

USA Swimming 2009 Speedo Champions Series California-Nevada Winter Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING
SPONSORED BY: SCS & Beach Swim Club
DATES OF MEET: December 18th – 22nd, 2009

SANCTION #: 09-235
HEATS & FINALS
ENTRIES DUE: **DELIVERED** by Wednesday,
December 9, 2009

START TIMES: Prelims: 9:00 am
Finals: December, 18 - 4:00 pm
December, 19-22 - 5:00 pm

WARMUPS: Friday 2:30 pm (Finals)
Saturday to Tuesday - 7:00 am (Prelims)
3:30 pm (Finals)

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

POOL: Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza, Long Beach, CA.

DIRECTIONS: From the North: 405 Freeway to 710 Freeway to Shoreline Drive to Ocean, East (right) to Belmont Plaza Olympic Pool, OR 605 Freeway to 7th Street exit (near 405/605 junction), 7th to Ximeno, left on Ximeno to Livingston Dr. right into Termino, left to the pool. All day parking passes for the metered parking lot will be available for \$9.00 (or you may use quarters (\$0.25/15min)).

COURSE: Belmont Plaza Olympic Pool is a 25-yard by 50-meter facility. 8 lanes will be used for competition with the bulkhead separating the warm up and warm down area. Competition course has been certified in accordance with 104.22.2 (C).

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold 2009 or 2010 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 December 9, 2009. Short Course Yard 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 12/10/09-12/13/09 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 12/13/09 to: dearmas1@gmail.com.

COACHES MEETING: 2:30 pm, Friday, December 18, 2009 at: Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza, Long Beach, CA.. A representative from each team must attend.

ENTRY INTO THE MEET

ENTRY MEDIA: All entries must be received via Hy-Tek Team Manager or SDIF file 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 dearmas1@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 Winter Sectional Championships

Attn: Alina de Armas

PO Box 63

Simi Valley, CA 93062-0063

or EMAIL to: dearmas1@gmail.com

ENTRIES CLOSE: Entries must be received by Wednesday, December 9, 2009. 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 12/11/09-12/13/09 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 02/13/09 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 "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.

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). A single swimsuit is permitted.

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: 12/18 3:15 pm positive check-in deadline for 1000 Freestyle. Scratches: Friday 4:30 pm for Saturday's events, Saturday, Sunday and Monday 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. Scratches for Saturday's events may be submitted via email before 4:30 pm Friday to dearmas1@gmail.com.

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 Tuesday; fastest heat of men's 1650 (#28) will be swum after the men's 100 Back 'A' final (#27). 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.

FLIGHT DECISION WILL BE ANNOUNCED MONDAY, December 14, 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 Sunday through Tuesday. 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 Tuesday at the conclusion of prelims (before the 1650 freestyle). Tuesday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 pm) on Monday.

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 point 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: # 09-236.

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-XXX) 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 **December 1, 2009** for consideration for assigned positions. For additional information contact Richard Pierson: rlpierson@gmail.com.

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

Hotel Information: See below or Visit socalswim.org

USA Swimming 2009 Speedo Champions Series

California-Nevada Winter 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	
Friday, December 18, 2009						
*Positive Check-in: 3:15 P.M. Friday						
1	10:43.19	09:35.99	1000 Yard Freestyle	10:10.99	09:08.99	2

Saturday, December 19, 2009						
*Scratch Deadline: 4:30 P.M. Friday						
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 Saturday events, scratches only.						

Sunday, December 20, 2009						
*Scratch Deadline: 5:30 P.M. Saturday						
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 check-in - all other Sunday events, scratches only.						

Monday, December 21, 2009						
*Scratch Deadline: 5:30 P.M. Sunday						
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 check-in - all other Monday events, scratches only.						

Tuesday, December 22, 2009						
*Scratch Deadline: 5:30 P.M. Monday						
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 check-in - all other Monday events, scratches only.						

Warm up Procedures: Competition Pool

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

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

Lanes 2 and 7: 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.

USA Swimming 2009 Speedo Champions Series
California-Nevada Winter Championship
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 Gold Sectional Hotel Information

Book Early and ask for **SoCal (SCS) Swimming Sectionals** room rate at the following hotels:

The Guesthouse International

5325 E. Pacific Coast Hwy
 Long Beach, CA 90804
 Rate \$69+tax
 Continental breakfast, shuttle to/from
 Belmont pool
 (800) 990-9991 book online @
 guesthouselb.com

Best Western Golden Sails Hotel

6285 E. Pacific Coast Hwy
 Long Beach, CA 90803
 Rate \$79+ tax
 (800) 762-5333

The Pacific Inn

600 Marina Drive
 Seal Beach, CA 90740
 Rate \$114.50 + tax
 Continental breakfast, shuttle to/from
 Belmont pool
 (866) 466-0300

The Holiday Inn-Long Beach Airport

2640 Lakewood Blvd
 Long Beach, CA 90815
 Rate \$79 + tax
 (562) 597-4401

Courtyard by Marriott-Downtown Long Beach

500 E. 1st Street
 Long Beach, CA 90802
 Rate \$89 + tax per night
 Hotel direct (562) 435-8511 or reservations
 (866) 440-3390
 Book online www.longbeachcourtyard.com
 Group code SCS Sectionals

2009 CALIFORNIA-NEVADA WINTER CHAMPIONSHIP

USA SWIMMING SPEEDO CHAMPIONS SERIES

MEET ENTRY RECAP & RELAY ENTRY FORM - Entries MUST BE RECEIVED BY DECEMBER 9, 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: Alina 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 Winter 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 - Sun, Dec 20- Women's 800 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 16 - Sun, Dec 20 - Men's 800 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 23 - Mon, Dec 21 - Women's 400 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 24 - Mon, Dec 21- Men's 400 Yd Free Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 33 - Tue, Dec 22 - Women's 400 Yd Medley Relay

Team A Entry Time: _____

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

Team B Entry Time: _____

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

Event 34 - Tue, Dec 22 - 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.