



## 2024 SPMS SCY Championships Hosted by CCAT Masters Friday April 5, 2024 to Sunday April 7, 2024

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #334-S00X

**\*\*\*REQUEST for Volunteer Timers: Due to the dates of the meet, SPMS requests that all teams please assist with lane timing as needed, especially on Sunday April 7<sup>th</sup>\*\*\***

**Facility:** Crespi Carmelite High School Robinson Family Aquatic Center is an outdoor 50 meter by 25 yard competition pool located at 5056 Zelzah Ave, Encino CA 91316. There will be ten (10) competition lanes in use throughout the meet with additional warmup lanes available. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Timing System:** The primary timing system will be fully automatic. Colorado Timing will be used. Times may be submitted for USMS record, and Top 10 consideration.

**Directions:** From the North or South, take the I-405 Freeway to US-101 West. Continue West on US-101 to White Oak Ave (Exit 22). South on White Oak Ave to Ventura Blvd. Right on Ventura Blvd to Zelzah Ave. Left on Zelzah Ave to Santa Rita Street. The school parking lot will be on your Left. The Robinson Family Aquatic Center is located along Zelzah Ave South of the track.

**Parking:** Park in the school parking lot (SE corner of Zelzah Ave and Santa Rita Street). Follow the walkway around the track to the pool (approximately 200 yds). If the parking lot is full, it is okay to park on Santa Rita Street. Please do not park on Zelzah Ave. **Note that the walking route to the pool is fully accessible.**

**Rules:** 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. Age on April 7, 2024, determines age group for the meet. You must be at least 18 years of age on April 5, 2024 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.

**Entries:** All swimmers must be registered with USMS for 2024 or foreign equivalents. Early Entry Fee \$60.00 flat fee per swimmer. Early entry price closes Friday March 22, 2024 at 11:59PM Pacific. Late entries will be allowed for a flat fee of \$75.00. Entries close Sunday March 31, 2024 at 11:59PM Pacific. Swimmers are limited to a total of 6 individual events, for the entire meet and no more than 5 individual events per day. **The 1650 yd Freestyle (Event #1) and 1000 yd Freestyle (Event #22) will each be limited to 4 heats (40 swimmers).**

**Relays:** Relays are \$15.00 each and will be entered online (preferred) or deck-entered. Relay-only swimmers (not entered in individual events) must enter the meet **BEFORE the start of Event #1** by paying the \$15.00 relay-only swimmer entry fee and signing the waiver. It is preferred that all relay members enter the meet online in advance.

Swimmers may only swim **ONE relay type** (Women, Men or Mixed) for **ALL** relays. Any change of swimmers after the event is closed must keep the relay in the same age group and relay type.

**NO INDIVIDUAL DECK ENTRIES ALLOWED.**

**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.

**Check-in:** Positive check-in is required for all events 400 yds or longer. Check-in closes at:

**Fri April 5<sup>th</sup> 6:00PM for Event #1 Mixed 1650yd Freestyle**

**Sat April 6<sup>th</sup> 1:00PM for Event #22 Mixed 1000yd Freestyle**

**Sun April 7<sup>th</sup> 8:00AM for Event #23 Mixed 400yd Individual Medley**

**Sun April 7<sup>th</sup> 10:00AM for Event #49 Mixed 500 yd Freestyle**

**Seeding:** All events are timed finals. All events will be seeded and swum slowest to fastest based on entry time. Women and men will be seeded together for the 1650yd, 1000yd, and 500yd Freestyle, and the 400yd Individual Medley, ages and sexes combined. Women and men will swim separately for all other individual events.

**Awards:** Individual: Medals for places 1 to 3, Ribbons for places 4 to 6. Relay: Medals for 1<sup>st</sup> place, Ribbons for places 2 to 3. There will be awards for high-point female and male swimmers in each age group. Team awards for the top five teams.

**Snack Bar:** Limited snacks and food items will be available for purchase on site. Hospitality for Officials, Volunteers, and Coaches will be provided. Additional food options: There is a Ralph's Fresh Fare Market with deli across the street and a Starbuck's, McDonald's, and Chick-fil-A within two blocks of the school.

**Pool Deck Space:** There are capacity limitations on the pool deck. If overflow is needed, there is adequate space for teams and spectators in the football field area adjacent to the pool with direct access to the pool area.

**Airports/Hotels:** Crespi Carmelite High School is located 15 miles west of Hollywood Burbank Airport (BUR), 22 miles north of Los Angeles International Airport (LAX), and 41 miles north of Long Beach Airport (LGB).

See list of nearby hotels on last page.

**Questions / Meet Director:** Stacy Smith, (818) 665-6284, stacysmith48@aol.com

**Meet Referee:** Ryan Mero

**Meet Admin:** Alina de Armas

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### Order of Events

**Friday April 5<sup>th</sup> Warm-up starts at 5:30PM – Meet starts at 6:30PM**  
**Saturday April 6<sup>th</sup> Warm-up starts at 11:00AM – Meet starts at 12:00PM**  
**Sunday April 7<sup>th</sup> Warm-up starts at 7:30AM – Meet starts at 8:30AM**

EVENT #	DAY/EVENT
1	<b><u>Friday April 5<sup>th</sup> (Meet starts at 6:30PM)</u></b> Mixed 1650yd Freestyle (limited to 4 heats)
2/3 4/5 6/7/8 9/10 11/12 13/14 15/16/17 18/19 20/21 22	<b><u>Saturday April 6<sup>th</sup> (Meet starts at 12:00PM)</u></b> 200yd Freestyle (Women/Men) 50yd Backstroke (Women/Men) 200yd Medley Relay (Women/Men/Mixed) 100yd Breaststroke (Women/Men) 100yd Butterfly (Women/Men) 100yd Individual Medley (Women/Men) 400yd Freestyle Relay (Women/Men/Mixed) 200yd Backstroke (Women/Men) 50yd Butterfly (Women/Men) Mixed 1000 yd Freestyle (limited to 4 heats)
23 24/25/26 27/28 29/30 <b>31</b> 32/33/34 35/36 37/38 39/40/41 <b>42</b> 43/44 45/46 47/48 49	<b><u>Sunday April 7<sup>th</sup> (Meet starts at 8:30AM)</u></b> Mixed 400m Individual Medley 400yd Medley Relay (Women/Men/Mixed) 100yd Freestyle (Women/Men) 50yd Breaststroke (Women/Men) <b>CCAT Age Group 10&amp;Over Mixed 100yd Freestyle</b> 800yd Freestyle Relay (Women/Men/Mixed) 200yd Butterfly (Women/Men) 100yd Backstroke (Women/Men) 200yd Freestyle Relay (Women/Men/Mixed) <b>CCAT Age Group 10&amp;Over Mixed 50yd Freestyle</b> 200yd Individual Medley (Women/Men) 50yd Freestyle (Women/Men) 200yd Breaststroke (Women/Men) Mixed 500yd Freestyle

### **Airports:**

**Hollywood Burbank Airport (BUR)** – 14.8 miles from pool  
2627 N Hollywood Way, Burbank, CA 91505  
<https://hollywoodburbankairport.com/>

**Los Angeles International Airport (LAX)** – 21.5 miles from pool  
1 World Way, Los Angeles, CA 90045  
<https://www.flylax.com/>

**Long Beach Airport (LGB)** – 40.8 miles from pool  
4100 Donald Douglas Dr, Long Beach, CA 90808  
<http://www.lgb.org/>

### **Hotels in vicinity:**

**Courtyard by Marriott Los Angeles Sherman Oaks** (3.1 miles from pool)  
15433 Ventura Blvd, Sherman Oaks, CA 91403  
+18189815400

**Hampton Inn & Suites Los Angeles/Sherman Oaks** (4.0 miles from pool)  
5638 Sepulveda Blvd, Sherman Oaks, CA 91411  
+18187852211

**Courtyard by Marriott Los Angeles Woodland Hills** (4.8 miles from pool)  
21101 Ventura Blvd, Woodland Hills, CA 91364  
+18189992200

**Best Western Woodland Hills Inn** (5.1 miles from pool)  
21830 Ventura Blvd, Woodland Hills, CA 91364  
+18183401000

**Home2 Suites by Hilton Woodland Hills Los Angeles** (5.3 miles from pool)  
21110 W Oxnard St, Woodland Hills, CA 91367  
+18186101250

**Warner Center Marriott Woodland Hills** (5.9 miles from pool)  
21850 W Oxnard St, Woodland Hills, CA 91367  
+18188874800

**Hilton Woodland Hills Los Angeles** (6.1 miles from pool)  
6360 Canoga Ave, Woodland Hills, CA 91367  
+18185951000

**Holiday Inn Express & Suites Woodland Hills** (6.4 miles from pool)  
22617 Ventura Blvd, Woodland Hills, CA 91364  
+18182222299