

LONG BEACH GRUNIONS
2023 SPMS SCM CHAMPIONSHIPS
Dec 1st, 2nd, 3rd

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 per articles 105.1.7 and 106.2.1, but as a bulkhead course, it 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 for directions

Fees: Flat fee of \$65.00 if entered online by Saturday, November 18th. The entry fee includes a meet T-shirt. Add a \$15.00 late fee for all online entries after Saturday, November 18th. All entries must be received by 11:59 p.m. on Saturday, November 25th. No individual deck entries are allowed.

Rules/Entries: US 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. Swimmers are limited to 6 individual events for the entire meet and 5 daily events. All athletes' sixth events may be dropped if the meet is too large. Age on December 31st, 2023, determines age group for the meet. You must be 18 on December 1, 2023, to compete.

Disability Swimmers: Please notify the meet director and meet referee, before the competition, of any disability and the requested modification. The swimmer/coach shall provide any assistance (s) or equipment if required.

Relays: Relay entries are \$15.00 per relay. A USMS-registered swimmer who wishes only to swim relay events must enter the meet before the start of event No. 1 by paying the \$15.00 Relay-Only Swimmer entry fee (which does NOT include a t-shirt) and sign the waiver. Swimmers may only swim one relay type (men, women or mixed) for all relays. Any change of swimmers after the event is closed must keep the relay in the same age group.

Seeding: All events are timed finals. All events will be seeded and swum slowest to fastest based on entry time. Men and women will be seeded together for the 800, 1500 m Freestyle, and the 400 m Individual Medley. Men and women will swim separately for all other individual events. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the Meet Director.

Check-in: Positive check-in is required for all events. Check-in for the 1500m, 400m, and 800m Freestyle will close at 7:30 a.m. on the day of the event. All other events will close, two hours before the anticipated start of an event.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be awards for high-point male and female swimmers in each age group. Team awards to the top five teams.

Questions: Meet Director: Kenny Brisbin, ken@supersource.com 714-273-8793

Meet Referee: Mike Sheppard cattywampus@roadrunner.com

Meet Admin: Steve Ingram steve@supersource.com

Friday, December 1st, 2023

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 2nd, 2023

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 3rd, 2023

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*

*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 the event is closed must keep the relay in the same age group or the relay will be disqualified.