

42nd ANNUAL SEMANA NAUTICA SWIM MEET

Sponsored by: Santa Barbara Swim Club

SCS Sanction #10-083

GIRLS FRIDAY, July 2 - 1:30PM[START] BOYS

Event	Time Std	Age	Stroke	Time Std	Event
1	6:31.20L 5.48.20Y	OPEN	400M IM	6:32.30L 5.48.90Y	2
3	BRW	10&Under	200M IM	BRW	4
5	BRW	11-12	200M IM	BRW	6
7	BRW	10&Under	200M Free	BRW	8
9	BRW	11-12	200M Free	BRW	10
11	22:11.60L 21.32.10Y	OPEN	1500M Free	22:10.90L 21.51.50Y	12

SATURDAY, JULY 3 - 8:30 AM[START]

GIRLS

BOYS

Evt	Time Std	Age	Stroke	Time Std	Evt
13	BRW	11-12	100M Free		
14	BRW	10&Under	100M Free	BRW	15
16	BRW	11-12	50M Breast		
17	BRW	10&Under	50M Breast	BRW	18
19	BRW	8&Under	50M Breast	BRW	20
21	BRW	11-12	50M Back		
22	BRW	10&Under	50M Back	BRW	23
24	BRW	8&Under	50M Back	BRW	25
26	BRW	11-12	100M Fly		
27	BRW	10&Under	100M Fly	BRW	28

SATURDAY, JULY 3 - 12:00 PM[START]

Evt	Time Std	Age	Stroke	Time Std	Evt
		11-12	100M Free	BRW	29
30	BRW	13&Up	50M Free	BRW	31
		11-12	50M Breast	BRW	32
33	3:31.00L 3.08.80Y	OPEN	200M Breast	3:31.20L 3.09.00Y	34
33	BRW	13&Up	200M Breast	BRW	34
		11-12	100M Fly	BRW	35
36	BRW	13&Up	100M Back	BRW	37
		11-12	50M Back	BRW	38
39	BRW	13&Up	200M Free	BRW	40
41	BRW	13&UP	100M Fly	BRW	42
43	5:47.30L 6.24.60Y	OPEN	400M Free	5:46.60L 6.29.80Y	44

SUNDAY, JULY 4 - 8:30 AM[START]

GIRLS

BOYS

Evt	Time Std	Age	Stroke	Time Std	Evt
45	BRW	11-12	100M Back		
46	BRW	10&Under	100M Back	BRW	47
48	BRW	8&Under	50M Free	BRW	49
50	BRW	11-12	50M Free		
51	BRW	10&Under	50M Free	BRW	52
53	BRW	8&Under	50M Fly	BRW	54
55	BRW	11-12	50M Fly		
56	BRW	10&Under	50M Fly	BRW	57
58	BRW	11-12	100M Breast		
59	BRW	10&Under	100M Breast	BRW	60

SUNDAY, JULY 4 - 12:00 PM[START]

Evt	Time Std	Age	Stroke	Time Std	Evt
		11-12	100M Back	BRW	61
62	3:09.20L 2.46.20Y	OPEN	200M Back	3:11.80L 2.51.40Y	63
62	BRW	13&Up	200M Back	BRW	63
		11-12	100M Breast	BRW	64
65	BRW	13&Up	100M Breast	BRW	66
		11-12	50M Fly	BRW	67
68	3:05.70L 2.43.20Y	OPEN	200M Fly	3:07.20L 2.47.40Y	69
68	BRW	13&Up	200M Fly	BRW	69
		11-12	50 M Free	BRW	70
71	BRW	13&Up	100M Free	BRW	72
73	BRW	13&UP	200M IM	BRW	74
75	11:44.20L 12.58.60Y	OPEN	800M Free	11:43.70L 13.09.80Y	76

400 IM and 400, 800, & 1500 Freestyle will be swum fast to slow, alternating women's and men's heats.

Swimmers must provide their own timers and counters.

8 & under swimmers may compete in only one age group [8&under or 10& under] not any combination.

42nd ANNUAL TYR SEMANA NAUTICA SWIM MEET

By: Southern California Swimming
Sanction Number: 10-083, USA Swimming
Date of Meet: July 2-July 4, 2010

Sponsored By: Santa Barbara Swim Club, Inc.
ENTRIES DUE: **Wed, June 23, 2010 5PM PDT**

Warm-up: Fri: noon; Sat-Sun: 7:30 am, 1 hour before 2nd session start (2nd session)
Starting Times: Fri: 1:30PM; Sat-Sun: 8:30 am, Not Before 12:00 pm (2nd session)

FREE WEEKEND OPEN TO ALL registered USA Swimming athlete members

POOL: LOS BANOS DEL MAR MUNICIPAL POOL, 401 Shoreline Drive, Santa Barbara, CA

NORTHBOUND: Take Hwy 101 north to Garden St., exit left, follow to the beach, at Carrillo Blvd., turn right and follow for 1 mile. At first light past Castillo St, go left into harbor parking lot then first left back to pool.

SOUTHBOUND: Take Hwy 101 south to Castillo St, exit right, continue to the end of Castillo St. Right at light, left at next light into harbor parking lot and double back to pool. **There is a beach area parking fee. There is free parking at Pershing Park, approx. 2 blocks away from the pool off of Castillo St. Please read signs for street parking.**

COURSE: LOS BANOS pool is a 50 meter, outdoor pool with seven (7) swimming lanes. A limited warm-up area is available. The competition course has been certified in accordance with 104.2.2(C). Pool depth is 10-feet at the start end, and 3.5-feet at the turn end.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

WARM-UP: Practice starts or diving from either the starting blocks or the pool edge is NOT allowed during warm-ups. At the discretion of the Meet Referee lanes 2 & 6 MAY BE designated as sprint lanes (practice starts permitted under USA Swimming member coach supervision - one way from the blocks), lanes 1 & 7 designated for push-pace work (time to be announced and posted). MARSHALS will enforce warm-up rules.

RULES: USA Swimming Rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form (see 2010 SCS Swim Guide). Swimmers must check-in at Clerk of Course for each event they wish to swim. After an event has been closed, swimmers MAY NOT CHECK-IN OR SCRATCH. Swimmers in the first two events of each session must check-in THIRTY MINUTES prior to the start of the session. 50 Meter events will be closed in blocks.

ENTRY LIMITS: *Swimmers are limited to two events on Friday and four events on Saturday and Sunday.*

ELIGIBILITY: Open to athletes who are 2010 USA Swimming registered. Registration application must be received by Monday prior to first day of meet by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

CHANGE OF AFFILIATION: Before the Meet, a swimmer may change affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. During the Meet, a swimmer may only UNATTACH by notifying the Meet Secretary in writing and paying the appropriate fee (may not attach or reattach).

SUBMITTED TIMES: Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (NO WORK OUT TIMES). All non conforming times will be seeded last. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

SWIMWEAR: Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

AWARDS: 1ST-6TH place individual high point plaque for Boys & Girls Age Group as follows; 15 -18, 14 , 13, 12, 11, 10, 9, 8 yr. old, 7&un.; (19 & over are not scored) 1st-3rd place Team Trophy [Host club forfeits eligibility for Trophy]. Scoring: 9,7,6,5,4,3,2,1 by age groups. ****CAPPS FAMILY '400' PLAQUE WILL BE AWARDED TO THE WINNER OF THE OPEN MALE & FEMALE 400 FREE****

ENTRY FEES: \$3.25 for each INDIVIDUAL EVENT must accompany entry form. \$7.50 surcharge per swimmer must be included in check for individual entries. NO REFUNDS. **RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.**

E-MAIL ENTRY: E-mail 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 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 hardcopy (this includes e-mail) ONLY. New swimmers accepted if space available. Do not resend an entry file. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED NO LATER THAN 5 PM, WEDNESDAY, June 23, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Entries will be limited to comply with 4-hour rule. To avoid any concern regarding receipt of entry form, you may enclose a self-address, stamped envelope or postcard. DO NOT USE CERTIFIED OR REGISTERED MAIL. Receipt of entry will not be verified by phone.

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

MAIL ENTRIES TO: Semana Nautica c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, CA 91360
e-mail: Beverly.pierson@gmail.com

FOR FURTHER INFORMATION, E MAIL us at semananautica@sbswim.net

NOTICE: 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 acknowledgement and consent to this fact.