

2023 CA/NV Speedo Sectionals
Roseville, CA
July 13-16, 2023



Open to All CA, CC, PC, SI, SN teams
Limited to 700 swimmers that includes up to 200 out of section swimmers

Location:

Roseville Aquatics Complex
3051 Woodcreek Oaks Blvd
Roseville, CA 95747

Sponsored By:

USA Swimming & Sierra Nevada Swimming

Hosted By:

California Capital Aquatics

2023 CA/NV Speedo Sectionals

Roseville, CA

SANCTIONED BY: Sierra Nevada Swimming/USA SWIMMING

SANCTION #: SNS23-48

HOSTED BY: California Capital Aquatics

DATES OF MEET: July 13 – 16, 2023

MEET REFEREE: Scott Powell spowell11@comcast.net

MEET DIRECTOR: Sami Waheed meetdirector@ccaswimming.org

ADMIN REFEREE: Debbi Tucker dtucker@pacswim.org

OPEN TO: CA, CC, PC, SI, SN athletes and up to 200 out of section swimmers

ENTRIES CLOSE: Wednesday July 5th @ 11:59 pm.

MEET SCHEDULE SUMMARY

General Meeting	ZOOM Tuesday, July 11th, 2023 at 8PM	
Officials Meetings	1 hour prior to the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday July 13th	Warm-up: 7:00–8:50 am	Warm-Up: 3:30pm – 4:50 pm
Friday July 14th	Competition: 9:00 am	Competition: 5:00 pm
Saturday 15th		
Sunday July 16th	Warm-up: 7:00 -- 8:50am	Warm-up: 3:00 -- 3:50 pm
	Competition: 9:00 am	Competition: 4:00 pm

FORMAT: This meet will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or double ended. If either flighting or double ending is deemed necessary, information will be disseminated at or before the General Meeting. The top three heats of swimmers from preliminaries will advance to A, B, and C heats in the Finals (C Heat is limited to athletes 18 & Under ONLY).

POOL: Roseville Aquatics Center, 3051 Woodcreek Oaks Blvd, Roseville, CA 95747

COURSE: Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.11C, the competition course has a pool depth at the start end of 13 ft at 3' 3 ½" and 12 ft at 16'5" and at the turn end is 4' 6" at 3' 3 ½" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. Colorado Starting, Timing and Scoreboard will be used. Locker rooms and rest areas are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming. The facility is equipped with Spectrum Fusion starting blocks with reaction start surfaces and Spectrum Backstroke start ledges.

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming and up to 200 out of section swimmers who hold 2023 USA Swimming Premium or Outreach membership.

Entries accepted by OME ONLY. Relay-only swimmers MUST be included in the team electronic entry file and pay the athlete surcharge listed below. Please designate unattached swimmers 'UN'.

All TEAMS must be 2023 registered and have 2023 approved team charters. On deck registration is NOT permitted. If an entering team is not 2023 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.

Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Any "All-Star" team must contact the meet director so the required invitation from USA Swimming can be extended. All Star team swimmers will be considered out of section swimmers.

ENTRY INFORMATION:

GENERAL:

- 1) 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 "L" for long course meters and "Y" for short course yards. Note: ***If OME is not available for use, a notification and updated entry procedures will be posted on the Western Zone website no later than April 24, 2023***
- 2) Long Course Meters (LCM) qualifying times will be seeded first followed by, Short Course Yards (SCY), Bonus LCM, and Bonus SCY.
- 3) Qualifying times must be achieved between 1/1/22 and 7/2/23.
- 4) Bettie Williams: blwmeetprocessor@gmail.com. OME will open on Monday, May 15th, 2023 and OME Entries will close on Wednesday, July 5th 2023 @ 11:59 pm Pacific Time
- 5) Athletes may compete in no more than six (6) individual events.
- 6) Athletes may compete in no more than three (3) individual events per day.
- 7) An athlete with 5 or fewer qualifying times may enter one (1) additional bonus event (labeled "B" on entry) if the athlete has achieved the listed bonus time standard.
- 8) Para swimmers meeting the current USA Swimming Sectional time standards are encouraged to attend this meet.
 - a. Swimmers can up to 6 events in which they have the time standards
 - b. Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
- 9) If a qualifying time is achieved in an event that the athlete has currently entered as a bonus event, the athlete can use the qualifying time to enter that event and then add an additional bonus event, as long as the athlete has five (5) or fewer total qualifying events.

FEES:

- 1) Athlete Surcharge: \$30
- 2) Individual Event: \$15
- 3) Relays: \$30

NEW QUALIFYING TIMES:

Only swims achieving the qualifying time standards for the first time from Monday, July 3rd, 2023, through Sunday, July 9th are allowed and must be entered through OME under the title 2023 Speedo Sectionals CA/NV Roseville New Qualifying Swims. These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, July 9th, 2023, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.

LATE ENTRIES:

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following

requirements and space being available in the meet:

- 1) Late entries must be submitted through OME
- 2) These entries must be received no later than 11:59 pm Pacific Time on Sunday, July 9th, 2023
- 3) The team or athlete must pay a one-time processing fee of \$100 and pay entry fees of \$30 per individual event and \$60 per relay event.

PROOF OF TIME:

This is a proof of time meet. The entry chair 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 (207.7.3A). **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 automatic meet entries, only proof of entered time.

RULES AND PROCEDURES:

MEET REFEREE: Scott Powell; spowell11@comcast.net; (303) 883-0094. 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. 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 athletes ages 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after July 13th, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after July 13th, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

SWIMWEAR:

Swimwear must conform to USA Swimming Rule 102.8.

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 without the use of a backstroke ledge. 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 in Article 207.11.6 in the current rulebook will be used at this meet. The penalty for failure to compete in an individual preliminary heat or positively checked-in timed final event in which such athlete is entered and has not been scratched will be one of the following:
 - a. Being barred from all further individual and relay events of that day.
 - b. Payment of a fine of \$100 payable to team host.
- 2) The scratch deadline for Thursday events is 5:30 Wednesday evening.
- 3) 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 into Admin Table at the pool.
- 4) The scratch deadline for the 27 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 of their intent to scratch an 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 final will be removed from the meet.

POSITIVE CHECK-IN:

Positive check-in is required for:

- 1) Thursday distance events (Women's 1500 M Freestyle / 800 M Free) is 5:30 Wednesday evening.
- 2) Sunday distance events (Women's 800 M Freestyle and Men's 1500 M Freestyle): Saturday 30 minutes after start of finals (i.e., scratch deadline for Sunday events).
- 3) All relays: scratch deadline for the next day events
- 4) Any "no show" athlete. -

OTHER TECHNICAL NOTES:

- 1) Seeding rules in Article 102.5 will be used for preliminary heats.
- 2) All preliminary heats will be swum slowest to fastest for all races 200 M or less.
- 3) The preliminary heats of the 400 Meter Freestyle and 400 Meter IM will be swum fastest to slowest at the conclusion of the morning session alternating women's and men's heats. In Finals, they will be swum in event order
- 4) The fastest heat of women's 1500 M Freestyle and the fastest heat of the men's 800 M Freestyle will be swum in finals in event order on Thursday. 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 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 back from that point,
- 5) The fastest heat of the women's 800 M Freestyle and the fastest heat of the men's 1500 M Freestyle will be swum in finals in event order on Sunday. The remaining heats of women's 800 M and men's 1500 M Freestyles will follow the National Championship seeding procedure with the second fastest heat of the men's finishing approximately one hour prior to the finals on Sunday. All other heats of the women's 800 Meter and the men's 1500 Meter Freestyle events will be seeded back from that point, in descending order, alternating women /men.
- 6) Sunday: The option to compete the 800 M or 1500 M Freestyle during the preliminary session,

instead of the fastest 9 entries at finals, must be declared by the scratch deadline. All athletes should declare at the time of positive check-in.

FINALS:

27 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 9, 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 9 athletes qualifying for each Final Heat. The Top 27 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.
- 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.
- 3) There will be an option to swim the 400 Meter Free Relay on Sunday at the conclusion of prelims. This option must be declared by the scratch deadline on Saturday.
- 4) 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 (18 places); 21-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1. Relay scoring will have **double** the point value.
- 4) Divisional scoring will be based on the 18 places, points applied towards team's overall score in team's division. There is no tiered Scoring by Division.
- 5) Coach of the Meet: Ballots will be made available on Saturday evening and will be attached to those teams who have relays swimming on Sunday. Ballots will be collected thru end of prelims Sunday in the admin area. Teams that do not have relays swimming can pick up their ballots by the scratch box.
- 6) Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction: SNS23-49

- 1) Time Trials will be held under a separate sanction of LSC.
- 2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- 3) Entries for Time Trials will be conducted with credit / debit card. PAYMENT AT TIME OF ENTRY IS REQUIRED.

- 4) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- 5) 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 two (2) time trials total during the course of the meet.
- 6) Relay only swimmers will be allowed to swim in time trials.
- 7) Time Trial Entry Fees: \$20.00 per event

WARM-UP:

- 1) Wednesday, July 12th: Long Course Lanes will be available for athlete warm-ups between 4:45PM- 8:30PM. Limited lanes will be available during the first part of the warm up with more opening through the evening. No racing starts will be allowed during this time.
- 2) The competition course will be open for general warm-up on Thursday through Saturday from 7:00-8:50 am and 4:00 – 4:50 pm.
- 3) On Sunday, the competition course will be open for general warm-up from 7:00-8:50 am and 3:00– 3:50 pm.
- 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 or in the warm up pool.
- 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:

- 1) This meet will be run with a **CLOSED DECK AREA** – only coaches, officials, athletes, and volunteers will be permitted in this area. You will need a meet credential to be on deck.
- 2) Primary athlete seating/team will be on the grass area on the west side of the competition pool. Athletes should bring their own tents and/or chairs. Spectators will be allowed in this area. Limited team set up will be allowed around the warm-up pool. CCA will provide a facility map to all teams pre-meet to help further clarify team set up areas.
- 3) Coach seating will be on the north side of the competition pool. Tents will be provided; coaches should bring their own chairs. Please set up chairs near the REAR of the tents (furthest from the pool) to allow space for racing observation. Please talk to your athletes pre/post race OUTSIDE of the tent area.
- 4) Spectators may enter the deck via the gates on the east (scoreboard) end of the pool. NO set up will be allowed on the concrete areas surrounding the competition pool. The spectator area will be at the turn end of the competition pool.
- 5) NO SPECTATORS will be allowed on the NORTH side of the competition pool or directly behind the starting areas.

TIMERS:

There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteers at all sessions. Specific lane assignments will be given by Tuesday prior to meet start.

For distance events (400 M Free / 400 M IM/ 800 M Free / 1500 M Free), swimmers / teams will be responsible for providing two timers.

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) Locker Rooms in main building will be athlete only. Restrooms on West End of facility will be for spectators/adults/officials/coaches.
- 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

MEDICAL ASSISTANCE:

- 1) Lifeguard's will be present on deck at all times. No entry into competition or warm up pools unless a guard is on stand.
- 2) Nearest hospital:
Sutter Roseville Medical Center
1 Medical Plaza Drive
Roseville, CA 95661
(916) 781-1000

OFFICIALS:

- 1) The official application form is open. The link to apply is posted on the Western Zone website and is found here: <https://forms.gle/UnyZuV8W3KDRaqFZ6>
- 2) This meet is designated as an OQM for N2 & N3 certification (Official Qualifying Meet)
- 3) Official's briefings: 1 hour prior to the start of each session.
- 4) Attire: White polo type shirt over blue pants and white socks and white deck friendly shoes. Professional length shorts are fine for prelims, long pants/long skirt required at finals.
- 5) Note: it can be very warm in Roseville during July. Please make sure that you plan accordingly and as appropriate adjustments will be made for finals attire.

ADDITIONAL INFORMATION:

Contact Meet Director Sami Waheed at meetdirector@ccaswimming.org,

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's CA / NV Speedo Summer Sectionals meet. Information can be found at the following link:

<https://www.placertourism.com/events/usa-swimming-ca-nv-lcm-speedo-summer-sectionals>



2023 CA/NV Speedo Sectionals

Roseville, CA

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 heat of checked in athletes will swim using USA Swimming National Championship procedure outlined in technical notes.

****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.

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
Thursday, July 13th, 2022						
START TIME 9:00 AM START TIME FINALS 5:00 PM						
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 14th, 2022						
START TIME 9:00 AM START TIME FINALS 5:00 PM						
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	4:02.69	4:36.09	400 M Medley Relay	3:38.99	4:09.69	38
Saturday, July 15th, 2022						
START TIME 9:00 AM START TIME FINALS 5:00 PM						
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 16th, 2022						
START TIME 9:00 AM START TIME FINALS 4:00 PM						
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	3:41.79	4:11.59	400 M Freestyle Relay	3:18.59	3:46.89	38

CA / NV SPEEDO SECTIONAL 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