

USA Swimming 2015 Speedo Champions Series Summer CA-NV Sectional Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

HOSTED BY: SCS & Canyons Aquatic Club

DATES OF MEET: July 16-20, 2015

SANCTION: #S15-177

HEATS & FINALS

ENTRIES DUE: RECEIVED by
Wednesday, July 8, 2015

START TIMES: Prelims: 9:00 am
 Finals: July 16 - 19 5:00 pm (or as designated by Referee)
 Open Water: July 20 8:30 am (Men) – 8:40 am (Women)

WARMUPS: Thursday to Sunday
7:00 am (Prelims), 3:30 pm (Finals)

Open to: CA, CC, PC, SI, SN and up to 200 Guests from outside CA-NV Section

POOL: Santa Clarita Aquatic Center 20850 Centre Point Parkway • Santa Clarita, CA 91350

DIRECTIONS: •14 - FWY NORTH: Take GOLDEN VALLEY exit. Left on on GOLDEN VALLEY, right on CENTRE POINT PKWY, right into second driveway.

•14 - FWY SOUTH: Take GOLDEN VALLEY exit, right on GOLDEN VALLEY, right on CENTRE POINT PARKWAY, right into second driveway.

COURSE: The Santa Clarita Aquatic Center competition pool is an outdoor 50-meter x 25-yard pool. A separate warm-up/warm-down pool will be open during the meet. Competition courses have been certified in accordance with USA Swimming Rule 104.22.2 (C). Pool depth at start and turn end is 7'6". Open Water Course is at Lake Castaic Lower Lake Recreation Area.

ELIGIBILITY: Open to athletes in Central California, Pacific, San Diego/Imperial, Sierra Nevada, Southern California and up to 200 athletes from outside the Section who hold 2015 USA Swimming annual membership. Entries accepted by team electronic entry only. Relay-only swimmers must be included in the team electronic entry file. Please designate unattached swimmers 'UN'. Open Water (Events 35-36) are open Sectional athletes AND to athletes meeting the listed time standards.

QUALIFYING TIMES: must be achieved between May 1, 2014, and July 8, 2015. Long Course Meter qualifying times will be seeded first, next short course yard qualifying times, then bonus LCM and bonus SCY times. Athletes may compete in no more than six (6) individual events (may enter all events qualified). Swimmers may compete in no more than three (3) individual events per day. A swimmer with 5 or fewer qualifying times may enter one (1) additional bonus event (label "B" on entry) IF he/she has achieved the listed bonus time standard.

NEW (no updates) entry times achieved 07/08/15-07/12/15 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 07/12/15 to: blwswim@earthlink.net. 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 the event and add an additional bonus event as long as he/she has 5 or fewer total qualifying events.

COACHES MEETING: 7:30 AM, Thursday, at: Santa Clarita Aquatic Center. A representative from each team must attend. "Coach Notes" will be available; meeting updates will be emailed to team contacts at conclusion of meeting.

ENTRY INTO THE MEET

ENTRY MEDIA: All entries must be submitted and received electronically via USA Swimming OME or team electronic file. Team electronic entry is to be sent via e-mail with the entry file and meet entry report as attachments to blwswim@earthlink.net. Please use the event file provided on the SCS website (www.socalswim.org) for electronic entries. The electronic entry file must be accompanied by a signed printout including the proof of time for all individual and relay events. When entering electronically "L" or "Y" must be indicated on proof-of-time sheet and bonus events must be indicated as "LB" or "YB" on proof-of-time sheet. For relays accurately complete the Official Team Relay Entry form. All teams MUST submit the Meet Entry Recap sheet whether or not entering relays.

ENTRY FEES: \$11.00 per Individual Event and a \$10 per Swimmer surcharge must accompany team entry form (plus \$2/swimmer for OME entry). Relays: \$24.00 per relay team entered. 5K Open Water Swim: \$25.00 per entry until 5pm 7/17; \$40.00 thereafter. Relay only swimmers must be listed on team entry form. Relay only swimmers may NOT be deck entered. There are no refunds. Time Trials entry fee: \$15.

**FOR TEAM ENTRY MADE VIA THE INTERNET (EMAIL), THE TEAM CHECK MUST BE POSTMARKED
WITHIN 48 HOURS OF THE EMAIL DATE STAMP.**

Make CHECKS PAYABLE to: SOUTHERN CALIFORNIA SWIMMING. MAIL ENTRY FORMS to:

2015 Summer Sectional Championship

Bettie Williams

PO Box 83538

Los Angeles, CA 90083-3538

EMAIL to: blwswim@earthlink.net

ENTRIES CLOSE: Entries must be received by Wednesday, July 8, 2015. 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 07/08/15-07/12/15 may be entered by the Meet Administrative Referee where swum by e-mail by 11:59 pm 07/14/13 to blwswim@earthlink.net

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 'L' for meters or 'Y' for yards. The National Championship scratch procedures will be used for prelims and finals. In order there will be a D, C, B and A final for all events except 800, 1500 and relays, which will be swum as timed finals. The D final will be limited to fastest eight 18 & Under athletes who do not qualify for the A, B or C final. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the W1500 and M800 Freestyle is required by 9:00AM Thursday; positive check-in for W800, M1500 and ALL Relays is required by the day's scratch deadline.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. 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 the meet is acknowledgement and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

RACING START CERTIFICATION: Any swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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: Scratch Deadline for Thursday's events - 5:30 PM Wednesday. Scratches may be tuned in at the pool OR submitted via email to madisonmcho@gmail.com. Thursday, Friday and Saturday 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 will be removed from all remaining events that day and 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.

POSITIVE CHECK-IN: Required for ALL relays by scratch deadline for next day's events. Required for 800/1500 freestyle events. Women's 800 Freestyle and Men's 1500 Freestyle: deadline Thursday, 9:00 AM. Women's 800 Freestyle and Men's 1500 Freestyle: deadline Saturday 30 minutes after start of Finals to be seeded by time.

SPECIAL NOTES: 1. ALL preliminary heats will be swum fastest-to-slowest.
2. The 400 Freestyle and 400 IM will be swum alternating women's and men's heats.
3. Thursday the fastest heat of women's 1500 (#3) will be swum after men's 100 Freestyle final (#2); fastest heat of men's 800 (#6) will be swum after the men's 200 Breaststroke finals (#5). Remaining heats of women's 1500 and men's 800 will swim fast to slow, alternating women and men's heats as last events of prelims.

4. Sunday women's fastest heat of 800 (#29) will be swum after men's 200 IM final (#28); fastest heat of men will be swum after men's 50 Freestyle (#32). Remaining heats of women's 800 and men's 1500 will swim fast to slow, alternating women and men's heats as last events of prelims.
5. 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.
6. If entries warrant, the preliminary will run "in chase" from both ends of the pool.

FLIGHT or DOUBLE ENDING DECISION WILL BE ANNOUNCED MONDAY, July 13th, 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 800/1500 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. Relay 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; points earned will be applied towards team's score in the 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 Trials will be swum time permitting at the discretion of the meet referee. Time Trials (\$15.00 per swim): Open to swimmers entered in the meet and limited to two (2) for the meet. 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: # S15-178.

OPEN WATER: A 5 kilometer open water event will be held on Monday, July 20, 2015. The 5K is open to all Sectional entrants (individual and relay only) and swimmers who meet the listed time standards (see Open Water information sheet in this packet). This event will not count towards a team point total, individual high point awards or individual event limit. Open Water Sanction: #S15-179

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. Warm-up pool: 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 (QM----) 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 8, 2015 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 Ted Olivieri: trackmdr@aol.com. Submit applications to Ted Olivieri at trackmdr@aol.com.

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.

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

USA Swimming 2015 Speedo Champions Series

Summer CA-NV Sectional Championship

Order of Events – Long Course Meters

Women			Event Description	Men		
Event #	Minimum Time Yards	Minimum Time Meters		Minimum Time Yards	Minimum Time Meters	Event #
Thursday July 16, 2015 – 9:00 am Prelims						
1	53.49	1:01.79	100 Freestyle	47.79	55.89	2
3	17:43.29	18:23.59	*1500 Freestyle*	xxxx	xxxx	
4	2:25.09	2:49.19	200 Breaststroke	2:09.89	2:33.39	5
	xxxx	xxxx	*800 Freestyle*	9:48.89	8:58.69	6
7	2:07.49	2:26.59	200 Butterfly	1:55.79	2:14.09	8
			Friday July 17, 2015 – 9:00 am Prelims			
9	1:55.29	2:13.19	200 Freestyle	1:45.59	2:02.59	10
11	4:32.39	5:17.89	**400 Individual Medley**	4:09.09	4:52.19	12
13	58.49	1:08.99	100 Backstroke	53.49	1:03.09	14
15	3:41.09	4:10.89	400 Freestyle Relay	3:19.69	3:47.99	16
			Saturday July 18, 2015 – 9:00 am Prelims			
17	2:06.19	2:27.99	200 Backstroke	1:55.89	2:16.09	18
19	5:08.79	4:39.79	**400 Freestyle**	4:46.59	4:20.09	20
21	1:07.39	1:18.39	100 Breaststroke	59.89	1:10.79	22
23	57.99	1:06.89	100 Butterfly	52.69	1:00.59	24
25	7:58.49	9:03.89	800 Freestyle Relay	7:15.69	8:16.09	26
			Sunday July 19, 2015 – 9:00 am Prelims			
27	2:09.19	2:30.79	200 Individual Medley	1:56.89	2:17.39	28
29	10:39.39	9:36.39	*800 Freestyle*	xxxx	xxxx	
30	24.59	28.59	50 Freestyle	22.09	25.89	31
	xxxx	xxxx	*1500 Freestyle*	16:41.59	17:13.39	32
33	4:06.29	4:39.69	400 Medley Relay	3:40.69	4:11.39	34
			Monday July 20, 2015 – 8:30 am			
35			5K Open Water			36

***1500 and 800 Event order is the Finals Session order. In Prelims the 1500 and 800 heats EXCEPT for FASTEST 8 checked in athletes will swim at the end of 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.**

USA Swimming 2015 Speedo Champions Series

Summer CA-NV Sectional Championship

Bonus Time Standards

Yards	Meters	Event	Yards	Meters
25.29	29.19	50 Free	22.79	26.39
54.59	1:02.59	100 free	48.79	56.89
1:57.39	2:14.69	200 free	1:47.49	2:04.89
5:13.09	4:42.49	400/500 free	4:49.69	4:22.89
10:48.29	9:43.19	800/1000 free	9:59.69	9:03.59
17:56.49	18:42.89	1500/1650 free	16:54.29	17:36.79
1:00.19	1:10.29	100 backstroke	54.29	1:04.09
2:09.29	2:30.79	200 backstroke	1:57.69	2:18.89
1:08.49	1:19.49	100 breaststroke	1:00.79	1:11.89
2:28.69	2:51.49	200 breaststroke	2:11.69	2:35.29
59.79	1:08.19	100 butterfly	53.69	1:01.99
2:10.89	2:29.09	200 butterfly	1:57.89	2:16.39
2:12.89	2:32.29	200 IM	1:58.69	2:19.29
4:40.59	5:21.29	400 IM	4:13.49	4:56.69

5K Open Water Entry Standards:

Eligible Athletes: Any entered swimmers (individual or relay) in the Summer CA-NV Sectional Swimming Championship may enter and compete in the Open Water Competition. Additionally, 2015 USA Swimming registered athletes who meet the following time standards are eligible to enter:

	MEN		WOMEN	
Qualifying Distance	SCY	LCM	SCY	LCM
400/500	5:08.40	4:35.20	5:30.60	4:55.00
800/1000	11:02.70	9:51.40	11:35.40	10:20.60
1500/1650	18:50.80	19:13.40	19:45.40	20:09.10

See Open Water information sheet in this packet for full information.

USA Swimming 2015 Speedo Champions Series
Summer CA-NV Sectional Championship
July 16-19, 2015
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 for this meet: _____

Team Contact Cell Phone: _____

Hotel Phone: _____

Total number of 2015 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

USA Swimming 2015 Speedo Champions Series
Summer CA-NV Sectional Championship
Relay Entry & 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 400 Meter Freestyle Relay -

Time Standards: 4:10.89/3:41.09Y

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

Event 16 - Men's 400 Meter Freestyle Relay

Time Standards: 3:17.99M/3:19.69Y

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

Event 25 - Women's 800 Meter Freestyle Relay

Time Standards: 9:03.89M/7:58.49Y

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

Event 26 - Men's 800 Meter Freestyle Relay

Time Standards: 8:16.09M/7:15.69

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

Event 33 - Women's 400 Meter Medley Relay

Time Standards: 4:39.69M/4:06.29Y

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

Event 34 - Men's 400 Meter Medley Relay

Time Standards: 4:11.39M/3:40.69Y

Relay A Entry Time _____

1. _____
2. _____
3. _____
4. _____

Relay B Entry Time _____

1. _____
2. _____
3. _____
4. _____

USA Swimming 2015 Speedo Champions Series
Summer CA-NV Sectional Championship

Meet Entry Recap

Entries MUST BE RECEIVED BY JULY 8, 2015

This form must be submitted at time of payment

Mail to:

2015 Sectionals
c/o Bettie Williams
PO Box 83538
Los Angeles, CA 90083-3538
e-mail: blwswim@earthlink.net

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

Total number of Women's events entered	@ \$11.00/event =	\$
Total number of Men's events entered	@ \$11.00/event =	\$
Total number of Relays entered	@ \$24.00/relay =	\$
Total athletes entered (individual & relay)	@ \$10/athlete OR \$12/athlete OME	\$
Total athletes entered Open Water (7/20)	@ \$25/athlete	\$
	TOTAL	\$
<i>Make check payable to Southern California Swimming</i>		

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

2015 California-Nevada Speedo Champions Series Open Water

5 Kilometer Open Water Swim

Southern California Swimming Sanction # S15-179

Monday, July 20, 2015

8:30 AM – Men 8:40 AM – Women

REGISTER NOW: <http://www.j-chipusa.com/events.php?eventid=10088>

Host: Canyons Aquatic Club

Race Director: Chris Collins

Information: www.canyons.org

Where: Castaic Lake Recreation Area

Start Times: Men - 8:30am / Women 8:40am

Directions: From Santa Clarita, head North on Interstate 5 North to the Parker Road Exit in Castaic. Turn Right onto Parker. Pass through the stop sign at Castaic Road and Parker becomes Ridge Route Road. Continue on Ridge Route Road and pass through the stop sign at Lake Hughes Road. Turn right onto Castaic Lake Drive. Turn right and enter the Castaic Lake Recreation Area at the Parking toll booth. You will have to pay the park entry fee (per vehicle) Make a left, then an immediate right into the first parking lot (Lot 3). Stay right as long as possible and park.

Course: The swimming competition course will be a 5K looping point-to-point course with a 50 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 CA-NV Sectional Swimming Championship may enter and compete in the Open Water Competition. Additionally, 2015 USA Swimming registered athletes who meet the following time standards are eligible to enter:

	MEN		WOMEN	
Qualifying Distance	SCY	LCM	SCY	LCM
400/500	5:08.40	4:35.20	5:30.60	4:55.00
800/1000	11:02.70	9:51.40	11:35.40	10:20.60
1500/1650	18:50.80	19:13.40	19:45.40	20:09.10

Check in & Registration: Registration and check in will begin at 7:00 AM at South Beach on Castaic Lagoon. Race day 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 until Thursday, July 17th. Entries will be accepted during the meet and until the morning of the swim for \$40.00.

Entry: Entries for this event will be taken through OME, Hy-Tek or online for Sectional entrants. **Athletes not entered in Sectionals may enter online only.** <http://www.j-chipusa.com/events.php?eventid=10088>

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 2015 Speedo Champions Series. No paddlers will be allowed on the course.

Safety: The course will be monitored by safety boats, paddle board 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)