

Speedo Sectionals 2015 – Monterey Park **CA-NV December 2015**

December 18-21, 2015

Open to All CA, CC, PC, SI, SN teams
And Accepted Outside teams



Location:

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

Sponsored By:

USA Swimming & Southern California Swimming

Hosted By:

Fullerton (FAST)



Speedo Sectionals 2015 – Monterey Park

California-Nevada December Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SPONSORED BY: SCS & FAST Swimming

DATES OF MEET: December 18-21, 2015

START TIMES: Prelims 9:00 am

Finals: December 18 - 4:00 pm

December 19-21 - 5:00 pm

SANCTION #: S15-315

HEATS & FINALS

ENTRIES DUE: **DELIVERED** by Wednesday, December 9, 2015- 5PM

WARMUPS: Fri- 2:30 pm (Finals)

Sat/Mon- 7:00 am (Prelims)

3:30 pm (Finals)

Open to: CA, CC, PC, SI, SN and accepted outside teams

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

DIRECTIONS: From the Pomona (60) freeway, exit Atlantic Blvd, head north two blocks on Atlantic. Turn left onto 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. Per the facility agreement - **There is a \$5 parking fee (Cash Only) PER DAY.**

COURSE: East Los Angeles College's (ELAC) competition pool is an indoor 25-yard pool with 8 lanes available for the competition. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 9 feet, at turn end: 13 feet. A separate 25-yard shallow depth pool will be available for warm-up/ warm-down during competition.

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold **2015 or 2016 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 2015 or 2016 registered and have 2015 or 2016 approved team charters. If an entering team is **NOT** 2015 or 2016 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.

QUALIFYING TIMES: must be achieved **between January 1, 2014, and December 7, 2015**. 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 (no updates) entry times achieved **12/7/15-12/13/15** may be entered by the Meet Administrative Referee when submitted by e-mail by MIDNIGHT 12/13/15 to divanj@cox.net. 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 they have five (5) or fewer total qualifying events.

COACHES MEETING: 2:00 pm, Friday, December 18, 2015, at East Los Angeles College Pool. 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. Team electronic entry (non-OME) is to be sent via email with entry file and meet entry report as attachments to divanj@cox.net. Please use the event file provided on the SCS website for electronic entries (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: \$11.00 per Individual Event and a \$10 per Swimmer surcharge must accompany team entry form (plus \$2/swimmer for OME entry). **Relays: \$24.00 per relay team entered.** Relay only swimmers **MUST** be listed on team entry form (plus swimmer 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.

**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 2015 – Monterey Park
Attn: Judi Divan
33561 Calle Miramar, San Juan Capistrano, CA 92675
or EMAIL to: divanj@cox.net

ENTRIES CLOSE: Entries must be received by Wednesday, December 9, 2015. 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: 33561 Calle Miramar, San Juan Capistrano, CA 92675. NEW (no time updates) entry times achieved 12/07/15- 12/13/15 may be entered by the Meet Administrative Referee where submitted by e-mail by MIDNIGHT 12/13/15 to divanj@cox.net

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 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.

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.

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 divanj@cox.net

POSITIVE CHECK-IN. Women's 1000 Freestyle and Men's 1650 Freestyle: Deadline-Friday, 12/18/15 at 3:15 PM. Women's 1650 and Men's 1000 Freestyle: Deadline- Sunday, 30 Minutes after start of Finals, to be seeded by time. ALL RELAYS: By scratch deadline for the next day's events.

SPECIAL NOTES: ALL preliminary heats of events will be swum fastest-to-slowest. Additionally, the 500 Freestyle, 400 IM and 1000/1650 Freestyle (except fastest heat on Monday) will be swum fastest-to-slowest, alternating women and men's heats. 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). **Flights:** 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.

FLIGHT DECISION WILL BE ANNOUNCED MONDAY, December 14, on SCS 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: # S15-316 - Entry Fee: \$15.00 per event (enter at Admin Table). Limit: 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 14.

WARM-UP: Saturday through Monday: From 7:00 -8:00 am and 3:30- 4:00 pm, the competition course will be open for general warm-up - NO DIVING. From 8:00-8:50 am and 4-4:50 pm -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.

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, heated tent area. If possible, athletes should bring chairs. Limited athlete seating will also be available in designated sections of the indoor bleachers.

OFFICIALS: This meet has been approved as an Officials Qualifying Meet (QM15-----) for N2 and N3 certification and recertification. Please see the Southern California Swimming web site (www.socalswim.org) for applications to officiate at this meet. Applications must be received by November 20, 2015, for consideration for assigned positions. For additional information contact: Ted Olivieri, trackmdr@aol.com

FOR INFORMATION: SOUTHERN CALIFORNIA SWIMMING 805-682-0135

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.

**Speedo Sectionals 2015 – Monterey Park
Order of Events and Time Standards**

WOMEN	Yds	Mtrs	EVENT	Yds	Mtrs	MEN
FRIDAY, DECEMBER 18, 2015						
1	10:39.39	9:36.39	1000 Y FREESTYLE			
			1650 Y FREESTYLE	16:41.59	17:13.39	2
SATURDAY, DECEMBER 19, 2015						
3	58.19	1:06.89	100 Y BUTTERFLY	52.69	1:00.59	4
5	5:08.79	4:39.79	500 Y FREESTYLE	4:46.59	4:20.09	6
7	58.99	1:08.99	100 Y BACKSTROKE	53.49	1:03.09	8
9	2:09.29	2:30.79	200 Y IND MEDLEY	1:57.09	2:17.39	10
11	4:06.29	4:39.69	400 Y MEDLEY RELAY	3:40.69	4:11.39	12
SUNDAY, DECEMBER 20, 2015						
13	2:08.89	2:26.59	200 Y BUTTERFLY	1:55.79	2:14.09	14
15	1:07.39	1:18.39	100 Y BREASTSTROKE	59.89	1:10.79	16
17	1:55.29	2:13.19	200 Y FREESTYLE	1:45.59	2:02.59	18
19	4:33.39	5:17.89	400 Y IND MEDLEY	4:11.19	4:52.19	20
21	24.59	28.59	50 Y FREESTYLE	22.09	25.89	22
23	7:58.49	9:03.89	800 Y FREE RELAY	7:15.69	8:16.09	24
MONDAY, DECEMBER 21, 2015						
25	53.49	1:01.79	100 Y FREESTYLE	47.79	55.89	26
27*	17:43.29	18:23.59	1650 Y FREESTYLE			
28	2:07.19	2:27.99	200 Y BACKSTROKE	1:55.89	2:16.09	29
			1000 Y FREESTYLE	9:48.89	8:58.69	30*
31	2:25.09	2:49.19	200 Y BREASTSTROKE	2:09.89	2:33.39	32
33	3:41.09	4:10.89	400 Y FREE RELAY	3:19.69	3:47.99	34

**Speedo Sectionals 2015 – Monterey Park
Bonus Event Time Standards**

WOMEN			MEN		
Yds	Mtrs	EVENT	Yds	Mtrs	
25.29	29.19	50 Y Freestyle	22.79	26.39	
54.59	1:02.59	100 Y Freestyle	48.79	56.89	
1:57.39	2:14.69	200 Y Freestyle	1:47.49	2:04.89	
5:13.09	4:42.49	500 Y Freestyle	4:49.69	4:22.89	
10:48.29	9:43.19	1000 Y Freestyle	9:59.69	9:03.59	
17:56.49	18:42.89	1650 Y Freestyle	16:54.29	17:36.79	
1:00.19	1:10.29	100 Y Backstroke	54.29	1:04.09	
2:09.29	2:30.79	200 Y Backstroke	1:57.69	2:18.89	
1:08.49	1:19.49	100 Y Breaststroke	1:00.79	1:11.89	
2:28.69	2:51.49	200 Y Breaststroke	2:11.69	2:35.29	
59.79	1:08.19	100 Y Butterfly	53.69	1:01.99	
2:10.89	2:29.09	200 Y Butterfly	1:57.89	2:16.39	
2:12.89	2:32.29	200 Y Individual Medley	1:58.69	2:19.29	
4:40.59	5:21.29	400 Y Individual Medley	4:13.49	4:56.69	

Speedo Sectionals 2015 – Monterey Park
California-Nevada December Championship
December 18-21, 2015
Monterey Park, CA

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 2015/2016 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

Speedo Sectionals 2015 – Monterey Park

California-Nevada December Championship

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 19

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 19

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 20

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 20

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 21

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 21

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. _____

Speedo Sectionals 2015 – Monterey Park
California-Nevada December Championship
Meet Entry Recap

Entries **MUST BE RECEIVED BY December 9, 2015**
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 Relays entered	@ \$24.00/relay =	\$
	TOTAL	\$
<i>Make check payable to Southern California Swimming</i>		

Mail to:

2015 Winter Sectionals
c/o Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
e-mail: divanj@cox.net

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

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Hotel Information

Meet Host, Fullerton Aquatics Sports Team (“FAST”), has secured the following room blocks for meet attendees.

Distance from the pool is noted, but commute times may vary depending on time of day and LA traffic. Better Information on a daily basis may be obtained from the Hotel staff. If you are planning on booking a large block of rooms for your team, please call the sales contact listed for that hotel and make special arrangements.

Marriott is a proud sponsor of USA Swimming. The following Marriott properties are in close proximity to the ELAC pool:

<u>Fairfield Inn & Suites Los Angeles Rosemead</u> Address: 705 San Gabriel Blvd., Rosemead, CA 91770 Distance to Meet: 3 miles from Monterey Park Call: 323.726.111	<u>Residence Inn Pasadena Arcadia</u> Address: 321 East Huntington Drive, Arcadia, CA 91006 Distance to Meet: 8.1 miles from Monterey Park Call: 626.446-6500
<u>Courtyard Los Angeles Pasadena/Old Town</u> Address: 180 North Fair Oaks Ave., Pasadena, CA 91103 Distance to Meet: 6.3 miles from Monterey Park Call: 626.403.7600	<u>SpringHill Suites Pasadena Arcadia</u> Address: 99 N. 2nd Avenue, Arcadia, CA 91006 Distance to Meet: 8.1 miles from Monterey Park Call: 626.821-5400
<u>Courtyard Los Angeles Pasadena/Monrovia</u> Address: 700 West Huntington Dr., Monrovia, CA 91016 Distance to Meet: 8.5 miles from Monterey Park. Call: 626.357.5211	

Contact Teresa Wilson at meetmanager@fastswimming.net with additional hotel questions.

Additional hotels in the area are as follows:

<u>DoubleTree Hotel – Norwalk</u> Rates: \$124+/nite (double), \$110+/nite (king) Address: 13111 Sycamore Dr., Norwalk CA 90650 Distance to Meet: 13 miles/20 min. Hotel Contact: Virginia Zuno Call: 562.863.5555, ask for “CA-NV Sectionals Room Block,” or group code “606” group rate. Internet: www.losangelesnorwalk.doubletree.com, enter the group code: 606 in the "Group Code" field. Cut-Off Date for Reservations: 11/17/15	<u>Crown Plaza Hotel – LA/Commerce</u> Rates: \$119+/nite (single or double); \$139+/nite (triple); \$149+/nite (quad) Address: 6121 Telegraph Rd., Los Angeles CA 90040 Distance to Meet: 3.6 miles/12 min. Hotel Contact: Meredith Delfosse Call: 323.728.3600, ask for “CA-NV Sectionals” group rate. Internet: *Able to book directly, see link below. Cut-Off Date for Reservations: 12/05/15
<u>Hilton Garden Inn - Montebello</u> Rate: \$149+/nite (king) Address: 801 N. Via San Clemente, Montebello CA 90640 Distance to Meet: 2.5 miles/6 min. Hotel Contact: Gina Hernandez Call: 323.724.5900, ask for “FAST Swim Team” group block. (No internet booking available.) Cut-Off Date for Reservations: 11/18/15	<u>DoubleTree Hotel - Commerce</u> Rate: \$139+/nite (double, includes breakfast for 2) Address: 5757 Telegraph Rd, Los Angeles CA 90650 Distance to Meet: 3.6 miles/12 min. Call: For 10 or more rooms Hilton Reservations at 800-222-8733; less than 10 rooms call hotel directly at 323-887-8100. Ask either representative for “Aquatics Group Rate” or “P07 Rate”.

***Link for booking Crown Plaza Hotel**

LA/Commerce: <http://www.crowneplaza.com/redirect?path=hd&brandCode=cp&localeCode=en®ionCode=1&hotelCode=LAXCA&PMID=99801505&GPC=CAN>