

# 2017 SPEEDO SUMMER SECTIONALS

## California-Nevada

La Mirada Splash Aquatic Center

July 20-23, 2017

Open to all CA, CC, PC, SI, SN teams



Location:

Splash Regional Aquatic Center

13806 La Mirada Blvd.

La Mirada, CA 90638

Sponsored by:

**USA Swimming & Southern California Swimming**

Hosted by:

**The La Mirada Armada**

# USA SWIMMING 2017 SPEEDO CHAMPIONSHIP

## Summer CA-NV Sectional Championship

**SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING**

**SANCTION #S17-143**

**Held Under the Sanction of USA Swimming**

**HOSTED BY: The La Mirada Armada**

**DATES OF MEET: July 20-23, 2017**

### HEATS & FINALS

<b>START TIMES:</b>	<b>Prelims:</b>	Thur, Fri, Sat	July 20, 21, 22	9:00 AM
		Sunday	July 23	8:30 AM
	<b>Finals:</b>	Thur, Fri, Sat	July 20, 21, 22	5:00 PM
		Sunday	July 23	4:00 PM
<b>WARM UP TIMES:</b>	<b>Prelims:</b>	Thur, Fri, Sat	July 20, 21, 22	7:00 / 7:50 AM
		Sunday	July 23	7:00 AM
			* Split Warm-up assigned: 7:00 – 7:50, 7:50 – 8:40	
			* Single session warm-up	
	<b>Finals:</b>	Thur, Fri, Sat	July 20, 21, 22	3:30 PM
		Sunday	July 23	2:30 PM

**ENTRIES DUE: *DELIVERED* by Wednesday, July 12, 2017 at 5:00 PM**

**OPEN TO: CA, CC, PC, SI, SN athletes.**

**POOL:** La Mirada Splash Regional Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA.

**DIRECTIONS:** From 5 Fwy South, exit Valley View, head north to Alondra, turn right to La Mirada Blvd., turn left; aquatic center on right. From 5 Fwy North, exit Beach Blvd., north to La Mirada Blvd., turn left; aquatic center on right.

**PARKING:** *There will be reserved parking (permits issued and required) immediately adjacent to the pool for all team vans, officials, and coaches. There will be shuttle parking available for all other spectators at the Biola University multi-level parking garage across the street from the aquatic center (800 yds, 3 minute walk). The shuttles will be available every 5-10 min throughout the meet.*

**COURSE:** Pool is outdoor, all deep 50-meter pool with 8 competition lanes; separate 25-yard, 8 lane warm up pool; Dual Colorado scoreboards. Course is 2 meters deep at start and 14' at turn end featuring new lane lines, starting blocks and touch pads at both the start and turn ends. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Full snack bar available.

**ELIGIBILITY:** Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial, Sierra Nevada Swimming, who hold **2017 USA Swimming membership**. Entries accepted by OME or team electronic entry **ONLY**. Relay-only swimmers **MUST** be included in the team electronic entry file. Please designate unattached swimmers 'UN'. All TEAMS must be 2017 registered and have 2017 approved team charters. On deck registration is **NOT** permitted. If an entering team is not 2017 registered, all swimmers must swim as unattached 'UN' at this meet and may not compete in relays.

**QUALIFYING TIMES:** must be achieved between **May 1, 2016 and July 12, 2017**. Long Course Meter (LCM) qualifying times will be seeded first, followed by Short Course Yard (SCY) qualifying times, then bonus LCM and bonus SCY times. Athletes may compete in no more than six (6) individual events (but may enter all events qualified). Swimmers may compete in no more than three (3) individual events per day. A swimmer with 5 or fewer qualifying times may enter one (1) additional bonus event (label "B" on entry) if he/she has achieved the listed bonus time standard.

**NEW (no updates) entry times achieved 7/12/17-7/16/17** may be entered by the Meet Administrative Referee when submitted by email by MIDNIGHT 7/16/17 to [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com). If a qualifying time is achieved in an event that the athlete has currently entered as a bonus event, he/she can use the qualifying time to enter that event and add an additional bonus event as long as he/she has five (5) or fewer total qualifying events.

**COACHES MEETING: 7:40 AM on Thursday, July 20, 2017** in the coaches' hospitality room located at the north end of the administrative building La Mirada Regional Aquatic Center. A representative from each team must attend.

## ENTRY INTO THE MEET

**ENTRY:** All entries must be submitted and received electronically via USA Swimming OME or team electronic file. OME is the **PREFERRED** method of entry. Team electronic entry (non-OME) is to be sent via email with entry file and meet entry report as attachments to [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com). Please use the event file provided on the Southern California Swimming homepage link to **2017 Speedo Summer Sectionals**. The electronic entry file must be accompanied by a printout (signed by the coach) including proof of times for all individual and relay events. When entering electronically, "Y" or "L" must be indicated on proof-of-time sheet and bonus events must be indicated as "YB" or "LB" on proof-of-time sheet. For relays, accurately complete the Official Team Relay Entry form. All teams **MUST** submit the Meet Entry Recap sheet whether or not entering relays.

### ENTRY FEES:

- \$11.00 per Individual Event
- \$10.00 per Swimmer surcharge must accompany team entry form (plus \$2.00/swimmer for OME entry)
- Relays: \$24.00 per relay team entered
- Relay only swimmers **MUST** be listed on team entry form and pay swimmer surcharges. Relay Only swimmers may **NOT** be deck entered.
- There are no refunds.

- Time Trials: \$15.00 per event. **Limit of two (2) time trials for the meet.**

For non-OME Team entries made via the internet (email), the team check must be postmarked **WITHIN 48 HOURS OF THE EMAIL DATE STAMP.**

Make checks payable to: *Southern California Swimming (SCS)*

Mail with a copy of Entry Forms to: 2017 Speedo Sectionals  
c/o Alina de Armas  
2724 Loraine Place  
Simi Valley, CA 93065

**ENTRIES CLOSE:** Entries must be received by Wednesday, July 12, 2017. Next day delivery service with tracking is recommended (ex: Fed Ex, UPS, or Airborne). **You must sign for 'no signature required' on shipping label. Certified, registered, or special delivery mail - OR – delivery service (with tracking) requiring signature at time of delivery will be rejected.** NEW entry times (no time updates) achieved 7/12/17 – 7/16/17 may be sent to [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com) by the Meet Administrative Referee where swum, no later than 11:59 PM on 7/16/17.

## **RULES AND PROCEDURES**

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

**RULES:** USA Swimming Rules and National Championship procedures will govern. Meet entry times must be designated 'Y' for yards or 'L' for meters. The National Championship scratch procedures will be used for prelims and finals. In order, there will be a "C", "B" and "A" Final for all events except 800, 1500, and relays. All entered swimmers (including RELAY ONLY) must be on a team entry form. Positive check-in for the W1500 and M800 Freestyle is required by 9:00 AM Thursday; positive check-in for W800, M1500 and ALL Relays is required by the day's scratch deadline.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is NOT permitted in the locker rooms, changing areas, or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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 this meet is acknowledgement and consent to this fact.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and spectator areas) any time athletes, coaches, officials and/or spectators are present.

**SWIMWEAR:** Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement.

**PROOF OF TIME:** This is a proof of time meet. The meet host will verify all entries against the USA Swimming SWIMS time database. An unverified entry time must be proven by the scratch deadline or the swimmer/relay team will be scratched from the event. Only swimmers/relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in USA Swimming Rules and Regulations (207.8.5A). **NOTE:** Proof of Time is required through SWIMS, the national times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition; (b) a USA Swimming observed competition; (c) a USA Swimming approved competition; or (d) a FINA approved competition. Times in this database are not meet entry, only proof of entered time.

**SCRATCH DEADLINES:** Scratch deadline for Thursday's events – 5:30 PM Wednesday. Scratches may be turned in at the pool OR submitted via email to [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com). The scratch deadline is 5:30 PM on Thursday, Friday, and Saturday for the next day's events. A swimmer who fails to scratch and "no shows" a prelim or timed final event will be removed from all remaining events that day and must positive check in for all subsequent individual events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

**POSITIVE CHECK IN:** Required for ALL relays by scratch deadline for the next day's events. Required for 800/1500 freestyle events. Women's 1500 Freestyle and Men's 800 Freestyle deadline: Thursday by 9:00 AM. Women's 800 Freestyle and Men's 1500 Freestyle deadline: Saturday 30 minutes after start of Finals to be seeded by time.

**SPECIAL NOTES:**

1. ALL preliminary heats will be swum fastest-to-slowest.
2. The 400 Freestyle and 400 IM will be swum alternating women's and men's heats. **All prelim heats of the 400 free and 400 IM will be swum at the conclusion of the morning session. The 400 free and 400 IM finals will be swum in event order, as listed on the meet information form.**
3. The fastest heat of the women's 1500 (Event #3) will be swum on Thursday after the men's 100 Freestyle final (Event #2), and the fastest heat of the men's 800 (Event #8) will be swum after the men's 200 Breaststroke (Event #6). **The remaining heats of women's 1500 and men's 800 will follow the National Championship seeding procedure. The second fastest heat of the Men's event will finish approximately one hour prior to the start of the evening warm-up session. All other heats of the women's 1500 and the men's 800 will be seeded back from that point, in descending order, alternating women / men.**
4. The fastest heat of the women's 800 (Event #31) will be swum on Sunday after the men's 200 IM final (Event #30), and the fastest heat of the men's 1500 (Event #36) will be swum after the men's 50 Freestyle (Event #34). **The remaining heats of women's 800 and men's 1500 will follow the**

**National Championship seeding procedure. The second fastest heat of the men's event will finish approximately one hour prior to the start of the evening warm-up session. All other heats of the women's 800 and the men's 1500 will be seeded back from that point, in descending order, alternating women / men.**

5. Based on entries, preliminary heats may be swum using "chase starts" from both ends of the pool OR in "A" and "B" flights. If flights, there will be 7 preliminary heats of each event in the "A" flight followed by a brief "practice start" break, followed by the "B" flight for the remaining heats. FLIGHT or "CHASE START" DECISIONS WILL BE ANNOUNCED MONDAY, July 17, 2017 by 5:00 PM at [socalswim.org](http://socalswim.org) and by email to all entered teams.

**RELAYS:** A team may enter no more than two relay in each event. Relays must be pre-entered; relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event. Relays must check in by the scratch deadline for the day swum. Relay Only swimmers must be listed on the team entry form. Relays will be contested at the end of Finals Friday through Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast), fastest two heats of men (slow to fast), remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims (before the 800/1500 freestyle). Sunday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 PM) on Saturday.

#### **AWARDS:**

- Team awards: First through Third place in each division. Large, Medium, and Small Team Divisions will be based on the number of individual events entered by a team.
- High point award: The top Male and Female swimmer.
- Individual event awards: First through Eighth place.
- **Awards presentation for each individual event will immediately follow the conclusion of each individual final. Presentation will be 1<sup>st</sup> through 3<sup>rd</sup>.**
- Relays awards: First through third place. There will be no awards presentation for relays.
- Scoring to be as follows: 32-28-27-26-25-24-23-22, 20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1, relay scoring will have double the point value.
- Divisional scoring will be based on the 24 places; points earned will be applied towards team's score in the team's division. No tiered Scoring by Division.
- Coach of the Meet award: To be balloted on the final day of the meet during the preliminaries.

**TIME TRIALS:** Time Trials will be swum time permitting at the discretion of the Meet Referee. Time Trials (\$15.00 per swim): Open to swimmers entered in the meet and limited to two (2) for the meet. Time Trials will run according to the National Championship Meet Procedures. Time Trials will begin after the conclusion of the preliminaries. The total number of individual events (regular and time trial) cannot exceed three for any day. Swimmers must provide their own timer and, if appropriate, lap counter. Time Trials will be opened to Relay Only swimmers **THAT actually swim in a relay.** Time Trial Sanction: #S17-144 held under the Sanction of USA Swimming.

**WARM UP: From 7:00-7:30 AM and from 7:50 – 8:20 AM in the morning warm-up sessions on Thursday, Friday and Saturday, the competition pool will be open for general warm up (as assigned) –**

**NO DIVING.** From 7:30-7:50 AM and from 8:20 to 8:40 AM, Lanes 1 & 8 will be designated for push-pace work; Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. On Sunday the prelim warm-up session will be open for general warm-up from 7:00 - 8:00 AM. From 8:00-8:40 AM, Lanes 1 & 8 will be designated for push-pace work; Lanes 2 & 7 will be sprint lanes. Practice starts only in the sprint lanes. Additional pace or sprint lanes may be opened as needed by the meet referee. No paddles, boards or fins will be allowed in the competition course. Warm-up pool: Lanes will be available for warm-up/cool down at all times – No Diving at any time. Marshals from the Armada will oversee all warm up areas.

**LIFEGUARDS:** The City of La Mirada certified Lifeguards will be on duty during the duration of the meet, including warm-up designated times.

**VENDORS:** An approved Speedo Merchandise Dealer will be on deck for all swimmer apparel and equipment needs. Additional vendors may be on deck at the discretion of the Meet Host.

**HOSPITALITY:** Will be provided to all working Officials and Coaches throughout the meet. **Athlete hospitality will also be provided.**

**CONCESSIONS:** A full service snack bar will be available throughout the meet.

**MEET RESULTS AND LIVE FEED:** Meet results will be posted on Meet Mobile and a live feed video will be streamed live at <http://takeitlive.tv/liveswim/>

**OFFICIALS:** This meet has been approved as an Officials Qualifying Meet (OQM) for N2 and N3 certification and recertification. Please see the Sectionals website for applications to officiate at this meet. Applications must be received by July 10, 2017 for consideration for assigned positions. Officials are required to attend an officials' briefing one hour prior to the start of each session. Applications to officiate will be available on the SCS and Western Zone websites. Please e-mail your application to:

Wes Jackert SCS Officials Chair  
e-mail: [wjackert@gmail.com](mailto:wjackert@gmail.com)

Application to Officiate:

<https://www.socalswim.org/news/officials/2017/1/2/application-for-ca-nv-march-sectionals-carlsbad?rtn=%2Fnews%2Fofficials%3Fpage%3D1%26orderBy%3DArticle.ArticleDate%26sortDirection%3D1>

**REQUIRED NUMBER OF TIMERS:** Each team will be assigned lanes for timing based on the number of swimmers per session. Assignments will be **posted once the entries close.**

**HOTEL INFORMATION:** Hotel information will be provided on the official meet websites. Links to the may be found on the Armada Swimming website, [armadaswim.com](http://armadaswim.com), or the SCS website, [socalswim.org](http://socalswim.org). Please check the meet websites for available rates.

**ADDITIONAL INFORMATION:** Please contact the Meet Director, Karen Shipherd at [kshipherd@rhcds.com](mailto:kshipherd@rhcds.com) or 310-213-9340.

**IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING SHALL BE FREE FROM ANY LIABILITIES AND CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.**



## USA SWIMMING 2017 SPEEDO CHAMPIONSHIP Summer CA-NV Sectional Championship

### Order of Events – Long Course Meters

Women			Event Description	Men		
Event #	Minimum Time Yards	Minimum Time Meters		Minimum Time Yards	Minimum Time Meters	Event #

Thursday, July 20, 2017 – 9:00 AM Prelims						
1	53.49	1:01.79	100 Freestyle	47.79	55.89	2
3	17:43.29	18:23.59	*1500 Freestyle*			
5	2:25.09	2:49.19	200 Breaststroke	2:09.89	2:33.39	6
			*800 Freestyle*	9:48.89	8:58.69	8
9	2:08.89	2:26.59	200 Butterfly	1:55.79	2:14.09	10

Friday, July 21, 2017 – 9:00 AM Prelims						
11	1:55.29	2:13.19	200 Freestyle	1:45.59	2:02.59	12
13	4:33.39	5:17.89	**400 Individual Medley**	4:11.19	4:52.19	14
15	58.99	1:08.99	100 Backstroke	53.49	1:03.09	16
17	3:41.09	4:10.89	400 Freestyle Relay	3:19.9	3:47.99	18

Saturday, July 22, 2017 – 9:00 AM Prelims						
19	2:07.19	2:27.99	200 Backstroke	1:55.89	2:16.09	20
21	5:08.79	4:39.79	**400 Freestyle**	4:46.59	4:20.09	22
23	1:07.39	1:18.39	100 Breaststroke	59.89	1:10.79	24
25	58.19	1:06.89	100 Butterfly	52.69	1:00.59	26
27	7:58.49	9:03.89	800 Freestyle Relay	7:15.69	8:16.09	28

Sunday, July 23, 2017 – 8:30 AM Prelims						
29	2:09.29	2:30.79	200 Individual Medley	1:57.09	2:17.39	30
31	10:39.39	9:36.39	*800 Freestyle*			
33	24.59	28.59	50 Freestyle	22.09	25.89	34
			*1500 Freestyle*	16:41.59	17:13.39	36
37	4:06.29	4:39.69	400 Medley Relay	3:40.69	4:11.39	38

**\*1500 and 800 Event order is the Finals Session order.** In Prelims, the 1500 and 800 heats **EXCEPT** for the FASTEST 8 checked in athletes will swim at the end of the session, fast to slow alternating Women and Men.

**\*\*400 IM and 400 Freestyle Event order is the Finals Session order.** Friday: Prelim heats of the 400 IM will swim **AFTER** the 100 Backstroke. Saturday: Prelim heats of the 400 Freestyle will swim **AFTER** the 100 Butterfly. Fast to slow alternating Women and Men.

**USA SWIMMING 2017 SPEEDO CHAMPIONSHIP  
Summer CA-NV Sectional Championship**

**BONUS TIME STANDARDS**

WOMEN		EVENT	MEN	
Yards	Meters		Yards	Meters
25.29	29.19	50 Freestyle	22.79	26.39
54.59	1:02.59	100 Freestyle	48.79	56.89
1:57.39	2:04.69	200 Freestyle	1:47.49	2:04.89
5:13.09	4:42.49	400/500 Freestyle	4:49.69	4:22.89
10:48.29	9:43.19	800/1000 Freestyle	9:59.69	9:03.59
17:56.49	18:42.89	1500/1650 Freestyle	16:54.29	17:36.79
1:00.19	1:10.29	100 Backstroke	54.29	1:04.09
2:09.29	2:30.79	200 Backstroke	1:57.69	2:18.89
1:08.49	1:19.49	100 Breaststroke	1:00.79	1:11.89
2:28.69	2:51.49	200 Breaststroke	2:11.69	2:35.29
59.79	1:08.19	100 Butterfly	53.69	1:01.99
2:10.89	2:29.09	200 Butterfly	1:57.89	2:16.39
2:12.89	2:32.29	200 Individual Medley	1:58.69	2:19.29
4:40.59	5:21.29	400 Individual Medley	4:13.49	4:56.69

**USA SWIMMING 2017 SPEEDO CHAMPIONSHIP**  
**Summer CA-NV Sectional Championship**

July 20-23, 2017  
La Mirada, California

**TEAM INFORMATION SHEET**

Team Name:	
LSC:	
Head Coach:	
Asst. Coach:	
Asst. Coach:	
Team Address:	
Email:	
Phone:	
Fax:	
Where is team staying for this meet?	
Team Cell Phone:	
Hotel Phone:	
Total number of 2017 USA Swimming Certified Coaches in Attendance:	

*Please complete this form and submit it with your entries. Thank you.*

**USA SWIMMING 2017 SPEEDO CHAMPIONSHIP  
Summer CA-NV Sectional Championship**

**RELAY ENTRY AND PROOF OF TIME**

CLUB: \_\_\_\_\_ USA Swimming Code: \_\_\_\_\_

For each relay team listed, list the qualifying time that can be proven for each team, team time or aggregate, and the swimmers' names and times. The named swimmers may be Relay Only members. A swimmer may be listed once per relay event. Any swimmer listed on the Official Team Entry may compete on any entered relay team. An aggregate relay entry time must include the individual times of all four swimmers.

Event 15: Women's 400 Meter Freestyle Relay	Time Standard: 4:10.89M/3:41.09Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

Event 16: Men's 400 Meter Freestyle Relay	Time Standard: 3:17.99M/3:19.69 Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

Event 25: Women's 800 Meter Freestyle Relay	Time Standard: 9:03.89M/7:58.49Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

Event 26: Men's 800 Meter Freestyle Relay	Time Standard: 8:16.09M/7:15.69Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

Event 33: Women's 400 Meter Medley Relay	Time Standard: 4:39.69M/4:06.29Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

Event 34: Men's 400 Meter Medley Relay	Time Standard: 4:11.39M/3:40.69Y
Relay A Entry Time:	Relay B Entry Time:
1.	1.
2.	2.
3.	3.
4.	4.

**USA SWIMMING 2017 SPEEDO CHAMPIONSHIP  
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MEET ENTRY RECAP

**Entries must be received by July 12, 2017**

This form must be submitted with your Team Entry

LSC Code:	
Long Team Name:	
USA-S Team Code:	
Coach:	
Phone (cell):	

Total number of Women's events entered	@\$11.00/event	\$
Total number of Men's events entered	@\$11.00/event	\$
Total number of Relay's entered	@\$24.00/relay	\$
	<b>TOTAL</b>	\$

*Make check payable to: **Southern California Swimming (SCS)***

*Mail to:*

2017 Speedo Sectionals  
c/o Alina de Armas  
2724 Loraine Place  
Simi Valley, CA 93065

NOTE: ALL RELAY ONLY SWIMMERS MUST BE LISTED IN THE ELECTRONIC ENTRY FILE