday, December 3<sup>rd</sup>, 2022**  
**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. Women's 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 4<sup>th</sup>, 2022**  
**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 Backstroke
34. Men's 50 m Backstroke
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 50 m Breaststroke
41. Men's 50 m Breaststroke
42. Women's 100 m Individual Medley
43. Men's 100 m Individual Medley
44. Women's 200 m Backstroke
45. Men's 200 m Backstroke
46. Women's 200 m Freestyle Relay\*
47. Men's 200 m Freestyle Relay\*
48. Mixed 200 m Freestyle Relay\*

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