

Speedo Sectionals 2020 – Carlsbad February 27-March 1, 2020

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



Location:
Alga Norte Aquatic Center,
6565 Alicante Road, Carlsbad, CA 92009

Sponsored By:
USA Swimming & San Diego Imperial Swimming

Hosted By:
North Coast Aquatics (NCA)

**Speedo Sectionals 2020 – Carlsbad
California-Nevada March Championship**

SANCTIONED BY: SAN DIEGO IMPERIAL SWIMMING/USA SWIMMING

SANCTION #: SI 20-09 Held Under the Sanction of USA Swimming

SPONSORED BY: San Diego Imperial & NCA

DATES OF MEET: February 27-March 1, 2020

HEATS & FINALS

WARM UPS:

Thursday, February 27 2:30 p.m.

Friday, Saturday, Sunday 7:00 a.m.

START TIMES: Prelims 8:30 am

Finals: February 27, 2020 4:00 p.m.

February 28-March 1, 2020 5:00 p.m.

ENTRIES CLOSE on Wednesday, February 19, 2020 at 11:59 pm

Meet Referee: Niffey Carmody niffeycarmody@sbcglobal.net

Meet Director: Kristyn Evans, coachkristyn@ncaswim.com (512) 529-7994

Entry Chair: Mary Redmond office@si-swimming.com

Open to: CA, CC, PC, SI, SN athletes

POOL: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009

DIRECTIONS: From the North, Take I-5 South, Exit Palomar Airport Road, right on El Camino, Left on Town Garden Road and then Right on to Alicante Road. The pool will be located on your right.

From the South, take I-5 North, Exit La Costa. Exit Right on to La Costa, then Left on to El Camino. Turn R on Poinsettia Lane and Left on Alicante Road. The pool will be located on your left. Parking will be free.

COURSE: Alga Norte Aquatic Center, 6565 Alicante Rd, Carlsbad, CA 92009. Phone (760) 268- 4777. 10 lane, 25 yard course with additional warm-up/down lanes. Colorado timing. The minimum water depth, measured in accordance with Article 103.2.3, is 14 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4).

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold **2020 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 2020 registered and have 2020 approved team charters. On deck registration is NOT permitted. If an entering team is not 2020 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays

QUALIFYING TIMES: must be achieved **between December 1, 2018, and February 20, 2020**. Short Course Yard (SCY) qualifying times will be seeded first, followed by Long Course Meter (LCM), Short Course Meter (SCM), Bonus SCY, Bonus LCM, Bonus SCM. 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 (labeled "B" on entry), IF he/she has achieved the listed bonus time standard. NEW (no updates) entry times achieved **2/19/20-2/26/20** will be entered by the Meet Entry Chair when submitted by e-mail by MIDNIGHT 2/26/20 to office@si-swimming.com If a qualifying time is achieved in an event that the athlete has currently entered as bonus event, he/she can use the qualifying time to enter that event and add an additional bonus event, as long as he/she has five (5) or fewer total qualifying events.

COACHES MEETING: 2:00 pm, Thursday, February 27th, 2020, at Alga Norte Aquatic Center. Meet management; working with the Meet Referee and Admin Referee will post a "Coaches Meeting Notes" on the host team's website as well as the sponsoring LSC web site by the beginning of this meeting. Although attendance at the meeting is not mandatory, in accordance with the rules of USA Swimming and Southern California Swimming it is mandatory that every "Coach of Record" for every entered swimmer have knowledge and understanding of everything listed in the Meet Information; adjustments to the Meet Information as announced as well as those items listed in the "Coaches Meeting Notes" before participation in the competition by the swimmer for whom they are "Coach of Record."

ENTRY INTO THE MEET

ENTRY: All entries must be submitted and received electronically via USA Swimming OME. OME is the ONLY method of entry.

ENTRY FEES: \$14.00 per Individual Event and a \$15 per Swimmer surcharge must accompany team entry form (plus \$2/swimmer for OME entry). **Relays: \$32.00 per relay team entered. Relay only swimmers MUST be listed on team entry form and pay swimmer surcharges. Relay only swimmers may NOT be deck entered. There are no refunds.**

Time Trials entry fee: \$15.

ENTRIES CLOSE: OME entries will close on Wednesday, February 19, 2020 at 11:59 pm. NEW (no time updates) entry times achieved 2/20/20- 2/26/20 will be entered by the Meet Entry Chair when submitted by e-mail by MIDNIGHT 2/26/20 office@si-swimming.com

RULES AND PROCEDURES

MEET REFEREE: Niffey Carmody (niffeycarmody@sbcglobal.net) Any questions regarding the conduct of the meet should be made directly to the Meet Referee. Meet management in conjunction with the Meet Referee and the Admin Referee reserves the right to make changes in the published meet information regarding any of the sessions based on calculations made after the initial entry deadline and the entries received. If this is necessary an announcement will be made on the host team's website as well as the sponsoring LSC web site along with the announcement of the psych sheets and entry information. So as to not delay the release of the Psych Sheets, Timelines will be released within 24-hours after the "Late Entries Deadline".

- **A FLIGHT DECISION WILL BE ANNOUNCED ON MONDAY, February 24th on the LSC website.**

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 "C", "B" and "A" Final for all events except 1000 and 1650 freestyle and relays. All entered swimmers (including RELAY ONLY) must be on a team entry form. Positive check-in for the 1000 and 1650 Freestyle 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 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.

DRONES: 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.

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 CHANGES: Deck changes are 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 swimmers' 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). **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.

SCRATCH DEADLINES: Positive check-in deadline for women's 1000 and Men's 1650 Freestyle is Thursday 2:15 pm. Scratch deadline for Friday events is Thursday 4:30 pm [in person or via email to office@si-swimming.com](mailto:office@si-swimming.com). On Friday and Saturday, 30 minutes after the start of Finals is the scratch deadline 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.** Scratches for Thursday's events may be submitted via email before 2:00 pm Thursday to office@si-swimming.com. Scratches for Friday's events may be submitted via email before 4:30 p.m. Thursday to office@si-swimming.com.

POSITIVE CHECK IN: Positive check in is required for all Relays, 500 Free, 400 IM, 1,000 Free and 1650 Free events. The Women's 1000 Freestyle and Men's 1650 Freestyle deadline is Thursday, February 27th at 2:15 PM. To be seeded by time, the Women's 1650 and Men's 1000 Freestyle deadline is Saturday, February 29th, 30 Minutes after start of Finals. For ALL RELAYS the scratch deadline is 30 Minutes after start of the Finals the day before the next day's events.

ALL RELAYS: Relays may be scratched by the scratch deadline for the next day's events.

SPECIAL NOTES: 1) **ALL preliminary heats of individual events will be swum fastest-to-slowest except "Sunday's Distance Events";** 2) The 500 Freestyle, 400 IM and 1000/1650 Freestyle (except fastest heat on Sunday) will be swum alternating women and men's heats. 3) The 500 Free and 400 IM **will be swum as the last event of the Prelims** on the day of that event but will be swum **in event order during the Finals;** 4) Sunday's 1000 Free & 1650 Free will be swum in accordance with the National Championship protocol (the physiology rule) with the second to the last heat of the Men's event finishing one-hour before the announced start time for Sunday's Finals. All other heats will be seeded slowest to fastest alternating women and men "backing up to Finals"; 5) During the Finals on Sunday, the Fastest heat of women's 1650 Freestyle (#27) will be swum after the men's 100 Freestyle A Final (Event #26). Fastest heat of the men's 1000 (#30) will be swum after the men's 200 Backstroke A Final (#29); 6) **A & B Flights are a possibility.** If the timeline warrants, the preliminary heats 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.

The Meet Referee and Meet Director reserve the right to either flight the meet or run two courses, depending on entries. The two courses will be MENS/WOMENS if the timeline warrants it. The meet start time for one course would remain 8:30AM and if two courses were needed then the start times would be 9:00AM

FLIGHT/COURSE DECISION WILL BE ANNOUNCED MONDAY, February 24th, 2020, on the LSC and NCA website: .

Finals: Finals will be composed of a Bonus Finals, Consolation Final, and Championship Final swum in that order, with 10 swimmers qualifying for each Final Heat. The top 40 qualifiers must scratch if they do not wish to swim in finals.

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 scratch 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 1650/1000 freestyle). Sunday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 pm) on Saturday.

There will be a 10 minute break following the last individual event before starting the relays.

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: 38- 34-33-32-31-30-29-28-27-26; 24-21-20-19-18-17-16-15-14-13; 11-9-8-7-6-5-4-3-2-1:relay scoring will have double the point value. Divisional scoring will be based on the 30places, points applied towards team's overall score in team's division. No tiered Scoring by Division.

There will be a "Coach of the Meet" award to be balloted on the final day of the meet during preliminaries.

TIME TRIALS: Sanction: #SI 20-10 Held Under the Sanction of USA Swimming
Entry Fee: \$15.00 per event (enter at Admin Table). Limit: two (2) for the meet
Time Trials will be swum, time permitting, at the discretion of the meet referee. Open to swimmers entered in individual events. Based on meet entries Time Trials **may** be opened to Relay Only swimmers; decision made and announced Monday, February 24th, 2020.

WARM-UP: Friday through Sunday: From 7:00-8:20 am and 3:30- 4:00 p.m. the competition course will be open for general warm-up - NO DIVING. From 7:30-8:20 am and 4-4:50 pm - Competition Pool 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. Lanes will be available for warm-up/cool down at all times in the separate warm- up pool. No Diving at any time in this pool. Pace lanes in that pool will be designated by the referee, as needed. No paddles, boards or fins will be allowed in the competition course.

Swimmers 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

CLOSED DECK: Please note, this meet will be run with a **CLOSED DECK**. Only coaches, officials, athletes and volunteers will be permitted on deck. You will need a meet credential to be on deck. Primary athlete seating will be on the adjacent patio in a covered, heated tent

area. If possible, athletes should bring chairs. Limited athlete seating will also be available in designated sections of the indoor bleachers

Concussion Training Required in California

- California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.
- These requirements will also apply to out of state coaches whose swimmers are attending meets in California.

All links can be found on www.si-swimming.org under the 2019 registration forms tab.

OFFICIALS: This meet has been approved as an Officials Qualifying Meet (QM15 -----) for N2 and N3 certification and recertification. Please see the San Diego Imperial Swimming web site (www.si-swimming.com) for applications to officiate at this meet. Officials meeting will be held 45 minutes before the start of each session. All officials are required to attend the officials briefing. Officials dress for prelims will be white polo shirt tucked into navy blue pants, skirt or shorts with a belt, white socks and shoes. No shorts will be permitted for finals. Officials will wear white polo shirt for finals with navy pants or skirt and white shoes.

HOTEL INFORMATION: Hotel information will be provided on the NCA website as it becomes available. Please check <https://ncaswim.com/sectionals2019/> for available rates.

**FOR INFORMATION: COACH KRISTYN EVANS, MEET DIRECTOR,
COACHKRISTYN@NCASWIM.COM OR (512) 529-7994 (CELL).**

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

**Speedo Sectionals 2020 Carlsbad
Order of Events and Time Standards**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, FEBRUARY 27, 2020						
1	10:39.89	9:36.09	1000 Y Freestyle			
			1650 Y Freestyle	16:43.89	17:13.49	2
FRIDAY, FEBRUARY 28, 2020						
3	59.19	1:07.19	100 Y Butterfly	52.89	1:00.89	4
5	5:10.69	4:39.69	500 y Freestyle**	4:47.79	4:21.09	6
7	59.49	1:09.49	100 Y Backstroke	53.89	1:03.29	8
9	2:10.49	2:31.09	200 Y Ind. Medley	1:58.19	2:18.39	10
11	4:02.69	4:36.09	400 Y Medley Relay	3:38.99	4:09.69	12
SATURDAY, FEBRUARY 29, 2020						
13	2:10.09	2:27.99	200 Y Butterfly	1:58.89	2:15.89	14
15	1:07.59	1:18.79	100 Y Breaststroke	1:00.89	1:11.29	16
17	1:56.29	2:12.99	200 Y Freestyle	1:45.79	2:03.09	18
19	4:39.09	5:20.09	400 Y Ind. Medley**	4:14.69	4:55.09	20
21	24.89	28.69	50 Y Freestyle	22.19	25.89	22
23	8:00.19	9:05.59	800 Y Free Relay	7:15.29	8:15.69	24
SUNDAY, MARCH 1, 2020						
25	53.99	1:01.89	100 Y Freestyle	48.19	56.09	28
27	17:46.59	18:22.99	1650 Y Freestyle			
28	2:08.59	2:29.19	200 Y Backstroke	1:57.29	2:17.39	29
			1000 Y Freestyle	9:59.49	9:04.69	30
31	2:28.19	2:49.69	200 Y Breaststroke	2:13.29	2:35.79	32
33	3:41.79	4:11.59	400 Y Free Relay	3:18.59	3:46.89	34

****These events (500 Freestyle and 400 IM) will be the last events swum in prelims but swum during the event order in finals. These events will be seeded alternating Women and Men.**

NOTE: All Preliminary Events (except Sunday's Distance Events) will be seeded Fastest to Slowest.

**Speedo Sectionals 2020-Carlsbad
Bonus Time Event Standards**

WOMEN			MEN	
Yards	Meters	Event	Yards	Meters
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

**Speedo Sectionals 2020 – Carlsbad California-Nevada Championship
February 27-March 1st, 2020
Carlsbad, CA
Team Information Sheet**

Team Name: _____

LSC: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Team Address: _____

Email: _____

Phone: _____

Fax: _____

Where is team staying?

Hotel Phone: _____

Cell Phone: _____

Total number of 2020 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

**Speedo Sectionals 2020- Carlsbad California-Nevada March
Championship Relay Entry & Proof of Time**

CLUB: _____ USA-Swimming Code: _____

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. Reminder: Relay-only swimmers MUST be included in the team electronic entry file; relay- only swimmers may NOT be deck-entered.

Event 11 - Women's 400Yard Medley Relay - Friday, February 28th, 2020

Time Standards: 4:02.69 Y/4:36.09 L

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 12 - Men's 400Yard Medley Relay - Friday, February 28th

Time Standards: 3:38.99 Y/4:09.69 L

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 23 - Women's 800 Yard Freestyle Relay - Saturday, February 29th, 2020

Time Standards 8:00.19 Y/9:05.59 L

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 24 - Men's 800 Yard Freestyle Relay - Saturday, February 29th

Time Standards: 7:15.29 Y/8:15.69 L

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 33 - Women's 400 Yard Freestyle Relay - Sunday, March 1st, 2020

Time Standards: 3:41.79 Y/4:11.59 L

Relay A Entry Time _____

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Relay B Entry Time _____

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Event 34 - Men's 400 Yard Freestyle Relay - Sunday, March 1st

Time Standards: 3:18.59 Y/3:46.89 L

Relay A Entry Time __

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Relay B Entry Time _____

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Speedo Sectionals 2020 – Carlsbad California-Nevada

Championship *Meet Entry Recap*

Entries MUST BE RECEIVED BY February 19th, 2020

This form must be submitted with your Team Entry

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

Total number of Women’s events entered	@ \$14.00/event =	\$
Total number of Men’s events entered	@ \$14.00/event =	\$
Total number of Relays entered	@ \$32.00/relay =	\$
Total number of surcharge (includes OME)	@ \$17.00/swimmer	\$
	TOTAL	\$

Mail to:
 2020 Speedo Sectionals
 Mary Redmond
 P.O. Box 1347
 Fallbrook, CA 92008
 e-mail: office@si-swimming.com

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