

ENTRIES CLOSE: Entries must be received by Wednesday, July 14, 2010. Next day delivery service with tracking is recommended (ex: Fed Ex, UPS, or Airborne). **You must sign for 'no signature required' on shipping label. Certified, registered, or special delivery mail -OR- delivery service (with tracking) requiring signature at time of delivery will be rejected.** NEW (no updates) entry times achieved 07/14/10-07/18/10 may be entered by the Meet Administrative Referee where swum by e-mail by 11:59 pm 07/18/10 to dearmas1@gmail.com.

RULES AND PROCEDURES

MEET REFEREE: Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules and National Championship procedures will govern. Meet entry times must be designated 'Y' for yards or 'L' for meters. The National Championship scratch procedures will be used for prelims and finals. In order there will be a "Bonus", "Consolation" and "Championship Final" for all events except 800, 1500 and relays, which will be swum as timed finals. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the 800 and 1500 Freestyle AND ALL Relays required by the day's scratch deadline.

Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). Only a single suit may be used during competition, by both women and men.

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 or the swimmer/relay team will be scratched from that event. Only swimmers/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).

SCRATCH DEADLINES: Thursday, Friday, Saturday, and Sunday 30 minutes after start of Finals, for the next day's events. A Swimmer who fails to scratch and 'no shows' a prelim or timed final event, must positive check in for all subsequent individual events. A swimmer who fails to scratch and 'no shows' a final will be removed from the meet. Scratches for Thursday's events may be submitted via email before 5:30 pm Wednesday to dearmas1@gmail.com.

POSITIVE CHECK-IN: Wednesday 07/21- 3:15 pm deadline for Women's 800 Freestyle and Men's 1500 Freestyle. Saturday – by scratch deadline, for Women's 1500 Freestyle and Men's 800 Freestyle. ALL RELAYS must be positive checked-in by scratch deadline for next day's events.

SPECIAL NOTES: ALL preliminary heats of events will be swum fastest-to-slowest. Additionally, the 400 Freestyle, Women's 1500 Freestyle, Men's 800 Freestyle, and 400 IM will be swum fastest-to-slowest, alternating women's and men's heats. Fastest heat of Women's 800 (#25) will be the first event of finals Sunday; fastest heat of men's 1500 (#28) will be swum after the men's 100 Back 'Championship' final (#27). All other heats of Women's 800 and Men's 1500 will be swum, slow to fast, alternating with last heat completing at start of warm-ups on Sunday. If the timeline warrants, the meet will be swum in 'A' and 'B' flights. There will be 7 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. If entries warrant, the preliminaries will run "in chase" from both ends of the pool.

FLIGHT or DOUBLE ENDING DECISION WILL BE ANNOUNCED MONDAY, July 19th, on the SCS website

RELAYS: 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. A swimmer may be used only once to prove a relay in each relay event. Relays must check in by the scratch deadline for the day swum. Relay Only swimmers must be listed on the team entry form. Relays will be contested at the end of Finals Friday through 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 freestyle). Sunday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 pm) on Saturday.

AWARDS: 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. High point award: The top male and female swimmer. Individual event awards: first through eighth place. Relays awards: first through third place. Scoring to be as follows: 32-28-27-26-25-24-23-22; 20-17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1, relay scoring will have double the point value. Divisional scoring will be based on the 24 places and the points you earn will be applied towards your teams overall score in team's division. No tiered Scoring by Division. There will be "Coach of the Meet" award to be balloted on the final day of the meet during the preliminaries.

TIME TRIALS: Time Trails will be swum time permitting at the discretion of the meet referee. Time Trials (\$10.00 per swim) will be available for swimmers entered into the meet including relay only swimmers. Time trials will run according to the National Championship Meet Procedures. Time Trials will begin after the conclusion of the preliminaries. The total number of individual events (regular and time trial) cannot exceed three for any day. Swimmers must provide their own timer and if appropriate, lap counter. A lap counting device will be provided. Time Trial Sanction: # 10-161.

OPEN WATER: A 5 kilometer open water event will be held on Monday July 26 and is open to all Sectional entrants. This event will not count towards a team point total, individual high point awards or individual event limit. Open Water Sanction # 10-162.

WARM-UP: From 7-8 am (3:30-4 pm): the competition courses will be open for general warm-up - NO DIVING. From 8-8:50 am (4-4:50 pm): Lanes 1 & 8 will be designated for push-pace work: 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision - Practice starts only in the sprint lanes. Pace or sprint lanes may be opened as needed by the referee. No paddles, boards or fins will be allowed in the competition course. Lanes will be available for warm-up/cool down at all times - No Diving at any time.

OFFICIALS: This meet has been approved as an Officials Qualifying Meet (QM10-069) for N2 and N3 certification and recertification. Please see the Southern California Swimming web site (www.socalswim.org) for applications to officiate at this meet. Applications must be received by **July 12, 2010** for consideration for assigned positions. Officials are required to attend an officials briefing one hour prior to the start of each session. For additional information contact Richard Pierson: rlpierson@gmail.com. Submit applications to Richard Pierson at rlpeirson@gmail.com.

For Information Call Southern California Swimming - 805-682-0135

Hotel Information: See below or Visit www.Canyons.org

Santa Clarita has several hotels, most of which are on the west side of the city, about six miles from the pool. Traffic to and from the pool is generally light but you should plan on a 15-minute commute from hotel to pool.

Canyons Aquatic Club has contracted with several local hotels for the best possible individual and team hotel rates. We've obtained blocks of rooms at the hotels listed below. If you are planning on booking a large block of rooms for your team, please call the sales contact listed for that hotel and make special arrangements. Be sure to tell them you are booking for the

"Summer Gold Sectional Championships"

Hyatt Regency Valencia

RATE: \$119 per night

To Make Reservations: If booking on-line, please indicate the booking code of **G-CAAQ**, then input your dates and then place that code under the Group/Corporate#.

To make a large block booking for your team, please contact Jennifer Baranda at: 661-678-4141.

Hyatt Regency Valencia 24500 Town Center Drive Valencia, CA 91355 661-678-4141
<http://valencia.hyatt.com/hyatt/hotels/index.jsp>

Embassy Suites Valencia

RATE: King Bed Suite \$109 per night Double Bed Suite \$129 per night

To Make Reservations: Contact the hotel directly at 661-257-3111 and specify you are with the "Summer Gold Sectionals" or go to their website at: www.embassyvalencia.com and type **SGS** into the group code box.

To make a block booking for a team, please contact Karen Harvey at: 661-206-0938

Embassy Suites Valencia 28508 Westinghouse Place Santa Clarita, CA 91355 661-257-3111
embassysuites1.hilton.com/en_US/es/hotel/VALESES-Embassy-Suites-Valencia-California/index.do

Hampton Inn

RATE: Double Bed Suite \$109 per night

To make a block booking for a team, please contact Felisa Richards at: 661-678-2091

Hampton Inn 25259 The Old Road Santa Clarita, CA 91381 661-253-2400
hamptoninn.com/en/hp/hotels/index.jhtml?ctyhocn=LAXVLHX

Residence Inn Santa Clarita

RATE: Double Bed Suite \$129 per night

To make a block booking for a team, please contact Felisa Richards at: 661-678-2091

Residence Inn Santa Clarita 25320 The Old Road Santa Clarita, CA 91381 661-290-2800
marriott.com/hotels/travel/laxva-residence-inn-santa-clarita-valencia

Fairfield Inn Santa Clarita

RATE: Double queen room: \$109 per night

To make a block booking for a team, please contact Felisa Richards at: 661-678-2091

Fairfield Inn Santa Clarita 25340 The Old Road Santa Clarita, CA 91381 661-290-2828
marriott.com/hotels/travel/laxvl-fairfield-inn-santa-clarita-valencia/

Courtyard by Marriott

RATE: Double queen room \$109 per night

To make a block booking for a team, please contact Felisa Richards at: 661-678-2091

Courtyard By Marriott 28523 Westinghouse Place Santa Clarita, CA 91355 661-257-3220
marriott.com/hotels/travel/bursc-courtyard-santa-clarita-valencia/

USA Swimming 2010 Speedo Champions Series

Summer Gold Sectional Championship

Order of Events – Long Course Meters

Event #	Women		Event Description	Minimum Time Yards	Minimum Time Meters	Event #
	Minimum Time Yards	Minimum Time Meters				
Wednesday July 21, 2010 – 4:00 pm						
1	17:57.49	18:20.99	1500 Freestyle			
			800 Freestyle	10:10.99	9:08.99	2
Thursday July 22, 2010 – 9:00 am Prelims						
3	2:12.59	2:28.29	200 Butterfly	2:00.69	2:17.19	4
5	2:29.39	2:50.79	200 Breaststroke	2:14.89	2:36.69	6
7	2:11.59	2:31.19	200 Backstroke	1:59.69	2:19.49	8
9	55.09	1:02.59	100 Freestyle	49.39	57.19	10
Friday July 23, 2010 – 9:00 am Prelims						
11	1:58.69	2:14.89	200 Freestyle	1:48.79	2:05.09	12
13	4:42.99	5:19.99	400 Individual Medley	4:20.29	5:00.89	14
15	8:17.79	9:25.99	800 Freestyle Relay	7:31.29	8:26.79	16
Saturday July 24, 2010 – 9:00 am Prelims						
17	2:13.59	2:32.89	200 Individual Medley	2:01.59	2:21.29	18
19	25.39	28.99	50 Freestyle	22.59	26.09	20
21	5:12.99	4:41.99	400 Freestyle	4:53.99	4:26.49	22
23	3:50.09	4:21.89	400 Freestyle Relay	3:24.39	3:55.29	24
Sunday July 25, 2010 – 9:00 am Prelims						
25	10:43.19	9:35.99	800 Freestyle			
26	1:01.09	1:10.89	100 Backstroke	54.99	1:04.39	27
			1500 Freestyle	16:59.99	17:29.99	28
29	1:09.19	1:19.19	100 Breaststroke	1:01.99	1:11.99	30
31	1:00.49	1:08.19	100 Butterfly	54.19	1:01.59	32
33	4:15.79	4:52.99	400 Medley Relay	3:49.09	4:23.99	34
Monday July 26, 2010 – 8:30 am						
35			5K Open Water			36

BONUS EVENT TIME STANDARDS

<u>Women</u>			<u>Men</u>		
Yards	Meters		Yards	Meters	
25.99	29.59	50 free	23.09	26.69	
56.19	01:03.89	100 free	50.39	58.39	
02:01.09	02:17.59	200 free	01:50.99	02:07.59	
05:19.29	04:47.69	400/500 free	04:59.89	04:31.89	
10:58.09	09:47.51	800/1000 free	10:23.29	09:19.99	
18:19.09	18:43.09	1500/1650 free	17:20.39	17:50.99	
01:02.39	01:12.39	100 backstroke	56.09	01:05.69	
02:14.29	02:34.29	200 backstroke	02:02.09	02:22.29	
01:10.59	01:20.79	100 breaststroke	01:03.29	01:13.49	
02:32.39	02:54.29	200 breaststroke	02:17.59	02:39.89	
01:01.79	01:09.59	100 butterfly	55.29	01:02.89	
02:15.29	02:31.29	200 butterfly	02:03.19	02:19.99	
02:16.29	02:35.99	200 IM	02:04.09	02:24.19	
04:48.69	05:26.39	400 IM	04:25.59	05:06.99	

USA Swimming 2010 Speedo Champions Series
Summer Gold Sectional Championship
July 21-26 2010
Santa Clarita, CA

Team Information Sheet

Team Name: _____

LSC: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Team Address: _____

Email: _____

Phone: _____

Fax: _____

Where is team staying in Southern California: _____

Hotel Phone: _____

Cell Phone: _____

Total number of 2010 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

USA Swimming 2010 Speedo Champions Series
Summer Gold Sectional Championship
Relay Proof of Time

CLUB: _____ USA-Swimming Code: _____

Note for each relay team listed; list the qualifying time that can be proven for each team, team time or aggregate, and the swimmers names and times. The named swimmers may be relay only members. A swimmer may be listed once per relay event. Any swimmer listed on the Official Team Entry may compete on any entered relay team. An aggregate relay entry time must include the individual times of all four swimmers.

Event 15 - Women's 800 Meter Freestyle Relay - Friday July 23, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 16 - Men's 800 Meter Freestyle Relay - Friday July 23, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 23 - Women's 400 Meter Freestyle Relay - Saturday July 24, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 24 - Men's 400 Meter Freestyle Relay - Saturday July 24, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 33 - Women's 400 Meter Medley Relay - Sunday July 25, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 34 - Men's 400 Meter Medley Relay - Sunday July 25, 2010

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

USA Swimming 2010 Speedo Champions Series

Summer Gold Sectional Championship

MEET ENTRY RECAP & RELAY ENTRY FORM - Entries MUST BE RECEIVED BY JULY 7, 2010

This form must be submitted with your Team Entry

LSC Code:		Long Team Name:		USA-S Team Code:	
Coach:		Phone (day)		(night)	

Total number of Women's events entered		@ \$10.00/event =		\$
Total number of Men's events entered		@ \$10.00/event =		\$
Total number of Relays entered		@ \$20.00/relay =		\$
Check payable to Southern California Swimming		TOTAL	=	\$

Mail entries and fees to:
2010 Sectional Championships
Attn: Alina de Armas
PO Box 63
Simi Valley, CA 93062-0063
 Email: dearmas1@gmail.com

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

ENTER RELAY TIMES ON THIS FORM; COMPLETE PROOF ON RELAY PROOF FORM FOR 15, 16, 23, 24, 33 and 34

NOTE: Four swimmers and provable time (team time) or four swimmers with individual provable times (aggregate time) **MUST** be listed on the relay proof form for Events 15, 16, 23, 24, 33, and 34.

WOMEN'S RELAY EVENTS

	EVENT #15 800 Yd Free Relay		EVENT #23 400 Yd Free Relay		EVENT #33 400 Yd Medley Relay
	Time Standard 9:25.99 Mtr -- 8:17.79 Yds		Time Standard 4:21.89 Mtr -- 3:50.09 Yds		Time Standard 4:52.99 Mtr -- 4:15.79 Yds
A		A		A	
B		B		B	

MEN'S RELAY EVENTS

	EVENT #16 800 Yd Free Relay		EVENT #24 400 Yd Free Relay		EVENT #34 400 Yd Medley Relay
	Time Standard 8:26.79 Mtr -- 7:31.29 Yds		Time Standard 3:55.29 Mtr -- 3:23.39 Yds		Time Standard 4:23.99 Mtr -- 3:49.09 Yds
A		A		A	
B		B		B	

USA Swimming 2010 Speedo Champions Series
Summer Gold Sectional Championship

5 Kilometer Open Water Swim

Southern California Swimming Sanction # 10-162

Monday, July 26, 2010

8:30 AM – Men

8:40 AM – Women

Host: Canyons Aquatic Club

Race Director: Mary Alice Mita/Scot Ranslem

Information: www.canyons.org

Where: Castaic Lake

Directions: From Santa Clarita, head north on the 5 Freeway and exit at Lake Hughes Road. Left on Ridge Route Road then right on Castaic Lake Drive. Turn right and enter the Castaic Lake State Recreation area. You will have to pay the park entry fee (per vehicle). Turn left and follow Grasshopper Road to the West Boat Ramp parking area.

Course: The swimming competition course will be a 5K looping point-to-point course with a 100 M entry and exit. The course will be marked with buoys. Course is subject to change based up on lake conditions, safety concerns and final measurement considerations.

Eligible Athletes: Any entered swimmers (individual or relay) in the Summer Gold Sectional Swimming Championship may enter and compete in the Open Water Competition.

Check in & Registration: Registration and check in will begin at 7:00 AM at the West Launch Ramp. Race day to registrations will be accepted up to 8:00 AM on the day of the race. At 8:15 AM there will be a pre-race briefing.

Entry fee: \$25.00 with sectional entry and up to the coaches meeting on Wednesday July 21st. Entries will be accepted during the meet and up to the morning of the swim, \$40.00.

Entry: This event will be included in the Hy-tek meet file with the Sectional (Pool) Swim events; entry will be accepted on or before the meet entry deadline. Paper entries will be accepted after the entry deadline and at the meet venue. Paper entry forms can be found at the at the meet administration table.

Awards: Every participant will receive a race swim cap to wear during the race. Awards will be given to the top eight finishers in the men's and women's divisions. Scoring is to 24 places. Team awards for 1-3 will be given.

Note: This event will not count towards the overall individual event entry limit, high point awards, and/or team point total, at the 2010 Speedo Champions Series. No paddlers will be allowed on the course.

Safety: The course will be monitored by a safety boats, kayak/jet ski safety marshals and County Park lifeguards. A lifeguard decision to remove a struggling swimmer is final.

Hotels: Closest hotels to the course are the Embassy Suites Valencia (661-257-3111) and the Courtyard by Marriott (661-257-3220).

(Cut Here)

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Phone: (____) _____ DOB ____/____/____ USA Swimming Number _____

Sex: M___ F___

Club Affiliation _____ Club initials _____

Fee: _____ \$ 25 up to the coaches meeting on Wednesday July 21st.

_____ \$ 40 at the meet or up to 30 minutes prior to race start.