

Revised 1/21/22
2022 CA/NV Speedo Sectionals
Carlsbad, California
March 3-6, 2022



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)

2022 CA/NV Speedo Sectionals Carlsbad, California

SANCTIONED BY: SAN DIEGO IMPERIAL/USA SWIMMING

SANCTION #: SI-22-02

HOSTED BY: North Coast Aquatics (NCA)

DATES OF MEET: March 3-6, 2022

MEET REFEREE: Jeanette Soe – jgonsoe@yahoo.com

MEET DIRECTOR: Kristyn Evans – ncameetdirector@gmail.com

ENTRY CHAIR: Mary Redmond office@si-swimming.org

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

ENTRIES CLOSE: Wednesday, February 23rd, 2022 @ 5:00 pm

MEET SCHEDULE SUMMARY

MEETING SCHEDULE	
Coaches Meeting	Via Zoom on Wednesday, March 2nd @ 7:30 pm.
Officials Meetings	One hour before the start of each session
COMPETITION SCHEDULE	PRELIMINARIES
Thursday, March 3rd (Timed Finals)	Warm-up: 2:30 – 3:50 pm Competition: 4:00 pm
Friday & Saturday, March 4th-5th	Warm-up: 7:00–8:50 am Competition: 9:00 am
Sunday, March 6 th	Warm-up: 6:30 – 8:20 am Competition: 8:30 am

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 been certified in accordance with Article 104.2.2C(4).

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming who hold **2022 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 2022 registered and have 2022 approved team charters. On deck registration is **NOT** permitted. If an entering team is not 2022 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, 2020, and February 20th, 2022.** New entry times achieved 2/21/22-2/27/22 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 2/28/22.
2. Short Course Yard (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM), Short Course Meter (SCM), Bonus SCY Bonus LCM, 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): 7:30 PM PST on Wednesday, March 2nd, 2022. 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.

Entries will open in OME on Wednesday, January 5th, 2022.

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, February 23rd, 2022 at 11:59 PM.** New entry times achieved 2/21/22-2/27/22 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 2/28/22.

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: Jeanette Soe, jgonsoe@yahoo.com or phone 408-315-2996. 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 version ("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 30 minutes after the start of finals on Thursday, Friday, and Saturday for the next day's events. Scratches must be turned in to Admin Table at the pool.
3. The scratch deadline for the 30 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:**

EVENTS	ACTION REQUIRED	DEADLINE
Friday Individual Events	Scratch	30 minutes after start of finals Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	30 minutes after start of finals Friday
Saturday Relays	Scratch	
Sunday Individual Events	Scratch	30 minutes after start of finals Saturday
Sunday Relays	Scratch	
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
Athletes who declared a possible scratch	Definitive notification to the Admin Referee	Within 30 minutes of their identified last 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 1000/1650 freestyle events.** Women's 1000 Yard Freestyle and

Men's 1650 Yard Freestyle: Thursday at 2:30 pm (start of warm-up). Deadline for Women's 1650 yard Freestyle and Men's 1000 yard Freestyle deadline: Saturday 30 minutes after start of finals.

3. Any "no show" athlete.

4. Summary:

EVENTS	ACTION REQUIRED	DEADLINE
Any "no show" athlete	Positive check-in	30 minutes after start of finals Thursday, Friday, Saturday
Thursday 1000 W /1650 M Freestyle	Positive check-in	2:30 pm Thursday
Friday 400 F Relay	Positive check-in	30 minutes after start of finals Thursday
Saturday 800 F Relay	Positive check-in	30 minutes after start of finals Friday
Sunday 1650 W and 1000 M Freestyle	Positive check-in	30 minutes after start of finals Saturday
Sunday Relay	Positive check-in	30 minutes after start of finals Saturday
Notify Admin Referee of decision to swim Sunday relay in the preliminary session.	Positive check-in	30 minutes after start of finals Saturday

OTHER TECHNICAL NOTES:

1. All preliminary heats will be swum fastest-to-slowest, with the top three heats circle seeded. Please see Technical note #2 regarding the 500 yard Freestyle and 400 yard IM.
2. The 500 yard Freestyle and 400 yard IM will be swum alternating women's and men's heats. All prelim heats of the 500 yard Free and 400 yard IM will be swum at the conclusion of the morning session. The 500 yard Free and 400 yard IM finals will be swum in event order, as listed on the Meet Announcement. The fastest two heats of the 500 yard Free and the 400 IM will be circle seeded.
3. The fastest heat of the women's 1650 yard Freestyle (Event #27) will be swum in finals on Sunday after the men's 100 yard final (Event #26). The fastest heat of the men's 1000 yard Freestyle (Event #30) will be swim in finals on Sunday after the men's 200 yard Backstroke (Event #29). The remaining heats of women's 1650 yard and men's 1000 yard 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 1650 yard Freestyle and the men's 1000 yard Freestyle will be seeded back from that point, in descending order, alternating women / men.
4. Based on entries and any capacity restrictions, there may be multiple meet sessions for prelims. This decision will announced by Monday, February 28th, 2022 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:

30 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 10, 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 10 athletes qualifying for each Final Heat. **The Top 32 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 Free Relay on Sunday at the conclusion of prelims (before the 1650 yard /1000 yard freestyle). 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. These could be adjusted depending on meet size.
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 (20 places);
32-28-27-26-25-24-23-22-20-17; 16-15-14-13-12-11-9-7-6-5. Relay scoring will have **double** the point value.

Divisional scoring will be based on the 20 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: SI-22-03

- Time Trials will be held under a separate sanction of San Diego Imperial 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 on deck with cash or check ONLY.
- 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 Two (2) per day. Athletes are limited to Two (2) time trials total during the course of the meet.
- A decision on Relay Only swimmers at Time Trials will be announced no later than Monday, February 28th.
- Time Trial Entry Fees: \$20.00 per event

WARM-UP:

1. The competition course will be open for general warm-up on Thursday 2:30 – 3:50 pm, on Friday through Saturday from 7:00-8:50 am and 3:30– 4:50 pm, and on Sunday from 6:30 – 8:20 am and 2:30 – 3:50 pm.
2. Competition course Lanes 1 & 10 will be designated for push-pace work: 2 & 9 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.
3. 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.
4. 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 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.

- There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteer per session. Specific lane assignments will be given by Monday, February 28th, 2022.

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. There will be separate restroom facilities for athletes and coaches / officials / spectators.
4. 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.
5. Deck changes are prohibited; athletes need to change in designated bathrooms or in USA Swimming approved team changing tents.
6. 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.
7. 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.

North Coast Aquatics will adhere to the public health guidelines in effect on March 3rd-March 6th, 2022 from the City of Carlsbad, San Diego County, and USA Swimming. These will be reviewed at the Coaches Zoom Meeting

OFFICIALS:

The official application form can be found at [2022 Western Zone CA/NV Spring Sectionals -- Officials Application --](#)

. This meet has been submitted to SCS as an Officials Qualifying Meet (QM15 -----) for N2 and N3 certification and recertification.

Officials dress will be white polo shirt tucked into navy pants, skirt, or shorts with a belt, white socks, and shoes. No shorts/skirts will be permitted for finals. All officials meeting will be held 1 hour before the start of each session.

**FOR MORE INFORMATION: Contact Meet Director Kristyn Evans,
ncameetdirector@gmail.com and 512-529-7994.**

Hotel information:

Local Hotel Information will be posted to the North Coast Aquatics website no later than January 15th, 2022.

Winter CA / NV Speedo Sectionals 2022

Order of Events and Time Standards

***1650 and 1000 Event order on Sunday is the Finals Session order.** In Prelims, the 1650 and 1000 heats EXCEPT for the FASTEST 8 checked in athletes will swim per National Championship meet procedure rules.

****500 free and 400 IM Event order is the Finals Session order.** Friday: Prelim heats of the 500 free will swim AFTER the 200 IM. Saturday: Prelim heats of the 400 IM will swim AFTER the 50 free. Fast to slow alternating Women and Men.

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, MARCH 3RD, 2022						
4:00 pm Timed Finals						
1	10:39.89	9:36.09	1000 Y Freestyle			
			1650 Y Freestyle	16:43.89	17:13.49	2
FRIDAY, MARCH 4TH, 2022						
9:00 AM PRELIMS 5:00 PM FINALS						
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 Individual 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
SATURDAY, MARCH 5TH, 2022						
9:00 AM PRELIMS 5:00 PM FINALS						
13	2:10.09	2:27.99	200 M 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 Individual 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 Freestyle Relay	7:15.29	8:15.69	24
SUNDAY, MARCH 6TH, 2022						
8:30 AM PRELIMS 4:00 PM FINALS						
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 Freestyle Relay	3:18.59	3:46.89	34

Spring Speedo Sectionals 2022

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 Spring Sectionals 2022 California-Nevada Championship
March 3rd-6th, 2022
Carlsbad, 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 2022 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

Speedo Spring Sectionals 2022
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 400 Yard 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 12 - Men's 400 Yard 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. _____

Event 23 - Women's 800 Yard 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 24 - Men's 800 Yard 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 33 - Women's 400 Yard 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 34 - Men's 400 Yard 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. _____

2022 CA / NV Speedo Sectional Spring Championship

Meet Entry Recap

Entries MUST BE RECEIVED BY 2/20/22. 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	@ \$25.00/swimmer	\$
	TOTAL	\$

Mail to:

Mary Redmond
c/o Speedo Spring Sectionals
P.O. Box 1347
Fallbrook, CA 92088
e-mail: office@si-swimming.com

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