

USA Swimming 2009 Speedo Champions Series

California-Nevada Spring Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SANCTION #: 09-023

SPONSORED BY: SCS & Clark County Sandpipers of Nevada

HEATS & FINALS

DATES OF MEET: February 25th – March 1st, 2009

ENTRIES DUE: DELIVERED by Wednesday, February 18, 2009

START TIMES: Prelims - 9:00 am,

Finals: February 25 - 4:00 pm, Feb, 26, 27, 28 & March 1 - 5:00 pm

WARMUPS: Wednesday 3:00 pm (Finals)

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

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

POOL: Desert Breeze Aquatic Center, 8275 W. Spring Mountain Road Las Vegas, NV 89117

COURSE: Competition pool is an indoor, international depth, ten-lane, 25 yard course with adjacent 25 yard eight lane warm-up pool. The competition course has not been certified in accordance with 104.2.2(C).

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold 2009 USA Swimming 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'.

QUALIFYING TIMES: must be achieved between February 1, 2008, and February 16, 2009. 25 yard Short Course qualifying times will be seeded first, next long course meter qualifying 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 an additional event (label "B" on entry) IF he/she has achieved the listed bonus time standard. NEW (no updates) entry times achieved 02/17/09-02/22/09 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 02/23/09 to: omar.dearmas@gmail.com.

TIME TRIALS: Open to swimmers entered in individual events, limited to two (2) for the meet. Time Trial Sanction: # 09-024.

COACHES MEETING: 5:30 pm, Wednesday, February 25, 2009 at: Desert Breeze Aquatic Center, 8275 W. Spring Mountain Road Las Vegas, NV 89117. Representative from each team must attend.

ENTRY INTO THE MEET

ENTRY MEDIA: All entries must be received via Hy-Tek Team Manager entry. All entries shall be submitted electronically. Hy-Tek (SDIF files) are to be sent either via email with the entry file and meet entry report as attachments to omar.dearmas@gmail.com or via CD, mailed to the address listed on this form. Please use the event file provided on the SCS website for Hy-Tek entries (www.socalswim.org). The electronic Hy-Tek entry file must be accompanied by a printout (signed by the coach) including the proof of time for all individual and relay events. When entering electronically "Y" or "L" must be indicated on proof-of-time sheet and bonus events must be indicated as "YB" or "LB" 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: \$10.00 per Individual Event must accompany team entry form.

Relays: \$20.00 per relay team entered. 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: \$10.

IF HY-TEK ENTRY IS 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 and MAIL ENTRY FORMS to:

2009 Sectional Championships

Attn: Omar de Armas

PO Box 63

Simi Valley, CA 93062-0063

or EMAIL to: omar.dearmas@gmail.com

ENTRIES CLOSE: Entries must be received by Wednesday, February 18, 2009. Next day delivery service with tracking is recommended (ex: Fed Ex, UPS, 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 02/17/09-02/22/09 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 02/23/09 to omar.dearmas@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: 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, 1650 and relays. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the 1000 and 1650 Freestyle AND ALL Relays required by the day's scratch deadline.

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: 2/25 3:30 pm positive check in deadline for 1000 Freestyle. Scratches: Wednesday 4:30 pm for Thursday's events, Thursday, Friday, Saturday 5:30 pm for the next day's events. 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.

SPECIAL NOTES: ALL preliminary heats of events will be swum fastest-to-slowest. Additionally, the 500 Freestyle, 1000 Freestyle, 1650 Freestyle (except fastest heat), and 400 IM will be swum fastest-to-slowest, alternating women's and men's heats. Fastest heat of women's 1650 (#25) will be the first event of finals Sunday; fastest heat of men's 1650 (#28) will be swum after the men's 100 Back 'A' final (#27). The meet will be swum in 'A' and 'B' flights, if timeline warrants. 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.

FLIGHT DECISION WILL BE ANNOUNCED MONDAY, February 23, on 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 1650 freestyle). Option must be declared by scratch deadline (5:30 pm) on Saturday.

AWARDS: Individual medals 1-8 'A' final only; Relay medals 1-8. Team scoring: 3 divisions decided after meet entries are processed; three equal divisions based on number of swimmers entered in individual events. Divisions 2 and 3 will be 'rounded up' based on teams. Division assignment will be posted with the psyche sheets. A high point award will be made for the male and the female with the highest number of individual points. Scoring to be as follows: 24 team place scoring by individual results = 32-28-27-26-25-24-23-22; 20-17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1, relays to be double. Divisional scoring based on each point earned from the top 24 places. No tiered scoring by division. "Coach of the Meet" will be balloted on the final day of the meet during prelims.

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 (QM09-002) 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 February 1, 2009 for consideration for assigned positions. For additional information contact Richard Pierson rpierson@gmail.com.

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

Hotel Information: Visit sandpipersswimteam.com.

There is a NASCAR race in Las Vegas this week. Hotels near Strip will add to travel time to pool.

USA Swimming 2009 Speedo Champions Series

California-Nevada Spring Championship

Order of Events & Yard/Meter Time Standards

Note: All Prelims, Finals, Timed Finals & Time Trials will be swum Short Course Yards

#	Women		Event	Men		#
	Yards	Meters		Yards	Meters	
Wednesday, February 25, 2009						
*Positive Checkin: 3:30 P.M. Wednesday						
1	10:43.19	09:35.99	1000 Yard Freestyle	10:10.99	09:08.99	2

Thursday, February 26, 2009						
*Scratch Deadline: 4:30 P.M. Wednesday						
3	02:12.59	02:28.00	200 Yard Butterfly	02:00.69	02:17.19	4
5	02:29.39	02:50.79	200 Yard Breaststroke	02:14.89	02:36.69	6
7	02:11.59	02:31.19	200 Yard Backstroke	01:59.69	02:19.49	8
9	55.09	01:02.59	100 Yard Freestyle	49.39	57.19	10
*All Thursday events, scratches only.						

Friday, February 27, 2009						
*Scratch Deadline: 5:30 P.M. Thursday						
11	01:58.69	02:14.89	200 Yard Freestyle	01:48.79	02:05.09	12
13	04:42.99	05:19.99	400 Yard Ind. Medley	04:20.29	05:00.89	14
15	08:17.79	09:25.99	800 Yard Freestyle Relay	07:31.29	08:26.79	16
Relays must be pre-entered; use special relay entry form.						
*Relays require positive checkin-all other Friday events, scratches only.						

Saturday, February 28, 2009						
*Scratch Deadline: 5:30 P.M. Friday						
17	02:13.59	02:32.89	200 Yard Ind. Medley	02:01.59	02:21.29	18
19	25.39	28.99	50 Yard Freestyle	22.59	26.09	20
21	05:12.99	04:41.99	500 Yard Freestyle	04:53.99	04:26.49	22
23	03:50.09	04:21.89	400 Yard Freestyle Relay	03:24.39	03:55.29	24
Relays must be pre-entered; use special relay entry form.						
*Relays require positive checkin-all other Saturday events, scratches only.						

Sunday, March 01, 2009						
*Scratch Deadline: 5:30 P.M. Saturday						
25	17:57.49	18:20.99	1650 Yard Freestyle			
26	01:01.09	01:10.89	100 Yard Backstroke	54.99	01:04.39	27
			1650 Yard Freestyle	16:59.99	17:29.99	28
29	01:09.19	01:19.19	100 Yard Breaststroke	01:01.99	01:11.99	30
31	01:00.49	01:08.19	100 Yard Butterfly	54.19	01:01.59	32
33	04:15.79	04:52.99	400 Yard Medley Relay	03:49.09	04:23.99	34
Relays must be pre-entered; use special relay entry form.						
*1650 Free & Relays require positive checkin-all other Sunday events, scratches only.						

Warm up Procedures: Competition Pool

7:00 - 8:00 a.m.: Lanes 1 - 10: General warm up (pace lane opened as needed)

8:00 - 8:50 a.m.: Lanes 1 and 10: Push 100's, coach supervised, Lanes 3,4,5,6,7 & 8: general warm up.

Lanes 2 and 9: Sprint 50's, dive permitted; one way only; coach supervised.

Pool will be cleared at 8:50 am. Continued warm up/down permitted in the warm up area. The same lane schedule will be in effect one and one-half hour before the finals sessions.

No paddles, Fins or boards in the competition course. Additional pace or sprint lanes may be opened as needed by the referee.

Warm up Lanes: Follow warm up procedures until start of meet. Serious warm up and warm down only. Only USA Swimming members may swim in this pool at any time. No paddles are Permitted at any time. Safety violations may jeopardize use of this pool for individuals, teams, or all participants. No diving.

SCRATCH PROCEDURE: This meet is using the national championship rules for prelims and finals. Swimmers must be SCRATCHED from individual events they will not be swimming (no check in for individual events). Prelim Events NOT scratched AND 'no showed' will count against the total six allowed events. A swimmer NOT Scratched who 'no-shows' in prelims will be required to positive check in for any later individual events.

BONUS EVENT TIME STANDARDS

	WOMEN		MEN	
	Meters	Yards	Meters	Yards
50 Freestyle	29.59	25.99	26.69	23.09
100 Freestyle	01:03.89	56.19	58.39	50.39
200 Freestyle	02:17.59	02:01.09	02:07.59	01:50.99
400/500 Freestyle	04:47.69	05:19.29	04:31.89	04:59.89
800/1000 Freestyle	09:47.51	10:58.09	09:19.99	10:23.29
1500/1650 Freestyle	18:43.09	18:19.09	17:50.99	17:50.39
100 Backstroke	01:12.39	01:02.39	01:05.69	56.09
200 Backstroke	02:34.29	02:14.29	02:22.29	02:02.09
100 Breaststroke	01:20.79	01:10.59	01:13.49	01:03.29
200 Breaststroke	02:54.29	02:32.39	02:39.89	02:17.59
100 Butterfly	01:09.59	01:01.79	01:02.89	55.29
200 Butterfly	02:31.29	02:15.29	02:19.99	02:03.19
200 Ind. Medley	02:35.99	02:16.29	02:24.19	02:04.09
400 Ind. Medley	05:26.39	04:48.69	05:06.99	04:25.59

2009 CALIFORNIA-NEVADA SPRING CHAMPIONSHIP

USA SWIMMING SPEEDO CHAMPIONS SERIES

MEET ENTRY RECAP & RELAY ENTRY FORM - Entries MUST BE RECEIVED BY FEBRUARY 18, 2009

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 = \$ _____ Mail entries and fees to:
 Total number of Men's events entered @ \$10.00/event = \$ _____ **2009 Sectional Championships**
 Total number of Relays entered @ \$20.00/relay = \$ _____ **Attn: Omar de Armas**
PO Box 63
 Check payable to Southern California Swimming TOTAL = \$ _____ **Simi Valley, CA 93062-0063**
Email: omar.dearmas@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	

2009 California-Nevada Spring Championship Relay Proof of Time

LSC: _____ **Club:** _____ **USA-S Club Code:** _____

NOTE: For each relay team listed, list the qualifying time that can be proven for that team, team time or aggregate time, and the swimmers. The named swimmers need not be in this meet. A swimmer may be listed once per relay event. Any swimmer listed in the electronic file for Team Entry may compete on any entered relay team. An aggregate relay entry time must include the individual times of 4 swimmers.

Event 15 - Fri, Feb 27- Women's 800 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 16 - Fri, Feb 27 - Men's 800 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 23 - Sat, Feb 28 - Women's 400 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 24 - Sat, Feb 28- Men's 400 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 33 - Sun, Mar 1 - Women's 400 Yd Medley Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 34 - Sun, Mar 1 - Men's 400 Yd Medley Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

NOTE: Four swimmers and provable time (team time) or four swimmers with individual provable times (aggregate time) MUST be listed.