

2022 CA/NV Speedo Sectionals
Roseville, CA
July 21-24, 2022



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

2022 CA/NV Speedo Sectionals Roseville, CA

SANCTIONED BY: Sierra Nevada Swimming/USA SWIMMING

SANCTION #: SNS22-56

HOSTED BY: California Capital Aquatics

DATES OF MEET: July 21 – 24, 2022

MEET REFEREE: Debbi Tucker dtucker@pacswim.org

MEET DIRECTOR: Sami Waheed meetdirector@ccaswimming.org

ENTRY CHAIR: Mark Brown mark.brown.15@gmail.com

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

ENTRIES CLOSE: Wednesday July 13th @ 11:59 pm.

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	8:00 pm on July 19 th via zoom	
Officials Meetings	1 hour prior to the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday July 21 st Friday July 22 nd Saturday July 23 rd	Warm-up: 7:00–8:50 am Competition: 9:00 am	Warm-Up: 3:30pm – 4:50 pm Competition: 5:00 pm
Sunday July 24 th	Warm-up: 7:00 8:50am Competition: 9:00 am	Warm-up: 2:30 pm – 3:50 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 202.4.10C, 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, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming and up to 200 out of section swimmers 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 9/1/2021 through Sunday July 10th, 2022.**
2. Long Course Meter (LCM) qualifying times will be seeded first followed by Short Course Yard (SCY), Bonus LCM, , Bonus SCY.
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 INFORMATION (via ZOOM): 8:00PM PST on TUESDAY, July 19th, 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.

ENTRY FEES:

1. Athlete Surcharge: \$20 (plus \$2 / athlete for OME)
2. Individual Event: \$14
3. Relays: \$32

ENTRIES CLOSE: OME entries will close on Wednesday, July 13th, 2022 at 11:59 PM.

ENTRIES AFTER DEADLINE: Only swims achieving the qualifying time standards for the first time from Monday, July 11, 2022, through Sunday, July 17, 2022 are allowed and must be entered through OME. These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, July 17th, 2022, and cannot be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply.

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 (207.7.3). **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: **Debbi Tucker** Email:dtucker@pacswim.org. 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 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test the day before the meet starts will result in the athlete being unable to compete in the meet and / 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 207.11.6 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 **Mark Brown (mark.brown.15@gmail.com)**. On Thursday, Friday, and Saturday, scratches can be turned in at the pool.

3. 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 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
Prelim Individual Events – all days	Scratch	5:30 Night prior to event
Announced finalists for A, B, C heats	Scratch or Declaration of intention to 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 declared 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: Wednesday at 5:30 pm. Deadline for Women’s 800 Meter Freestyle and Men’s 1500 Meter Freestyle deadline: Saturday at 5:30 pm.
 3. Any “no show” athlete.
- 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	5:30 pm Wednesday
All Relays	Positive check-in	5:30 pm Night Before the Event
Sunday 800 W and 1500 M Freestyle	Positive check-in	5:30 pm Saturday
Notify Admin Referee of decision to swim Sunday distance in the preliminary session.	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
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OTHER TECHNICAL NOTES:

1. All preliminary heats will be swum fastest-to-slowest following Article 102.5
2. The Preliminary heats of the 400 Meter Freestyle and 400 Meter IM will be swum at the conclusion of the morning session alternating women's and men's heats. In Finals, they will be swum in event order.
3. The fastest heat of the 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.
4. 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.

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 8 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 positive check in the night before the relay is to be swum. ***Relay Only athletes must be declared on the team entry in OME.***
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 1500 Meter /800 Meter freestyles). This option must be declared by the positive check in deadline (5:30 PM) on Saturday.

3. There will be a ten (10) minute break following the last individual event before starting 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. This could be adjusted depending on size of meet.
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- A Final and B Final ONLY):
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 18 places, points applied towards team's overall score in team's division. No tiered Scoring by Division.

4. **"Coach of the Meet" award.** 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.
5. Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction: SNS22-57

- Time Trials will be held under a separate sanction of LSC.
- 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 **credit/debit card payments**. PAYMENT AT TIME OF ENTRY IS 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 two (2) time trials total during the course of the meet.
- A decision on Relay Only swimmers at Time Trials will be announced at the General 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 7:00-8:50 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. 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.

WEDNESDAY WARM-UP: Long Course Lanes will be available for athlete warm-ups on Wednesday, July 20th, 2022 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.

CLOSED DECK: Please note, 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.

- 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.
- 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.
- 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.
- NO SPECTATORS will be allowed on the NORTH side of the competition pool or directly behind the starting areas.
- There will be two timers per lane. Teams participating at the meet will be assigned lanes for both trials and finals sessions. Specific lane assignments will be given by TUESDAY, JULY 19th, 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. 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

COVID-19 AND AN ASSUMPTION OF RISK:

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.

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 THEREWITH.

California Capital Aquatics (CCA Swimming) will adhere to the public health guidelines in effect on July 21-24, 2022 from the Roseville, Placer County, and California Departments of Health in addition to any USA Swimming guidelines. These will be reviewed at the General Meeting.

OFFICIALS:

The official application form can be found at: [CA NV Summer Sectional Application to Officiate](#)

- This meet will be designated as an OQM for N2 & N3 certification (Official Qualifying Meet)
- Official's briefings: 1 hour prior to the start of each session.

UNIFORM: Officials dress for Finals is white polo shirt, blue long pants or skirts, and closed white athletic shoes.

FOR MORE INFORMATION: Contact Meet Director Sami Waheed
meetdirector@ccaswimming.org, 916-952-3393

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>



2022 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 8 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. fast to slow alternating Women and Men.

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
Thursday, July 21st, 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 22nd, 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 23rd, 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 24th, 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 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