2024 CA Fullerton CA/NV Speedo Sectionals
July 18-21, 2024

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

Limited to 800 swimmers that includes up to 200 out of section swimmers

Location:

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

Sponsored By:

USA Swimming & Southern California Swimming

Hosted By:

Fullerton Aquatics Sports Team (FAST)

2024 CA Fullerton CA/NV Speedo Sectionals

SANCTIONED BY: Southern California Swimming /USA SWIMMING
SANCTION: #S24-136
HOSTED BY: Fullerton Aquatic Sports Team (FAST)
DATES OF MEET: July 18-21, 2024
MEET REFEREE: Cheryl Pearson, cherylpearson.lv@gmail.com 702-326-4216
MEET DIRECTOR: James Gallagher, jgallagher@fastswimming.net 714-742-3764
ADMIN REFEREE: Bettie Williams, blwmeetprocessor@gmail.com 310-753-2801
OPEN TO: CA, CC, PC, SI, SN athletes and up to 200 out of section swimmers
ENTRIES CLOSE: Wednesday July 10th @ 11:59 pm.

MEET SCHEDULE SUMMARY

General Meeting	Tuesday, July 16, 2024 at 7:30 PM PT via Zoom	
Officials Meetings	1 hour prior to the start of each session	
COMPETITION SCHEDULE	**PRELIMINARIES**	**FINALS**
Thursday July 18th Friday July 19th Saturday 20th	Warm-up: 7:00–8:50 am Competition: 9:00 am	Warm-Up: 3:30pm – 4:50 pm Competition: 5:00 pm
Sunday July 21st	Warm-up: 7:00 -- 8:20am Competition: 8:30 am	Warm-up: 3:00 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. If flighting 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: Janet Evans Swim Complex, 801 West Valencia Dr, Fullerton, CA 92832

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

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego Imperial, and Sierra Nevada Swimming and up to 200 out of section swimmers who hold 2024 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 2024 registered and have 2024 approved team charters. On deck registration is NOT permitted. If an entering team is not 2024 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.
Visiting "All-Star" teams are also 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, "S" for short course meters and "Y" for short course yards. Notes:
   a) ***There will be a separate file for in section entries (those teams which are in CA, CC, PC, SI, and SN LSC) and for out of section entries (those teams / swimmers in all other LSC).***
   b) ***The final file name for these entries will be published on the Western Zone and FAST website when available. Also, please note, OME requires being logged into SWIMS for use and does not always work on the safari web browser (iphone / ipad)***
   c) ***Please provide coaches and contact information attending meet via OME.***
2) Please pass this link to all who will be attending the meet. This Telegram link is for general one way communication, which will give you details leading up to the meet, during the meet and anything needed after the meet. https://t.me/+905fZbroHYVhY2Ex
3) Any swimmer with only SCM times should contact the admin referee; the meet referee has the final decision if these non-conforming times can be accepted
4) Qualifying times will be seeded using USA Swimming Article 207.11.7B.
5) Qualifying times must be achieved between 1/1/23 and 7/7/24.
6) Entry Chair: Bettie Williams, blwmeetprocessor@gmail.com. OME will open on Monday, May 13th, 2024 and OME Entries will close on Wednesday, July 10th 2024 @ 11:59 pm Pacific Time.
7) Athletes may compete in no more than six (6) individual events.
8) Athletes may compete in no more than three (3) individual events per day.
9) 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.
10) Para athletes meeting the current USA Swimming Sectional time standards are encouraged to attend this meet.
    a) Athletes can swim up to 6 events in which they have the time standards: https://websitedevsa.blob.core.windows.net/sitefinity/docs/default-source/disabilitydocuments/sectional-parallel-standards.pdf
    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.
11) 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 8th, 2024, through Sunday, July 14th, 2024 are allowed and must be entered through OME. ***The final file name for these entries will be published on the Western Zone and FAST website when entry file is open.*** These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, July 14th, 2024, 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. ***The final file name for these entries will be published on the Western Zone and FAST website when entry file is open.***
2) These entries must be received no later than 11:59 pm Pacific Time on Sunday, July 14th, 2024
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**:** Cheryl Pearson, cherylpearson.lv@gmail.com 702-326-4216. 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 / MAAPP/ MEET 360:
A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult

Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

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 18th, 2024, 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 18th, 2024, 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 events 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 24 athletes who qualify for each final event is 30 minutes after the announcement of qualifiers. An athlete who notifies the Administrative Referee within that 30minute 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**:**
1) Thursday distance events (Women's 1500M Freestyle / 800M Free): 5:30 Wednesday evening.
2) Sunday distance events (Women's 800M Freestyle and Men's 1500M 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) All preliminary heats will be swum slowest to fastest for all races 200M or less.
2) The preliminary heats of the 400M Freestyle and 400M IM will be swum fastest to slowest at the conclusion of the morning session alternating women's and men's heats. A short break can be scheduled before the start of these events at the meet referee's discretion. In Finals, these events will be swum in event order.
3) The fastest heat of women's 1500M Freestyle and the fastest heat of the men's 800M Freestyle will be swum in finals in event order on Thursday. The remaining heats of women's 1500M Freestyle and men's 800M 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 1500M and the men's 800M Freestyle events will be seeded back from that point, in descending order, alternating women /men back from that point,
4) The fastest heat of the women's 800M Freestyle and the fastest heat of the men's 1500M Freestyle will be swum in finals in event order on Sunday. The remaining heats of women's 800M and men's 1500M 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 800M and the men's 1500M Freestyle events will be seeded back from that point, in descending order, alternating women /men.
5) Sunday: The option to compete the 800M or 1500M Freestyle during the preliminary session, instead of the fastest 8 entries at finals, must be declared by the scratch deadline. All athletes should declare at the time of positive check-in.

FINALS:
24 athletes will advance to the finals in events 400 meters or less. Finals will be in the following order: Bonus Final(C), Consolation(B), Championship(A) with 8 athletes qualifying for each Final Heat. The top 8, 18 & Under swimmers who do not qualify for the Consolation (B) or Championship (A) heats will advance to the "C" final. If there are not enough 18 & Under swimmers to fill the "C" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. The Top 24 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. C and B 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 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.
3) The option to swim the 400M Free Relay on Sunday at the conclusion of prelims (before the 1500M /800M freestyle), 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.
3) Individual event and relay awards: first through third place.
4) Individual Scoring to be as follows (16 places);
   20-17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1. Relay scoring will have double the point value.
5) Divisional scoring will be based on the 16 places, points applied towards team's overall score in team's division. There is no tiered Scoring by Division.
6) 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.
7) Medals will be presented to the top three finishers in the A heat of Finals. Labels can be picked up at the time trial desk through the meet.

TIME TRIALS: Sanction: #S24-137

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) Events offered will be limited to the events in the meet.
4) Entries for Time Trials must be paid with cash. PAYMENT AT TIME OF ENTRY IS REQUIRED.
5) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
6) 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.
7) Relay only swimmers will be allowed to swim in time trials.
8) Time Trial Entry Fees: $20.00 per event.
9) Entries for Time Trials will be conducted done during the meet at the time trial admin table. The entry deadline for time trials each day will be announced at the general meeting.
10) Distance (800M / 1500M) will only be held on a single day, either Friday or Saturday.

WARM-UP:

1) Wednesday, July 17th: 3:00 pm – 6:00 pm
2) The competition course will be open for general warm-up on Thursday, through Saturday from 7:00-8:50 am and 3:30– 4:50 pm.
1) On Sunday, the competition course will be open for general warm-up from 7:00-8:50 am and 3:00–3:50 pm.
2) 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.
3) 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) Teams may set up anywhere on deck except behind the blocks or coaching areas. Set up can begin at 12:00pm on Wednesday. Athletes should bring their own tents and/or chairs.
2) Coach seating will be on the east side of the competition pool. Coaches should bring their own chairs and tents; no tables will be set up.
3) Spectators Seating: Spectators will be able to be on deck on the Southwest portion of the pool.

No spectators in the athlete areas or on the coach's area.

TIMERS / LAP COUNTERS:

1) There will be two timers per lane. Assistance in timing from visiting teams will be required and maybe assigned.
2) For distance events (400M Free / 400M IM/ 800M Free / 1500M Free), swimmers / teams will be responsible for providing two timers. For the 800 M Free / 1500M Free, the facility will provide lap counters for use.

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 separate bathroom facilities marked athlete only. All other individuals (coaches, officials and spectators) will need to use the general use bathrooms.
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.
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 on deck and should be contacted if anyone needs assistance / first aid.
2) The closest hospital to the pool is:
   St. Jude Medical Plaza - Fullerton
   2141 N Harbor Blvd, Fullerton, CA 92835
3) Swimmers, coaches, and spectators are asked to come to the admin area after first aid or assistance to check in with the meet director.

OFFICIALS:

1) The official application form is open. The link to apply is posted on the Western Zone website in the event section and under the Officials tab and is found here:
   https://forms.gle/jMHbc3vja3FHboLW9
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 khaki pants and white socks and white deck friendly shoes. Professional length shorts / skirts are fine for prelims, long pants are required at finals.
5) Note: it can be very warm in Fullerton during July. Please make sure that you plan accordingly and as appropriate adjustments will be made for finals attire.

ADDITIONAL INFORMATION:

1) Coach and official hospitality will be available throughout the meet with a separate seating area.
2) We will have security starting Wednesday night thru Saturday night for items that are on the pool deck.
3) Hotel Information close to the pool will be posted on the FAST website by June 1st.

2024 Fullerton CA/NV Speedo Sectionals
Order of Events and Time Standards

***1500M and 800M Event order is the Finals Session order.** In Prelims, the 1500M and 800M heats EXCEPT for the FASTEST heat of checked in athletes will swim using USA Swimming National Championship procedure outlined in technical notes.*
*****400M IM and 400M Freestyle Event order is the Finals Session order.** Friday: Prelim heats of the 400M IM will swim AFTER the 100M Backstroke. Saturday: Prelim heats of the 400M Freestyle will swim AFTER the 100M Butterfly.*

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
		Thursday, July 18th, 2024				
		START TIME 9:00 AM	**START TIME FINALS 5:00 PM**			
1	53.99	1:01.89	100M Freestyle	48.19	56.09	2
3	17:46.59	18:22.99	*1500M Freestyle			
5	2:28.19	2:49.69	200M Breaststroke	2:13.29	2:35.79	6
			*800M Freestyle	9:59.49	9:04.69	8
9	2:10.09	2:27.99	200M Butterfly	1:58.89	2:15.89	10
		Friday, July 19th, 2024				
		START TIME 9:00 AM	**START TIME FINALS 5:00 PM**			
11	1:56.29	2:12.99	200M Freestyle	1:45.79	2:03.09	12
13	4:39.09	5:20.09	**400M Individual Medley	4:14.69	4:55.09	14
15	59.49	1:09.49	100M Backstroke	53.89	1:03.29	16
17	4:02:69	4:36:09	400M Medley Relay	3:38:99	4:09:69	38
		Saturday, July 20th, 2024				
		START TIME 9:00 AM	**START TIME FINALS 5:00 PM**			
19	2:08.59	2:29.19	200M Backstroke	1:57.29	2:17.39	20
21	5:10.69	4:39.69	**400M Freestyle	4:47.79	4:21.09	22
23	1:07.59	1:18.79	100M Breaststroke	1:00.98	1:11.29	24
25	59.19	1:07.19	100M Butterfly	52.89	1:00.89	26
27	8:00.19	9:05.59	800M Freestyle Relay	7:15.29	8:15.69	28
		Sunday, July 21st, 2024				
		START TIME 8:30 AM	**START TIME FINALS 4:00 PM**			
29	2:10.49	2:31.09	200M Individual Medley	1:58.19	2:18.39	30
31	10:39.89	9:36.09	*800M Freestyle			
33	24.89	28.69	50M Freestyle	22.19	25.89	34
			*1500M 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

2024 CA / NV Speedo Sectionals
Bonus Time Event Standards

WOMEN			MEN	
SCY	**LCM**	**Event**	**SCY**	**LCM**
25.69	29.49	50 Freestyle	22.79	26.59
55.49	1:03:69	100 Freestyle	49.49	57.69
1:59.59	2:16.69	200 Freestyle	1:48.79	2:06.59
5:19.49	4:47.59	400 / 500 Freestyle	4:55.99	4:28.49
10:57.99	9:52.49	800 / 1000 Freestyle	10:16.39	9:20.09
18:16.79	18:54.19	1500 / 1650 Freestyle	17:12.29	17:42.79
1:01.19	1:11.39	100 Backstroke	55.39	1:05.09
2:12.29	2:33.39	200 Backstroke	2:00.59	2:21.29
1:09.49	1:20.99	100 Breaststroke	1:02.59	1:13.29
2:32.39	2:54.49	200 Breaststroke	2:17.09	2:40.19
1:00.89	1:09.09	100 Butterfly	54.39	1:02.59
2:13.79	2:32.19	200 Butterfly	2:02.19	2:19.79
2:14.19	2:35.39	200 Individual Medley	2:01.59	2:22.29
4:46.99	5:29.09	400 Individual Medley	4:21.89	5:03.49