

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



Open to All CA, CC, HI, PC, SI, SN  
teams within the state of California

**Limited to 600 athletes per day**

**Location:**

Roseville Aquatics Complex  
3051 Woodcreek Oaks Boulevard,  
Roseville, California 95747

Sponsored by:

**USA Swimming & Sierra Nevada Swimming**

Hosted By:

**California Capital Aquatics (CCA)**

# 2021 Speedo CA/NV Summer Sectionals Roseville, California

**SANCTIONED BY:** Sierra Nevada Swimming/USA Swimming

**SANCTION #:** SNS21-73

**HOSTED BY:** California Capital Aquatics (CCA)

**DATES OF MEET:** July 15-18, 2021

**MEET REFEREE:** Paul Reidl (reidl@sbcglobal.net)

**ADMINISTRATIVE REFEREE:** Mark Brown (mark.brown.15@gmail.com)

**MEET DIRECTOR:** Mitch Satz (president@ccaswimming.org)

**ENTRY CHAIR:** TJ Kay (clmair2fly@yahoo.com)

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

**ENTRIES CLOSE:** Wednesday, July 7<sup>th</sup>, 2021 @ 11:59 pm.

## MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Wednesday, July 14 at 3:00 pm in the pool area.	
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: 3:30 pm - 5:20 pm Competition: 5:30 pm
Sunday, July 18	Warm-up: 6:30 am Competition: 8:30 am	Warm-up: 2:30 pm Competition: 4:00 pm

**POOL:** Roseville Aquatic Complex, 3051 Woodcreek Oaks Boulevard, Roseville, CA 95747.

**COURSE:** Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.10C, 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, Hawaii, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold 2021 USA Swimming membership. Relay-only athletes MUST be included in the team electronic entry file. Please designate unattached athletes "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 athletes must swim as unattached "UN" at this meet and may not compete in relays.

### **QUALIFYING TIMES:**

- 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.

**GENERAL MEETING:** A General Meeting will be held on Wednesday, July 14, 2021, at 3:00 pm in the pool area. A representative of each team must attend. Coaches who do not attend are responsible for obtaining the information covered in the General Meeting.

### **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:** Any questions regarding the conduct of the meet should be addressed directly to the Meet Referee, Paul Reidl. His contact information is: [reidl@sbcglobal.net](mailto:reidl@sbcglobal.net), (209) 613-1916.

**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. 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. 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.

**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 on Wednesday, Thursday, Friday, and Saturday for the next day's events. Scratches must be turned in to the Administrative Referee at the pool.
3. The scratch deadline for the 27 athletes who qualify for each final event is 30 minutes after the announcement or scoreboard scroll of qualifiers. 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:**

<b>SCRATCH SCHEDULE SUMMARY</b>		
<b>EVENTS</b>	<b>ACTION REQUIRED</b>	<b>DEADLINE</b>
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:

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<b>POSITIVE CHECK-IN SUMMARY</b>		
<b>EVENTS</b>	<b>ACTION REQUIRED</b>	<b>DEADLINE</b>
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 the number of available officials, preliminary heats may be swum using "chase starts" from both ends of the pool AND/OR in "A" and "B" flights. If flights are deemed necessary, an A flight of 5 heats for each event will be offered in the A session. Only those in the original top 5 heats will be eligible to participate in the A flight. Athletes in the A session would have the option to compete in the B session if requested. Athletes with B flight qualifying standards cannot enter the A flight sessions. **Note: if flights occur, the timing of the warm up sessions and start times may be altered in order to ensure appropriate preparation time is available to both flights.** Flight or chase start decisions will be announced at the General Meeting.
6. Lap counters will be provided for the distance events.

**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. The A heat finalists will be paraded from a ready room, time permitting.

#### **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 (27 places):

32-30-29-28-27-26-25-24-23-21-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1.

Relay scoring will have **double** the point value.

Divisional scoring will be based on the 27 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 finishers in the A heat of Finals immediately after the conclusion of the races by the head coach of the winning swimmer.

**TIME TRIALS: Sanction: SNS21-74**

1. Time Trials Meet Referee: Brian Davis
2. Time Trials will be limited to approximately one hour.
3. Entries close at 10:00 am. Enter at the Admin table.
4. Time Trials will be held at the discretion of the Meet Referee depending on the length of the preliminary heats, flighting, and the number of distance event entries. If we do not flight, we should be able to have Time Trials on Friday and Saturday, but Thursday and Sunday may be impacted by the distance events. This decision will be announced at the General Meeting.
5. Each Time Trial event 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 during the course of the meet.
6. Time Trials are only open to athletes entered in individual events. Based on meet entries Time Trials may, at the discretion of the Meet Referee, be opened to Relay Only athletes. This decision will be announced at the General Meeting.
7. Entry Fee: \$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 & 9 will be designated for push-pace work: 2 & 8 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 in the separate warm-up pool. Pace lanes in that pool will be designated by the Referee, as needed. 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:** This meet will be run with a **CLOSED DECK**. Only coaches, officials, athletes and volunteers will be permitted on deck. A meet credential is required in order to be on deck. Primary athlete seating will be on the adjacent patio in a covered, tent area. If possible, athletes should bring chairs. Limited athlete seating may also be available in designated sections of the bleachers

**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 at [www.ccaswimming.org](http://www.ccaswimming.org) under the 2021 registration forms tab.

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK**

**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.**

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SIERRA NEVADA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR**

**UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**INDIVIDUAL, COVID SPECIFIC WAIVER (SEE BELOW)** The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

**COVID SANCTION REQUIREMENTS:** This meet will comply with the then-existing USA Swimming and State of California and County of Placer Executive Orders concerning COVID. New or continued restrictions may require the Meet Referee to limit the number of athletes in the pool area which may require a scratch-down. Any such limitations will be announced at the General Meeting.

**OFFICIALS:**

1. The Officials meeting will be held one (1) hour before the start of each session. All Officials are required to attend the meeting. Dress for prelims will be white polo shirt tucked into khaki pants, skirt/skort or shorts with a belt, white socks and white shoes. Finals dress will be white polo shirts, khaki pants or skirt/skort, and white shoes. No shorts. The Application to Officiate may be found at <https://form.jotform.com/211397128356156>

**HOTEL INFORMATION:** Thank you to Placer Valley Tourism for coordinating SPECIAL HOTEL ROOM RATES for this year's Summer Sanders Meet! Information can be found at the following link: <https://www.placertourism.com/events/usa-swimming-ca-nv-lcm-speedo-summer-sectionals/>

**FOR INFORMATION: Contact Mitch Satz, MEET DIRECTOR, [president@ccaswimming.org](mailto:president@ccaswimming.org) OR (408) 687-7625 (CELL).**



## Speedo Sectionals 2021 Roseville Order of Events and Time Standards

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
<b>THURSDAY, JULY 15, 2021</b>						
<b>9:00 AM PRELIMS 5:00 PM FINALS</b>						
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
<b>FRIDAY, JULY 16, 2021</b>						
<b>9:00 AM PRELIMS 5:00 PM FINALS</b>						
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
<b>SATURDAY, JULY 17, 2021</b>						
<b>9:00 AM PRELIMS 5:00 PM FINALS</b>						
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
<b>SUNDAY, JULY 18, 2021</b>						
<b>8:30 AM PRELIMS 4:00 PM FINALS</b>						
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

**\*1500 and 800 Event order is the Finals Session order.** In Prelims, the 1500 and 800 heats EXCEPT for the FASTEST 9 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.

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

<b>WOMEN</b>			<b>MEN</b>	
<b>SCY</b>	<b>LCM</b>	<b>Event</b>	<b>SCY</b>	<b>LCM</b>
<b>25.69</b>	<b>29.49</b>	<b>50 Y Freestyle</b>	<b>22.79</b>	<b>26.59</b>
<b>55.49</b>	<b>1:03:69</b>	<b>100 Y Freestyle</b>	<b>49.49</b>	<b>57.69</b>
<b>1:59.59</b>	<b>2:16.69</b>	<b>200 Y Freestyle</b>	<b>1:48.79</b>	<b>2:06.59</b>
<b>5:19.49</b>	<b>4:47.59</b>	<b>500 Y Freestyle</b>	<b>4:55.99</b>	<b>4:28.49</b>
<b>10:57.99</b>	<b>9:52.49</b>	<b>1000 Y Freestyle</b>	<b>10:16.39</b>	<b>9:20.09</b>
<b>18:16.79</b>	<b>18:54.19</b>	<b>1650 Y Freestyle</b>	<b>17:12.29</b>	<b>17:42.79</b>
<b>1:01.19</b>	<b>1:11.39</b>	<b>100 Y Backstroke</b>	<b>55.39</b>	<b>1:05.09</b>
<b>2:12.29</b>	<b>2:33.39</b>	<b>200 Y Backstroke</b>	<b>2:00.59</b>	<b>2:21.29</b>
<b>1:09.49</b>	<b>1:20.99</b>	<b>100 Y Breastroke</b>	<b>1:02.59</b>	<b>1:13.29</b>
<b>2:32.39</b>	<b>2:54.49</b>	<b>200 Y Breastroke</b>	<b>2:17.09</b>	<b>2:40.19</b>
<b>1:00.89</b>	<b>1:09.09</b>	<b>100 Y Butterfly</b>	<b>54.39</b>	<b>1:02.59</b>
<b>2:13.79</b>	<b>2:32.19</b>	<b>200 Y Butterfly</b>	<b>2:02.19</b>	<b>2:19.79</b>
<b>2:14.19</b>	<b>2:35.39</b>	<b>200 Y Individual Medley</b>	<b>2:01.59</b>	<b>2:22.29</b>
<b>4:46.99</b>	<b>5:29.09</b>	<b>400 Y Individual Medley</b>	<b>4:21.89</b>	<b>5:03.49</b>

**Speedo Summer Sectionals 2021 California-Nevada Championship  
July 15-18, 2021  
Roseville, 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 athletes' names and times. The named athletes may be "relay only" members. An athlete may be listed once per relay event. Any athlete 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 athletes. Reminder: Relay-only athletes MUST be included in the team electronic entry file; relay- only athletes 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 – Roseville CA/NV LCM**

**Championship *Meet Entry Recap***

**Entries MUST BE RECEIVED BY 7/8/2021 This form**

**Must be submitted with your Team Entry**

<b>LSC Code:</b>	
<b>Long Team Name:</b>	
<b>USA-S Team Code</b>	
<b>Coach:</b>	
<b>Phone (cell):</b>	

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 surcharges	@ \$15.00/swimmer	\$
	<b>TOTAL</b>	<b>\$</b>

***Mail to:***

CCA Swimming  
C/O Speedo Sectionals  
Mitch Satz  
P.O. Box 364  
Roseville, CA 95747  
e-mail: [president@ccaswimming.org](mailto:president@ccaswimming.org)

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





**Indemnification by Parent/Guardian:**

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_\_  
(Print name of Parent/Guardian)                      (Signature of Parent/Guardian)                      (Date)

**COVID 19 Hold Harmless Waiver**

**It is my intent as a participant or player competing in USA Swimming CA/NV Sectionals sanctioned activities, while participating during activities including any pre-game or post-game activities at the Roseville Aquatics Complex in Roseville, CA that I am agreeable to the following:**

**I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:**

- **An outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;**

**In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify (Name of Organization) and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to this hold harmless elective noted below.**

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_