

2017 CA-NV Speedo Sectionals – Yucaipa

Sponsored by USA Swimming and Southern California Swimming

Hosted by Yucaipa (YST) - December 15-18, 2017

- Coaches Meeting 2:00 pm Friday – ½ hour prior to start of warm-up
- Total Athletes: 487 - Fly over starts during prelims
- Estimated time lines are based on no scratches.
- The meet will **NOT** be delayed to meet the time line - Swimmers must be prepared to swim at the beginning of their race - NO delay for swimmers not at the blocks at the long whistle
- National Scratch Rule applies - No Show Rules will be in effect
- **Time Trials** will be held after Preliminaries each day time permitting (Prefer add'l distance on Sat.)
- Friday Warm-up 2:30 pm – Meet Starts 4:00 pm / Saturday through Monday 7:00 am (Prelims) 2:00 pm (Finals) – Prelims starts 9:00 am – Finals Starts 3:30 pm
- PRELIMS DIVE LANES 3:30 pm on Friday / 8:00 am Sat. and Sun. / FINALS DIVE LANES 2:30 pm
- LANES 1 & 8 will be designated as Push-Pace – 2 & 7 will be designated as Dive
- Relays – Discuss offering early relays during coaches meeting for Monday only per meet form
- Positive Check-in for all Distance Events – Remember to declare whether the swimmer wants to swim in prelims or finals
- All Preliminary and Distance event/heats will be swum fastest to slowest 500/400IM/1000/1650 Alternating heats
- **SCRATCH DEADLINES** – Friday at 4:30 pm, Saturday and Sunday 4:00 pm for following day's events
- Meet could be split into flights depending on entries

▪ <u>DISTANCE CHECK IN</u>	<u>DEADLINE</u>
FRIDAY – WOMEN'S 1000 / MEN'S 1650	<i>Friday 3:15 pm</i>
SATURDAY – WOMEN'S 1650 / MEN'S 1000	<i>Sunday, 30 minutes after start of finals (4:00 pm)</i>
FINALS SWIM for W1650 after Men's 100 Free #26	Monday Finals swim
FINALS SWIM for M1000 after Men's 200 Back #29	

RELAYS
Relay Deadline/Scratches for the next day's events is 4:30 pm Friday, and 4:00 pm Saturday and Sunday Team Entry Limit no more than 2 two relays in each relay event Run two fastest women heats then two fastest men heats then alternate remaining heats

Heat Start times are provided for convenience, but please note they are an estimate

Friday 12/15/17	Saturday 12/16/17	Sunday 12/17/17	Monday 12/18/17
Start of meet :4:00 pm	Start of Meet: 9:00 am	Start of Meet: 9:00 am	Start of Meet: 9:00 am
	W100 Fly 9:00 am	W200 Fly 9:00 am	W100 Free 9:00 am
Women's 1000	M100 Fly 9:16 am	M200 Fly 9:13 am	M100 Free 9:18 am
Men's 1650	W500 Free 9:29 am	W100 Breast 9:27 am	W200 Back 9:30 am
Alternating Heats	M500 Free 10:18 am	M100 Breast 9:41am	M200 Back 9:40 am
	W100 Back 11:00 am	W200 Free 9:48 am	W200 Breast 9:53 am
	M100 Back 11:08 am	M200 Free 10:19 am	M200 Breast 10:10 am
	W200 IM 11:18 am	W400 IM 10:47 am	End of Prelims 10:18 am
	M200 IM 11:44 am	M400 IM 11:12 am	
		W50 Free 11:30 am	Time Trials start 10:30 am
		M50 Free 11:42 am	Time Trials end 11:15 am
	End of Prelims: 12:01 pm	End of Prelims: 11:51 am	Start 1650/1000 TFs 11:30 am
	Time Trials – 15 minutes after end of prelims	15 minute break then TT	End 1650/1000 TFs 12:56 pm
	Warm-up 2:00 pm	Warm-up 2:00 pm	Warm up 2:00 pm
	Finals Start 3:30 pm	Finals Start 3:30 pm	Finals Start 3:30 pm
Finish 6:03 pm	Finish 5:20 pm	Finish 5:57 pm	Finish 5:16 pm