

# Speedo 2019 CA-NV Sectionals – Monterey Park

December 13-16, 2019



Location:  
East Los Angeles College,  
1301 Avenida Cesar Chavez, Monterey Park, CA  
91754

Sponsored By:  
**USA Swimming & Southern California Swimming**

Hosted By:  
**Fullerton (FAST)**



**Speedo 2019 CA-NV Sectionals–Monterey Park**  
**December 13-16, 2019**  
Sponsored By:  
**USA Swimming & Southern California Swimming**  
Hosted By:  
**Fullerton (FAST)**

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

**SPONSORED BY: USA Swimming and Southern California Swimming**

**DATES OF MEET: December 13-16, 2019**

**ENTRIES DUE: *DELIVERED* by Wednesday, December 4, 2019 – 11:59 PM**

**START TIMES: Prelims 8:30 am**

**Finals: December 13 - 4:00 pm**

**(Prelims) December 14-16 – 8:30 am**

**(Finals) TBA Meet will begin no sooner than 2 hours after the conclusion of Prelim**

**SANCTION #: S19-359**

**HEATS & FINALS**

**WARMUPS: Fri- 2:30 pm (Finals)**

**Sat/Mon- 6:30 am**

**Open to: CA, CC, PC, SI, SN LSC (USA Swimming) and FINA Registered Athletes**

**POOL:** East Los Angeles College (ELAC). 1301 Avenida Cesar Chavez, Monterey Park CA 91754.

**DIRECTIONS:** From the Pomona Freeway (60), exit Atlantic Blvd; head north two blocks on Atlantic. Turn Left one Avenida Cesar Chavez. The college is one block down on the right hand side. Use parking structure #3; the pool facility is north/behind the parking facility.

**PARKING:** Per the facility agreement there is a **\$5 PARKING FEE (Cash Only) PER DAY.**

**COURSE:** East Los Angeles' (ELAC) competition pool is an indoor 8-lane 25-yard pool. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth at start: 9 feet, and turn end 13 feet. A separate 25-yard 4 feet deep pool will be available for warm-up/warm-down during the competition.

**ELIGIBILITY:** Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold **2019 or 2020 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 2019 or 2020 registered and have 2019 or 2020 approved team charters. If an entering team is NOT 2019 or 2020 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. All athletes 18 years of age and older must complete the online Athlete Protection Training (APT)**

**QUALIFYING TIMES:** must be achieved **between January 1, 2018, and December 2, 2019**. Short Course Yard (SCY) qualifying times will be seeded first, next Long Course Meter (LCM) qualifying times, then Bonus SCY and Bonus LCM. Athletes may compete in no more than six (6) individual events (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 (labeled "B" on entry), IF he/she has achieved the listed bonus time standard. NEW entry times (no updates) achieved **12/5/19-12/8/19** may be entered by the Meet Administrative Referee when submitted by e-mail by 11:59 PM 12/9/18 to **suzshep@roadrunner.com**. If a qualifying time is achieved in an event that the athlete has currently entered as bonus event, they 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:** 2:00 pm, Friday, December 13, 2019, at East Los Angeles College Pool. Meet management; working with the Meet Referee and Admin Referee will post a "Coaches Meeting Notes" on the host team's website as well as the sponsoring LSC web site by the beginning of this meeting. Although attendance at the meeting is not mandatory, in accordance with the rules of USA Swimming and Southern California Swimming it is mandatory that every "Coach of Record" for every entered swimmer have knowledge and understanding of everything listed in the Meet Information; adjustments to the Meet Information as announced as well as those

items listed in the "Coaches Meeting Notes" before participation in the competition by the swimmer for whom they are "Coach of Record."

### **ENTRY INTO THE MEET**

**ENTRY:** All entries must be submitted and received electronically via USA Swimming OME or team electronic file. Team electronic entry (non-OME) is to be sent via email with entry file and meet entry report as attachments to [suzshep@roadrunner.com](mailto:suzshep@roadrunner.com). Please use the event file provided on the SCS website for electronic entries ([www.socalswim.org](http://www.socalswim.org)). The electronic entry file must be accompanied by a printout (signed by the coach) including the proof of time 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 INCLUDE:** 1) A \$14.00 Per Individual Event; 2) A \$10 per Swimmer surcharge or if you enter via OME then it is plus \$2/swimmer or A \$12.00 per Swimmer surcharge for OME entries (this charge stays with the OME system management and does not go to the meet host) and 3) A per Swimmer additional \$15 Facility Surcharge Fee. **Relays: \$32.00 per relay team entered. Please Note: All Entry Fees must accompany the team entry form.**

Relay only swimmers **MUST** be listed on team entry form (plus swimmer and facility surcharges) and **MUST** be listed on team entry form. Relay only swimmers may **NOT** be deck entered. There are no refunds. Time Trials entry fee: \$15. Time Trials **MAY** be opened to Relay Only Swimmers; decision made and announced Monday, Dec 9.

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 and MAIL with a copy of ENTRY FORMS to:**

Speedo Sectionals 2019 – Fullerton

**Attn: Susie Sheppard**

**11110 Davis Street, Moreno Valley, CA 92557 or**

**EMAIL to:[suzshep@roadrunner.com](mailto:suzshep@roadrunner.com)**

**ENTRIES CLOSE:** Entries must be received by Wednesday, December 4, 2019 @ 11:59 pm. Next day delivery service with tracking is recommended (ex: USPS, 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.** **Alternate address for non-USPS overnight deliveries: 11110 Davis Street, Moreno Valley, CA 92557. NEW (no time updates) entry times achieved 12/5/19 -12/8/19 may be entered by the Meet Administrative Referee where submitted by e-mail by 11:59 PM 12/9/19 to [suzshep@roadrunner.com](mailto:suzshep@roadrunner.com).**

### **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 **Mike Sheppard, e-mail: [cattywampus@roadrunner.com](mailto:cattywampus@roadrunner.com)**. Meet management in conjunction with the Meet Referee and the Admin Referee reserves the right to make changes in the published meet information regarding any of the sessions based on calculations made after the initial entry deadline and the entries received. If this is necessary an announcement will be made on the host team's website as well as the sponsoring LSC web site along with the announcement of the psych sheets and entry information. So as to not delay the release of the Psych Sheets, Timelines will be released within 24-hours after the "Late Entries Deadline".

**A FLIGHT DECISION WILL BE ANNOUNCED ON MONDAY, December 9 on the LSC website.**

**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 1000 and 1650 freestyle and relays. All entered swimmers (including RELAY ONLY) must be on a team entry form. Positive check-in for the 1000 and 1650 Freestyle AND ALL Relays is required by the day's scratch deadline. **All coaches and officials on deck must complete the CDC or NFS Concussion course.**

**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 through 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, spectator areas and open ceiling locker rooms) 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 CHANGING.** 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 much start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or swimmers' 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 that 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:** Positive check-in deadline for women's 1000 and Men's 1650 Freestyle is Friday 3:15 pm. Scratch deadline for Saturday events is Friday 4:30 pm. On Saturday, and Sunday 5:30 pm is the scratch deadline for the next day's events. 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. Scratches for Friday's events may be submitted via email before 3:00 pm Friday to [suzshep@roadrunner.com](mailto:suzshep@roadrunner.com).

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**POSITIVE CHECK IN.** Positive check in is required for all Relays, 500 Free, 400 IM, 1,000 Free and 1650 Free events. The Women's 1000 Freestyle and Men's 1650 Freestyle deadline is Friday, 12/13/19 at 3:15 PM. To be seeded by time, the Women's 1650 and Men's 1000 Freestyle deadline is Sunday 12/15/19, 30 Minutes after start of Finals. For ALL RELAYS the scratch deadline is 30 Minutes after start of the Finals the day before the next day's events.

**SPECIAL NOTES:** 1) ALL preliminary heats of individual events will be swum fastest-to-slowest except "Monday's Distance Events"; 2) The 500 Freestyle, 400 IM and 1000/1650 Freestyle (except fastest heat on Monday) will be swum alternating women and men's heats. 3) The 500 Free and 400 IM will be swum as the last event of the Prelims on the day of that event but will be swum in event order during the Finals; 4) Monday's 1,000 Free & 1650 Free will be swum in accordance with the National Championship protocol (the physiology rule) with the second to the last heat of the Men's event finishing one-hour before the announced start time for Monday's Finals. All other heats will be seeded slowest to fastest alternating women and men "backing up to Finals"; 5) During the Finals on Monday, the Fastest heat of women's 1650 Freestyle (#27) will be swum after the men's 100 Freestyle A Final (Event #26). Fastest heat of the men's 1000 (#30) will be swum after the men's 200 Backstroke A Final (#29); **6) A & B Flights are a possibility.** If the timeline warrants, the preliminary heats will be swum in 'A' and 'B' 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. Time Trials **may** be opened to Relay Only Swimmers; decision made and announced Monday, Dec 9.

**A FLIGHT DECISION WILL BE ANNOUNCED ON MONDAY, December 9 on the LSC website.**

**RELAYS:** A team may enter no more than two relays in each relay 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 Saturday through Monday. 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 Monday at the conclusion of prelims (before the 1650/1000 freestyle). Monday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 pm) on Sunday.

**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. Relays awards: first through third place. 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 applied towards team's overall score in team's division. No tiered Scoring by Division. There will be a "Coach of the Meet" award to be balloted on the final day of the meet during the preliminaries.

**TIME TRIALS:** Sanction: **#S19-360** - Entry Fee: \$15.00 per event (enter at Admin Table). Limited to two (2) for the meet. Time Trials will be swum, time permitting, at the discretion of the meet referee. Open to swimmers entered in individual events. Based on meet entries Time Trials **may** be opened to Relay Only Swimmers; decision made and announced Monday, Dec 9.

**WARM-UP:** Saturday through Monday: From 6:30 -7:30 am and TBA (finals pm session), the competition course will be open for general warm-up - NO DIVING. From 7:30-8:20 am and TBA (finals pm session) –Competition Pool Lanes 1 & 8 will be designated for push-pace work: 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes. Pace or sprint lanes may be opened as needed by the referee. Lanes will be available for warm-up/cool down at all times in the separate warm-up pool. No Diving at any time in this pool. Pace lanes in that pool will be designated by the referee, as needed. No paddles, boards or fins will be allowed in the competition course. All swimmers must use 3-point, slide-in entries into the pool during warm-up; no jumping or diving.

**CLOSED DECK:** Please note, this meet will be run with a **CLOSED DECK**. Only coaches, officials, athletes and volunteers will be permitted on deck. You will need a deck pass to be on deck. Primary athlete seating will be on the adjacent patio in a covered tent area. If possible, athletes should bring chairs. Limited athlete seating will also be available in designated sections of the indoor bleachers.

**OFFICIALS:** Please see the Southern California Swimming web site ([www.socalswim.org](http://www.socalswim.org)) for applications to officiate at this meet. Applications must be received by November 22, 2019, for consideration for assigned positions. For additional information contact: Mike Sheppard, e-mail: [cattywampus@roadrunner.com](mailto:cattywampus@roadrunner.com).

**FOR INFORMATION: SOUTHERN CALIFORNIA SWIMMING 310-684-1151**

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

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## Order of Events and Time Standards

WOMEN	Yds	Mtrs	EVENT	Yds	Mtrs	MEN
<b>FRIDAY, DECEMBER 13, 2019</b>						
1	10:39.89	9:36.09	1000 Y FREESTYLE			
			1650 Y FREESTYLE	16:43.89	17:13.49	2
<b>SATURDAY, DECEMBER 14, 2019</b>						
3	59.19	1:07.19	100 Y BUTTERFLY	52.89	1:00.89	4
5**	5:10.69	4:39.69	500 Y FREESTYLE	4:47.79	4:21.09	6**
7	59.49	1:09.49	100 Y BACKSTROKE	53.89	1:03.29	8
9	2:10.49	2:31.09	200 Y IND MEDLEY	1:58.19	2:18.39	10
11	4:02.69	4:36.09	400 Y MEDLEY RELAY	3:38.99	4:09.69	12
<b>SUNDAY, DECEMBER 15, 2019</b>						
13	2:10.09	2:27.99	200 Y BUTTERFLY	1:58.89	2:15.89	14
15	1:07.59	1:18.79	100 Y BREASTSTROKE	1:00.89	1:11.29	16
17	1:56.29	2:12.99	200 Y FREESTYLE	1:45.79	2:03.09	18
19**	4:39.09	5:20.09	400 Y IND MEDLEY	4:14.69	4:55.09	20**
21	24.89	28.69	50 Y FREESTYLE	22.19	25.89	22
23	8:00.19	9:05.59	800 Y FREE RELAY	7:15.29	8:15.69	24
<b>MONDAY, DECEMBER 16, 2019</b>						
25	53.99	1:01.89	100 Y FREESTYLE	48.19	56.09	26
27	17:46.59	18:22.99	1650 Y FREESTYLE			
28	2:08.59	2:29.19	200 Y BACKSTROKE	1:57.29	2:17.39	29
			1000 Y FREESTYLE	9:59.49	9:04.69	30
31	2:28.19	2:49.69	200 Y BREASTSTROKE	2:13.29	2:35.79	32
33	3:41.79	4:11.59	400 Y FREE RELAY	3:18.59	3:46.89	34

\*\* Events will be the last events swum in prelims but during the event order in finals.

All preliminary events (except Monday's distance events) will be seeded fastest to slowest and the 400 IM & 500 freestyle will be seeded alternating women and men as well.

## Bonus Event Time Standards

WOMEN			MEN	
Yds	Mtrs	EVENT	Yds	Mtrs
25.69	29.49	50 Y Freestyle	22.79	26.59
55.49	1:03.69	100 Y Freestyle	49.49	57.69
1:59.59	2:16.69	200 Y Freestyle	1:48.79	2:06.59
5:19.49	4:47.59	500 Y Freestyle	4:55.99	4:28.49
10:57.99	9:52.49	1000 Y Freestyle	10:16.39	9:20.09
18:16.79	18:54.19	1650 Y Freestyle	17:12.29	17:42.79
1:01.19	1:11.39	100 Y Backstroke	55.39	1:05.09
2:12.29	2:33.39	200 Y Backstroke	2:00.59	2:21.29
1:09.49	1:20.99	100 Y Breaststroke	1:02.59	1:13.29
2:32.39	2:54.49	200 Y Breaststroke	2:17.09	2:40.19
1:00.89	1:09.09	100 Y Butterfly	54.39	1:02.59
2:13.79	2:32.19	200 Y Butterfly	2:02.19	2:19.79
2:14.19	2:35.39	200 Y Individual Medley	2:01.59	2:22.29
4:46.99	5:29.09	400 Y Individual Medley	4:21.89	5:03.49

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**Team Information Sheet**

Team Name: \_\_\_\_\_

LSC: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Team Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Where is team staying in Southern California:

\_\_\_\_\_  
\_\_\_\_\_

Hotel Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Total number of 2018/2020 USA-Swimming Certified Coaches in attendance: \_\_\_\_\_

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



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**Relay Entry & 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. Reminder: Relay-only swimmers MUST be included in the team electronic entry file; relay-only swimmers may NOT be deck-entered.

**Event 15 - Women's 400Yard Medley Relay – Saturday, December 14**

*Time Standards: 4:06.29 Y/4:39.69 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Event 16 - Men's 400Yard Medley Relay – Saturday, December 14**

*Time Standards: 3:40.69 Y/4:11.39 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Event 23 - Women's 800 Yard Freestyle Relay – Sunday, December 15**

*Time Standards 7:58.49 Y/9:03.89 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Event 24 - Men's 800 Yard Freestyle Relay – Sunday, December 15**

*Time Standards: 7:15.69 Y/8:16.09 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Event 33 - Women's 400 Yard Freestyle Relay – Monday, December 16**

*Time Standards: 3:41.09 Y/4:10.89 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Event 34 - Men's 400 Yard Freestyle Relay – Monday, December 16**

*Time Standards: 3:19.69 Y/3:47.949 M*

Relay A Entry Time \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Relay B Entry Time \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

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*Meet Entry Recap*

**Entries MUST BE RECEIVED BY December 4, 2019**  
**This form must be submitted with your Team Entry**

<b>LSC Code:</b>	
<b>Long Team Name:</b>	
<b>USA-S Team Code</b>	
<b>Coach:</b>	
<b>Phone (cell):</b>	

Total number of Women's events entered	@ \$14.00/event =	\$
Total number of Men's events entered	@ \$14.00/event =	\$
Total number of Relays entered	@ \$32.00/relay =	\$
	TOTAL	\$

*Make check payable to Southern California Swimming*

**Mail to:**

2019 Winter Sectionals  
 c/o Susie Sheppard  
 11110 Davis Street  
 Moreno Valley, CA 92557  
 e-mail: [suzshep@roadrunner.com](mailto:suzshep@roadrunner.com)

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