

**2021 CA/NV Speedo Sectionals
Fullerton, California
July 15-18, 2021**



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

Location:

Janet Evans Swim Complex
801 West Valencia Drive
Fullerton, California 92932

Sponsored By:

**USA Swimming & Southern California
Swimming**

Hosted By:

**Fullerton Aquatics Sports Team
(FAST)**

2021 CA/NV Speedo Sectionals Fullerton, California

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SANCTION #:

HOSTED BY: Fullerton Aquatics Sports Team (FAST)

DATES OF MEET: July 15-18, 2021

MEET REFEREE: Debbie Baldwin - baldwindebra@ymail.com

MEET DIRECTOR: Lauren Morford - lmorford@fastswimming.net

ENTRY CHAIR: Alina De Armas - meetprocessor@gmail.com

OPEN TO: CA, CC, HI, PC, SI, SN athletes

ENTRIES CLOSE: Wednesday, July 7th, 2021 @ 11:59 pm.

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
Coaches Meeting	Via Zoom on Tuesday, July 13 th @ 7:00 pm.	
Officials Meetings	One hour before the start of each session in the Hospitality area outside on the picnic tables.	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday-Saturday July 15 -July 17	Warm-up: 7:00-8:50 am Competition: 9:00 am	*Warm-Up: 3:30pm - 4:50 pm Competition: 5:00 pm
Sunday, July 18	Warm-up: 6:30 am Competition: 8:30 am	Warm-up: 2:30 pm - 3:50 Competition: 4:00 pm

This meet will be limited to 400 athletes per day. There is the option to flight sessions if more than 400 athletes enter.

POOL: Janet Evans Swim Complex, 801 West Valencia Dr, Fullerton, CA 92832

COURSE: Janet Evans Swim Complex is an outdoor heated 8-lane, 50-meter competition course, with 6 separate 25-yard warm-up lanes in our small pool, plus 3 x 25-yard lanes in the diving well adjacent to the competition course. All 8 lanes are available throughout the competition. This competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth measurements at Start End 1-8 = 7'-10'; 4' at Turn End. All starts will be at the deep end. The facility is equipped with Paragon starting blocks and FINIS Backstroke start ledges.

ELIGIBILITY: Open to athletes in Central California, Hawaii, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming who hold **2021 USA Swimming membership**. Entries accepted by OME **ONLY**. Relay-only swimmers **MUST** be included in the team electronic entry file. Please designate unattached swimmers 'UN'. All TEAMS must be 2021 registered and have 2021 approved team charters. On deck registration is **NOT** permitted. If an entering team is not 2021 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays

QUALIFYING TIMES:

1. **Qualifying times must be achieved between September 1, 2018, and July 7 2021.** July 7th, 2021 at 11:59 PM. New entry times achieved 7/8/21 – 7/11/21 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 7/12/21.
2. Long Course Meter (LCM) qualifying times will be seeded first, followed by Short Course Yard (SCY), Short Course Meter (SCM), Bonus LCM, Bonus SCY, Bonus SCM.
3. Athletes may compete in no more than **six (6)** individual events.
4. Athletes may compete in no more than **three (3)** individual events **per day**.
5. An athlete 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.
6. 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 then add an additional bonus event, as long as he/she has five (5) or fewer total qualifying events.

COACHES MEETING (via ZOOM): 7:00 PM PST on TUESDAY, JULY 13, 2021. A Zoom link will be shared to the email address of the listed Head Coach. A representative from each team must attend.

ENTRY INTO THE MEET

ENTRY: All entries must be submitted and received electronically via USA Swimming OME. **OME is the ONLY method of entry.** Meet entry times must be designated 'Y' for yards or 'L' for long course meters, or 'S' for short course meters.

ENTRY FEES:

1. \$14.00 per individual event and a \$15 per athlete surcharge must accompany team entry form (plus \$2/athlete for OME entry).
2. **Relays:** \$32.00 per relay team entered. Relay only athletes **MUST** be listed on team entry form and pay athlete surcharges. Relay only athletes may **NOT** be deck entered. There are no refunds.
3. **Time Trials:** \$20 per individual event.

ENTRIES CLOSE: **OME entries will close on Wednesday, July 7th, 2021 at 11:59 PM.** New entry times achieved 7/8/21 – 7/11/21 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 7/12/21.

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 for that event or the athlete/relay team will be scratched from that event. Only athletes/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.

RULES AND PROCEDURES

MEET REFEREE: Debbie Baldwin - baldwindebra@ymail.com and (760) 518-9027. Any questions regarding the conduct of the meet should be made directly to the Meet Referee.

PERSONAL RESPONSIBILITY: Each Athlete and Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made at the General Meeting.

RULES: USA Swimming Rules and National Championship rules/procedures will govern the conduct of this meet. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

ATHLETE PROTECTION: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn. USA Swimming Rules prohibit Athletes 12 and under from wearing technical suits.

RACING START CERTIFICATION: Any Athlete 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 athlete or athletes' legal guardian to ensure compliance with this requirement.

SCRATCH PROCEDURES AND DEADLINES:

1. The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules can be found in Rule 201.11.6 in the current Rulebook.
2. The scratch deadline is 5:30 PM (or 30 minutes after the start of finals) on Wednesday, Thursday, Friday, and Saturday for the next day's events. Scratches must be turned in to **Alina De Armas - meetprocessor@gmail.com**. On Thursday, Friday, and Saturday, scratches can be turned in at the pool.

3. The scratch deadline for the 24 athletes who qualify for each final event is 30 minutes after the announcement. An athlete who notifies the Administrative Referee within that 30 minute period that they **may** scratch that event **must** notify the Administrative Referee of their definitive intention within 30 minutes of their last individual preliminary event. An athlete who fails to scratch and “no shows” a prelim or timed final event will be removed from all remaining events that day and must positively check in for all subsequent individual events. An athlete who fails to scratch and “no shows” a final will be removed from the meet.
4. **SCRATCH SCHEDULE SUMMARY:**

SCRATCH SCHEDULE SUMMARY		
EVENTS	ACTION REQUIRED	DEADLINE
Thursday Individual Events	Scratch	5:30 pm Wednesday
Friday Individual Events	Scratch	5:30 pm Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	5:30 pm Friday
Saturday Relays	Scratch	
Sunday Individual Events	Scratch	5:30 pm Saturday
Sunday Relays	Scratch	5:30 pm Saturday
All relays	Changes to relay order	Before the start of the event at the blocks or at the Admin desk
Announced finalists for A,B,C heats	Declaration of intention to scratch/possible scratch to Admin Referee	Within 30 minutes of announcement or scoreboard scroll of qualifiers
Athletes who declared a possible scratch	Definitive notification to the Admin Referee	Within 30 minutes of their last individual preliminary event for that session.

POSITIVE CHECK-IN:

Positive check-in is required for:

1. All relays by the scratch deadline for the next day’s events.
2. **Deadline for the 800/1500 freestyle events.** Women’s 1500 Meter Freestyle and Men’s 800 Meter Freestyle: Thursday at 9:00 am. Deadline for Women’s 800 Meter Freestyle and Men’s 1500 Meter Freestyle deadline: Saturday at 5:30 pm.

3. Any “no show” athlete.
4. Summary:

POSITIVE CHECK-IN SUMMARY		
EVENTS	ACTION REQUIRED	DEADLINE
Any “no show” athlete	Positive check-in	5:30 pm Thursday, Friday, Saturday
Thursday 800 M and 1500 W Freestyle	Positive check-in	9: 00 am Thursday
Friday 400 F Relay	Positive check-in	5:30 pm Thursday
Saturday 800 F Relay	Positive check-in	5:30 pm Friday
Sunday 800 W and 1500 M Freestyle	Positive check-in	5:30 pm Saturday
Sunday Relay	Positive check-in	5:30 pm Saturday
Notify Admin Referee of decision to swim Sunday relay in the preliminary session.	Positive check-in	5:30 pm Saturday

OTHER TECHNICAL NOTES:

1. All preliminary heats will be swum fastest-to-slowest
2. The 400 Meter Freestyle and 400 Meter IM will be swum alternating women’s and men’s heats. All prelim heats of the 400 Meter Free and 400 Meter IM will be swum at the conclusion of the morning session. The 400 Meter Free and 400 Meter IM finals will be swum in event order, as listed on the Meet Announcement.
3. The fastest heat of the women’s 1500 Meter Freestyle (Event #3) will be swum in finals on Thursday after the men’s 100 Meter Freestyle final (Event #2). The fastest heat of the men’s 800 Meter Freestyle (Event #8) will be swum in finals on Thursday after the men’s 200 Meter Breaststroke (Event #6). The remaining heats of women’s 1500 Meter Freestyle and men’s 800 Meter Freestyles 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 finals warm-up session on Thursday. All other heats of the women’s 1500 Meter and the men’s 800 Meter Freestyle events will be seeded back from that point, in descending order, alternating women /men.
4. The fastest heat of the women’s 800 Meter Freestyle (Event #31) will be swum in finals on Sunday after the men’s 200 Meter IM final (Event #30). The fastest heat of the men’s 1500 Meter Freestyle (Event #36) will be swim in finals on Sunday after the men’s 50 Meter Freestyle (Event #34). The remaining heats of women’s 800 Meter and men’s 1500 Meter Freestyle events 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 finals warm-up session. All other heats of the women’s 800 Meter Freestyle and the men’s 1500 Meter Freestyle will be seeded back from that point, in descending order, alternating women / men.

5. Based on entries and any capacity restrictions, there may be multiple meet sessions for prelims. This decision will be announced by Monday, July 12, 2021 by 5:00 PM on the Western Zone website <https://www.teamunify.com/Home.jsp?team=wzone> and by email to all entered teams. This will also be discussed if needed at the coaches meeting.

FINALS:

24 athletes will advance to the finals in events 400m or less with the "C" final reserved for the fastest remaining athletes who are 18 years or younger. The top 8, 18 & Under swimmers who do not qualify for the Consolation (B) or Championship (A) heats will advance to the "C" final. If there are not enough 18 & Under swimmers to fill the "C" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. Finals will be in the following order: Protected Final(C), Consolation(B), Championship(A). with 8 athletes qualifying for each Final Heat. **The Top 26 qualifiers must scratch by the scratch deadlines if they do not wish to swim in finals.** Championship Final (A heat) will be announced at the blocks. B, and C heats will be announced in the water.

RELAYS:

1. 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. An athlete may be used only once to prove a relay in each relay event. Relays must scratch by the scratch deadline for the day swum. **Relay Only athletes must be listed on the team entry form.**
2. Relays will be contested at the end of Finals Friday, Saturday and 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 1500 Meter /800 Meter freestyles). This option must be declared by the scratch deadline (5:30 PM) on Saturday.
3. There will be a ten (10) minute break following the last individual event before starting the relays. The competition pool will be open for warm-up during that time.

AWARDS:

1. 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.
2. High point award: The top male and female athlete. Individual event awards: first through eighth place. Relay awards: first through third place.
3. Individual Scoring to be as follows (16 places):
20-17-16-15-14-13-12-11-9-7-5-4-3-2-1.
Relay scoring will have **double** the point value.

Divisional scoring will be based on the 16 places, points applied towards team's overall score in team's division. No tiered Scoring by Division.

4. There will be a "Coach of the Meet" award to be balloted on the final day of the meet during

preliminaries.

5. Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction:

- Time Trials will be held under a separate sanction of Southern California Swimming.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted only through OME. Credit Card payment will be required.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (2) time trials total during the course of the meet.
- A decision on Relay Only swimmers at Time Trials will be announced at the Coaches Meeting.
- Time Trial Entry Fees: \$20.00 per event

WARM-UP:

1. The competition course will be open for general warm-up on Thursday through Saturday from 7:00-8:50 am and 3:30- 5:20 pm.
2. On Sunday, the competition course will be open for general warm-up from 6:30 - 8:20 am and 2:30- 3:50 pm.
3. Competition course 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 are permitted only in the sprint lanes. Pace and sprint lanes will be so designated at the discretion of the Referee, as needed.
4. Lanes will be available for warm-up/cool down at all times No paddles, snorkels or other breathing devices, boards or fins will be allowed in the competition course.
5. Athletes must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool unless the lane is a sprint lane under coach supervision.

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 meet credential to be on deck.

- Primary athlete seating will be on the grass area on the west side of the competition pool. Athletes should bring their own tents and/or chairs.
- Coach seating will be on the east side of the competition pool. Tents and tables will be provided; coaches should bring their own chairs.
- Spectators may enter the deck in limited numbers through a queue system managed by FAST volunteers. Spectators may not bring chairs and must exit the facility after the conclusion of their swimmers' race. The spectator area will be at the turn end of the competition pool.
- There will be one timer per lane. Teams participating at the meet will be assigned lanes and asked to provide one volunteer per session. Specific lane assignments will be given by July 12.

This meet will be live streamed. The link will be provided on the FAST website and Western Zone website. Additionally, the link will be emailed to the head coaches.

RESTRICTIONS:

1. Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue.
2. Shaving is not permitted anywhere in the facility.
3. Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be in a harness at all times.
4. Deck changes are prohibited.
5. 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.
6. 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

HEALTH AND SAFETY

CONCUSSION TRAINING: The State of California requires all coaches and officials to have taken concussion training. The training courses can be found here (either course is accepted, coach does not need both):

<https://www.cdc.gov/headsup/youthsports/coach.html> or
<https://nfhslearn.com/courses/61151/concussion-in-sports>

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens

and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this event, you voluntarily assume all risks related to exposure to COVID-19.

Fullerton Aquatics Sports Team (FAST) will adhere to the public health guidelines in effect on July 15-18, 2021 from the City of Fullerton, Orange County, and USA Swimming. These will be reviewed at the Coaches Zoom Meeting on July 13, 2021 (7:00 PM PST).

OFFICIALS:

The official application form can be found at: Fullerton CA

- <https://form.jotform.com/211397503651151>

Officials dress for Prelims will be white polo shirt tucked into khaki pants, skirt, or shorts with a belt, white socks, and shoes. Shorts are also permitted for Finals.

FOR MORE INFORMATION: Contact Meet Director Lauren Morford, lmorford@fastswimming.net or (908) 812-8631.

Speedo Sectionals 2021 Fullerton Order of Events and Time Standards

***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.

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, JULY 15, 2021						
9:00 AM PRELIMS 5:00 PM FINALS						
1	53.99	1:01.89	100 M Freestyle	48.19	56.09	2
3	17:46.59	18:22.99	*1500 M Freestyle			
5	2:28.19	2:49.69	200 M Breaststroke	2:13.29	2:35.79	6
			*800 M Freestyle	9:59.49	9:04.69	8
9	2:10.09	2:27.99	200 M Butterfly	1:58.89	2:15.89	10
FRIDAY, JULY 16, 2021						
9:00 AM PRELIMS 5:00 PM FINALS						
11	1:56.29	2:12.99	200 M Freestyle	1:45.79	2:03.09	12
13	4:39.09	5:20.09	**400 M Individual Medley	4:14.69	4:55.09	14
15	59.49	1:09.49	100 M Backstroke	53.89	1:03.29	16
17	3:41.79	4:11.59	400 M Freestyle Relay	3:18.59	3:46.89	18
SATURDAY, JULY 17, 2021						
9:00 AM PRELIMS 5:00 PM FINALS						
19	2:08.59	2:29.19	200 M Backstroke	1:57.29	2:17.39	20
21	5:10.69	4:39.69	**400 M Freestyle	4:47.79	4:21.09	22
23	1:07.59	1:18.79	100 M Breaststroke	1:00.98	1:11.29	24
25	59.19	1:07.19	100 M Butterfly	52.89	1:00.89	26
27	8:00.19	9:05.59	800 M Freestyle Relay	7:15.29	8:15.69	28
SUNDAY, JULY 18, 2021						
8:30 AM PRELIMS 4:00 PM FINALS						
29	2:10.49	2:31.09	200 M Individual Medley	1:58.19	2:18.39	30
31	10:39.89	9:36.09	*800 M Freestyle			
33	24.89	28.69	50 M Freestyle	22.19	25.89	34
			*1500 M Freestyle	16:43.89	17:13.49	36
37	4:02:69	4:36:09	400 M Medley Relay	3:38:99	4:09:69	38

**Speedo Sectionals 2021 Fullerton
Bonus Time Event Standards**

WOMEN			MEN	
SCY	LCM	Event	SCY	LCM
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

**Speedo Summer Sectionals 2021 California-Nevada Championship
July 15-18, 2021
Fullerton, CA
Team Information Sheet**

Team Name: _____

LSC: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Team Address: _____

Email: _____

Phone: _____

Fax: _____

Where is team staying?

Hotel Phone: _____

Cell Phone: _____

Total number of 2021 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

**Speedo Summer Sectionals 2021
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 17 - Women's 400 Meter Freestyle Relay
Time Standards 4:11.59L/3:41.79Y**

Relay A Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

**Event 18 - Men's 400 Meter Freestyle Relay
Time Standards 3:46.89L/3:18.59Y**

Relay A Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

**Event 27 - Women's 800 Meter Freestyle Relay
Time Standards 9:05.59L/8:00.19Y**

Relay A Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

**Event 28 - Men's 800 Meter Freestyle Relay
Time Standards 8:15.69L/7:15.29Y**

Relay A Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____
3. _____ 4. _____

Event 37 - Women's 400 Meter Medley Relay

Time Standards 4:36.09L/4:02.69Y

Relay A Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Event 38 - Men's 400 Meter Medley Relay

Time Standards 4:09.69L/3:38.99Y

Relay A Entry Time __

1. _____ 2. _____

3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Speedo Sectionals 2021 – Fullerton CA/NV LCM

Championship *Meet Entry Recap*

Entries MUST BE RECEIVED BY 7/8/2021 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	@ \$14.00/event =	\$
Total number of Men’s events entered	@ \$14.00/event =	\$
Total number of Relays entered	@ \$32.00/relay =	\$
Total number of surcharge	@ \$15.00/swimmer	\$
	TOTAL	\$

Mail to:

FAST Swim Team
 c/o Speedo Sectionals
 Brian Brown
 P.O. Box 5468
 Fullerton, CA 92838
 e-mail: bbrown@fastswimming.net

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