

Speedo Sectionals 2017 – Alga Norte

March 2-5, 2017

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



Location:

Alga Norte Aquatic Center,
6565 Alicante Road, Carlsbad, CA 92009

Sponsored By:

USA Swimming & San Diego Imperial Swimming

Hosted By:

North Coast Aquatics (NCA)

Speedo Sectionals 2017 – Alga Norte California-Nevada March Championship

SANCTIONED BY: SAN DIEGO IMPERIAL SWIMMING/USA SWIMMING

SANCTION #: SI 17-13

Held Under the Sanction of USA Swimming

SPONSORED BY: San Diego Imperial & NCA

DATES OF MEET: March 2-5, 2017

HEATS & FINALS

START TIMES: Prelims 8:30 am

Finals: March 2, 2017 4:00 p.m.

March 3-5th, 2017 5:00 p.m.

ENTRIES DUE: *DELIVERED* by Wednesday, February 22nd, 2017- 5PM

Open to: CA, CC, PC, SI, SN athletes

POOL: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009

DIRECTIONS: From the North, Take I-5 South, Exit Palomar Airport Road, right on El Camino, Left on Town Garden Road and then Right on to Alicante Road. The pool will be located on your right.

From the South, take I-5 North, Exit La Costa. Exit Right on to La Costa, then Left on to El Camino. Turn R on Poinsettia Lane and Left on Alicante Road. The pool will be located on your left. Parking will be free.

COURSE: Alga Norte Aquatic Center, 6565 Alicante Rd, Carlsbad, CA 92009. Phone (760) 268- 4777. 10 lane, 25 yard course with additional warm-up/down lanes. Colorado timing. The minimum water depth, measured in accordance with Article 103.2.3, is 14 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full city run snack bar available

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and 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 January 1, 2015, and March 2, 2017**. Short Course Yard (SCY) qualifying times will be seeded first, followed by Long Course Meter (LCM), Short Course Meter (SCM), Bonus SCY, Bonus LCM, Bonus SCM. 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 2/20/17-2/26/17 may be entered by the Meet Administrative Referee when submitted by e-mail by MIDNIGHT 2/26/17 to coachkristyn@ncaswim.com. If a qualifying time is achieved in an event that the athlete has currently entered as 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: 2:00 pm, Thursday, March 2, 2017, at Alga Norte 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 coachkristyn@ncaswim.com. Please use the event file provided on the NCA website for electronic entries (www.ncaswim.com). 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 and pay swimmer surcharges. 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: NORTH COAST AQUATICS and MAIL with a copy of ENTRY FORMS to:

North Coast Aquatics

c/o Jeff Pease

7291 Surfbird Circle, Carlsbad, CA. 92011

EMAIL to: coachkristyn@ncaswim.com

ENTRIES CLOSE: Entries must be received by Wednesday, February 22, 2017. 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.** NEW (no time updates) entry times achieved 2/20/17-

2/26/17 may be entered by the Meet Administrative Referee where submitted by e-mail by MIDNIGHT 2/26/17 to coachkristyn@ncaswim.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 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.

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 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 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 Thursday 3:15 pm. Scratch deadline for Friday events is Thursday 4:30 pm. On Friday and Saturday 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 Thursday's events may be submitted via email before 2:00 pm Thursday to coachkristyn@ncaswim.com.

POSITIVE CHECK IN: Women's 1000 Freestyle and Men's 1650 Freestyle: Deadline- Thursday, March 2nd, 2017 at 2:15 PM. Women's 1650 and Men's 1000 Freestyle: Deadline- Saturday, 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, February 27th, 2017, on NCA 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 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 1650/1000 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. Relay 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: # SI 17-12- Held Under the Sanction of USA Swimming
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, February 27th, 2017.

WARM-UP: Friday through Sunday: From 6:30 -7:30 am and 3:30– 4:00 pm, the competition course will be open for general warm-up - NO DIVING. From 7:30-8:20 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 San Diego Imperial Swimming web site (www.si-swimming.com) for applications to officiate at this meet.

HOTEL INFORMATION: Hotel information will be provided on the NCA website as it becomes available. Please check www.ncaswim.com for available rates.

FOR INFORMATION: SAN DIEGO IMPERIAL SWIMMING 619-275-1292
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 2017 Carlsbad
Order of Events and Time Standards**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, MARCH 2, 2017						
1	10:39.39	9:36.39	1000 Y FREESTYLE			
			1650 Y FREESTYLE	16:41.59	17:13.39	2
FRIDAY, MARCH 3, 2017						
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	4:36.69	400 Y MEDLEY RELAY	3:40.69	4:11.39	12
SATURDAY, MARCH 4, 2017						
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 BREASTROKE	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	4:11.89	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
SUNDAY, MARCH 5 2017						
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 BREASTROKE	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 2017-Carlsbad
Bonus Time Event Standards**

WOMEN

MEN

Yards	Meters	Event	Yards	Meters
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	1:47.79	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
58.79	1:08.19	100 Y Butterfly	53.69	1:01.00
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 2017 – Carlsbad California-Nevada December Championship
March 2-5th, 2017**

Carlsbad, 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 2017 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

**Speedo Sectionals 2017- Carlsbad California-Nevada March
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 11 - Women's 400Yard Medley Relay - Friday, March 2

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 12 - Men's 400Yard Medley Relay - Friday, March 2

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 - Saturday, March 3

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 - Saturday, March 3

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 - Sunday, March 5

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 - Sunday, March 5

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 2017 – Carlsbad California-Nevada March

Championship *Meet Entry Recap*

Entries MUST BE RECEIVED BY February 22nd, 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 Relays entered	@ \$24.00/relay =		\$
	TOTAL		\$
<i>Make check payable to North Coast Aquatics</i>			

Mail to:

2017 Speedo Sectionals
North Coast Aquatics
c/o Jeff Pease
7291 Surfbird Circle
Carlsbad, CA 92011
e-mail: coachkristyn@ncaswim.com

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