

**2021 CA/NV Speedo Sectionals
Huntington Beach, California
December 16-19th, 2021**



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

Location:

Golden West College Pool
15744 Goldenwest Street
Huntington Beach, CA 92647

Sponsored By:

**USA Swimming & Southern California
Swimming**

Hosted By:

Golden West Swim Club (GWSC)

2021 CA/NV Speedo Sectionals Huntington Beach, California

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SANCTION #:

HOSTED BY: Golden West Swim Club (GWSC)

DATES OF MEET: December 16-19, 2021

MEET REFEREE: Sally Taggart – shtaggart@hotmail.com

MEET DIRECTOR: Don Conner – coach.don@goldenwestswimclub.org

ENTRY CHAIR: Judi Divan – divanj@cox.net

OPEN TO: CA, CC, , PC, SI, SN athletes

ENTRIES CLOSE: Wednesday, December 8th, 2021 @ 5:00 pm

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
Coaches Meeting	Via Zoom on Wednesday, December 15th @ 7:30 pm.	
Officials Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday, December 16 th (Timed Finals)		Warm-up: 2:30 – 3:50 pm Competition: 4:00 pm
Friday & Saturday, December 17 th – 18 th	Warm-up: 7:00–8:50 am Competition: 9:00 am	Warm-up: 3:30 – 4:50 pm Competition: 5:00 pm
Sunday, December 19 th	Warm-up: 6:30 – 8:20 am Competition: 8:30 am	Warm-up: 2:30 pm – 3:50 pm Competition: 4:00 pm

POOL: Golden West College Pool, 15744 Goldenwest Street Huntington Beach, CA 92647

COURSE: GOLDEN WEST COLLEGE POOL is an outdoor heated 50 meter pool; 25 yard competition area with up to ten (10) swimming lanes, and a warm-up area. This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Dimensions at Start end = 9', Turn end = 8.5'. All starts will be at the deep end. The facility is equipped with Paragon starting blocks and FINIS Backstroke start ledges.

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming who hold **2021 or 2022 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 2021 or 2022 registered and have 2021 or 2022 approved team charters. On deck registration is **NOT** permitted. If an entering team is not 2021 or 2022 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays

QUALIFYING TIMES:

1. **Qualifying times must be achieved between September 1, 2020, and December 5th 2021.** New entry times achieved 12/6/20 – 12/12/21 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 12/12/21.
2. Short Course Yard (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM), Short Course Meter (SCM), Bonus SCY Bonus LCM, Bonus SCM.
3. Athletes may compete in no more than **six (6)** individual events.
4. Athletes may compete in no more than **three (3)** individual events **per day**.
5. An athlete 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.
6. 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 that event and then add an additional bonus event, as long as he/she has five (5) or fewer total qualifying events.

COACHES MEETING (via ZOOM): 7:30 PM PST on Wednesday, December 15th, 2021. A Zoom link will be shared to the email address of the listed Head Coach. A representative from each team must attend.

ENTRY INTO THE MEET

ENTRY: All entries must be submitted and received electronically via USA Swimming OME. **OME is the ONLY method of entry.** Meet entry times must be designated 'Y' for yards or 'L' for long course meters, or 'S' for short course meters.

ENTRY FEES:

1. \$14.00 per individual event and a \$15 per athlete surcharge must accompany team entry form (plus \$2/athlete for OME entry).
2. **Relays:** \$32.00 per relay team entered. Relay only athletes **MUST** be listed on team entry form and pay athlete surcharges. Relay only athletes may **NOT** be deck entered. There are no refunds.
3. **Time Trials:** \$20 per individual event.

ENTRIES CLOSE: **OME entries will close on Wednesday, December 5th, 2021 at 11:59 PM.** New entry times achieved 12/6/21 – 12/12/21 may be sent by e-mail to the Entry Chair no later than 11:59 PM on 12/12/21.

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 for that event or the athlete/relay team will be scratched from that event. Only athletes/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.

RULES AND PROCEDURES

MEET REFEREE: Sally Taggart, sbtaggart@hotmail.com or phone 281-910-2136. Any questions regarding the conduct of the meet should be made directly to the Meet Referee.

PERSONAL RESPONSIBILITY: Each Athlete and Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made at the General Meeting.

RULES: USA Swimming Rules and National Championship rules/procedures will govern the conduct of this meet. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

ATHLETE PROTECTION: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy version ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn. USA Swimming Rules prohibit Athletes 12 and under from wearing technical suits.

RACING START CERTIFICATION: Any Athlete 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 athlete or athletes' legal guardian to ensure compliance with this requirement.

SCRATCH PROCEDURES AND DEADLINES:

1. The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules can be found in Rule 201.11.6 in the current Rulebook.
2. The scratch deadline is 30 minutes after the start of finals on Thursday, Friday, and Saturday for the next day's events. Scratches must be turned in to Admin Table. On Thursday, Friday, and Saturday, scratches can be turned in at the pool.

3. The scratch deadline for the 30 athletes who qualify for each final event is 30 minutes after the announcement. An athlete who notifies the Administrative Referee within that 30 minute period that they **may** scratch that event **must** notify the Administrative Referee of their definitive intention within 30 minutes of their last individual preliminary event. An athlete who fails to scratch and “no shows” a prelim or timed final event will be removed from all remaining events that day and must positively check in for all subsequent individual events. An athlete who fails to scratch and “no shows” a final will be removed from the meet.
4. **SCRATCH SCHEDULE SUMMARY:**

EVENTS	ACTION REQUIRED	DEADLINE
Friday Individual Events	Scratch	30 minutes after start of finals Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	30 minutes after start of finals Friday
Saturday Relays	Scratch	
Sunday Individual Events	Scratch	30 minutes after start of finals Saturday
Sunday Relays	Scratch	
All relays	Changes to relay order	Before the start of the event at the blocks or at the Admin desk
Announced finalists for A,B,C heats	Declaration of intention to scratch/possible scratch to Admin Referee	Within 30 minutes of announcement
Athletes who declared a possible scratch	Definitive notification to the Admin Referee	Within 30 minutes of their identified last event for that session.

POSITIVE CHECK-IN:

Positive check-in is required for:

1. All relays by the scratch deadline for the next day’s events.
2. **Deadline for the 1000/1650 freestyle events.** Women’s 1000 Yard Freestyle and Men’s 1650 Yard Freestyle: Thursday at 2:30 pm (start of warm-up). Deadline for Women’s 1650 yard Freestyle and Men’s 1000 yard Freestyle deadline: Saturday 30 minutes after start of finals.
3. Any “no show” athlete.
4. Summary:

EVENTS	ACTION REQUIRED	DEADLINE
Any "no show" athlete	Positive check-in	30 minutes after start of finals Thursday, Friday, Saturday
Thursday 1000 W /1650 M Freestyle	Positive check-in	2:30 pm Thursday
Friday 400 F Relay	Positive check-in	30 minutes after start of finals Thursday
Saturday 800 F Relay	Positive check-in	30 minutes after start of finals Friday
Sunday 1650 W and 1000 M Freestyle	Positive check-in	30 minutes after start of finals Saturday
Sunday Relay	Positive check-in	30 minutes after start of finals Saturday
Notify Admin Referee of decision to swim Sunday relay in the preliminary session.	Positive check-in	30 minutes after start of finals Saturday

OTHER TECHNICAL NOTES:

1. All preliminary heats will be swum fastest-to-slowest
2. The 500 yard Freestyle and 400 yard IM will be swum alternating women's and men's heats. All prelim heats of the 500 yard Free and 400 yard IM will be swum at the conclusion of the morning session. The 500 yard Free and 400 yard IM finals will be swum in event order, as listed on the Meet Announcement.
3. The fastest heat of the women's 1650 yard Freestyle (Event #27) will be swum in finals on Sunday after the men's 100 yard final (Event #26). The fastest heat of the men's 1000 yard Freestyle (Event #30) will be swim in finals on Sunday after the men's 200 yard Backstroke (Event #29). The remaining heats of women's 1650 yard and men's 1000 yard Freestyle events will follow the National Championship seeding procedure. The second fastest heat of the men's event will finish approximately one hour prior to the start of the finals warm-up session. All other heats of the women's 1650 yard Freestyle and the men's 1000 yard Freestyle will be seeded back from that point, in descending order, alternating women / men.
4. Based on entries and any capacity restrictions, there may be multiple meet sessions for prelims. This decision will be announced by Monday, December 13th, 2021 by 5:00 PM on the Western Zone website <https://www.teamunify.com/Home.jsp?team=wzone> and by email to all entered teams. This will also be discussed if needed at the coaches meeting.

FINALS:

30 athletes will advance to the finals in events 500 yards or less. Finals will be in the following order: Bonus(C), Consolation(B), Championship(A) with 10 athletes qualifying for each Final Heat. **The Top 32 qualifiers must scratch by the scratch deadlines if they do not wish to swim in finals.** Championship Final (A heat) will be announced at the blocks. B, and C heats will be announced in the water.

RELAYS:

1. 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. An athlete 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 athletes must be listed on the team entry form.**
2. Relays will be contested at the end of Finals Friday, Saturday and 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 Free Relay on Sunday at the conclusion of prelims (before the 1650 yard /1000 yard freestyle). This option must be declared by the scratch deadline (5:30 PM) on Saturday.
3. There will be a ten (10) minute break following the last individual event before starting the relays. The competition pool will be open for warm-up during that time.

AWARDS:

1. 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. These could be adjusted depending on meet size.
2. High point award: The top male and female athlete. Individual event awards: first through eighth place. Relay awards: first through third place.
3. Individual Scoring to be as follows (30 places);
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 30 places, points applied towards team's overall score in team's division. No tiered Scoring by Division.
4. There will be a "Coach of the Meet" award to be balloted on the final day of the meet during preliminaries.
5. Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction:

- Time Trials will be held under a separate sanction of Southern California Swimming.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted on deck with cash or check ONLY.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (2) time trials total during the course of the meet.

- A decision on Relay Only swimmers at Time Trials will be announced no later than Monday, December 13th.
- Time Trial Entry Fees: \$20.00 per event

WARM-UP:

1. The competition course will be open for general warm-up on Thursday 2:30 – 3:50 pm, on Friday through Saturday from 7:00-8:50 am and 3:30– 4:50 pm, and on Sunday from 6:30 – 8:20 am and 2:30 – 3:50 pm.
2. Competition course Lanes 1 & 10 will be designated for push-pace work: 2 & 9 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts are permitted only in the sprint lanes. Pace and sprint lanes will be so designated at the discretion of the Referee, as needed.
3. Lanes will be available for warm-up/cool down at all times No paddles, snorkels or other breathing devices, boards or fins will be allowed in the competition course.
4. Athletes 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 unless the lane is a sprint lane under coach supervision.

OPEN DECK: Please note, this meet will be run with an **OPEN DECK** – there will be barricaded areas where only coaches, officials, athletes, and volunteers will be permitted. You will need a meet credential to be in these areas.

- Primary athlete seating will be outside the main gate.
- Coach seating will be on the south side of the competition pool. Tents and tables will be provided; coaches should bring their own chairs.
- Spectators may enter the deck in limited numbers through an entrance on the north side Deck Marshalls will be in the area. The spectator area will be at the turn end of the competition pool.
- There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteer per session. Specific lane assignments will be given by Monday, December 13th.

RESTRICTIONS:

1. Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue.
2. Shaving is not permitted anywhere in the facility.
3. There will be separate restroom facilities for athletes and coaches / officials / spectators.
4. Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be in a harness at all times.
5. Deck changes are prohibited; athletes need to change in designated bathrooms or in USA Swimming approved team changing tents.

6. 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.
7. 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.

HEALTH AND SAFETY

CONCUSSION TRAINING: The State of California requires all coaches and officials to have taken concussion training. The training courses can be found here (either course is accepted, coach does not need both):

<https://www.cdc.gov/headsup/youthsports/coach.html> or
<https://nfhslearn.com/courses/61151/concussion-in-sports>

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this event, you voluntarily assume all risks related to exposure to COVID-19.

Golden West Swim Club will adhere to the public health guidelines in effect on December 16th – 19th, 2021 from Golden West College, Orange County, and USA Swimming. These will be reviewed at the Coaches Zoom Meeting

OFFICIALS:

The official application form can be found at: <https://forms.gle/hsE2XAN4sXujtyYB6>. This meet has been submitted to SCS as an Officials Qualifying Meet (QM15 -----) for N2 and N3 certification and recertification.

Officials dress will be white polo shirt tucked into khaki pants, skirt, or shorts with a belt, white socks, and shoes. All officials meeting will be held 1 hour before the start of each session.

FOR MORE INFORMATION: Contact Meet Director Don Conner,

coach.don@goldenwestswimclub.org and (657) 215-5656

Hotel information:

Local Hotel Information will be posted to the Western Zone website no later than October 25, 2021.

Winter CA / NV Speedo Sectionals 2021 Order of Events and Time Standards

***1650 and 1000 Event order on Sunday is the Finals Session order.** In Prelims, the 1650 and 1000 heats EXCEPT for the FASTEST 8 checked in athletes will swim per National Championship meet procedure rules.

****500 free and 400 IM Event order is the Finals Session order.** Friday: Prelim heats of the 500 free will swim AFTER the 200 IM. Saturday: Prelim heats of the 400 IM will swim AFTER the 50 free. Fast to slow alternating Women and Men.

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, DECEMBER 16th, 2021						
4:00 pm Timed Finals						
1	10:39.89	9:36.09	1000 Y Freestyle			
			1650 Y Freestyle	16:43.89	17:13.49	2
FRIDAY, DECEMBER 17th, 2021						
9:00 AM PRELIMS 5:00 PM FINALS						
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 Individual 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, DECEMBER 18th, 2021						
9:00 AM PRELIMS 5:00 PM FINALS						
13	2:10.09	2:27.99	200 M 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 Individual 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 Freestyle Relay	7:15.29	8:15.69	24
SUNDAY, DECEMBER 19th, 2021						
8:30 AM PRELIMS 4:00 PM FINALS						
25	53.99	1:01.89	100 Y Freestyle	48.19	56.09	26
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 Freestyle Relay	3:18.59	3:46.89	34

**Winter Speedo Sectionals 2021
Bonus Time Event Standards**

WOMEN			MEN	
SCY	LCM	Event	SCY	LCM
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 Winter Sectionals 2021 California-Nevada Championship
December 16 - 19th, 2021
Huntington Beach, 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 2021 / 2022 USA-Swimming Certified Coaches in attendance: ____

Please complete this form and submit it with your entries.

**Speedo Winter Sectionals 2021
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 400 Yard Medley Relay

Time Standards 4:36.09L/4:02.69Y

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 12 - Men's 400 Yard Medley Relay

Time Standards 4:09.69L/3:38.99Y

Relay A Entry Time __

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

Relay B Entry Time _____

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

Event 23 - Women's 800 Yard Freestyle Relay

Time Standards 9:05.59L/8:00.19Y

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 24 - Men's 800 Yard Freestyle Relay

Time Standards 8:15.69L/7:15.29Y

Relay A Entry Time _____

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

Relay B Entry Time _____

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

Event 33 - Women's 400 Yard Freestyle Relay

Time Standards 4:11.59L/3:41.79Y

Relay A Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Event 34 - Men's 400 Yard Freestyle Relay

Time Standards 3:46.89L/3:18.59Y

Relay A Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

Relay B Entry Time _____

1. _____ 2. _____

3. _____ 4. _____

2021 CA / NV Speedo Sectional Winter Championship

Meet Entry Recap

Entries MUST BE RECEIVED BY 12/8/2021. 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	@ \$15.00/swimmer	\$
	TOTAL	\$

Mail to:

Judi Divan
 c/o Speedo Winter Sectionals
 33561 Calle Miramar
 San Juan Capistrano, CA 92675
 e-mail: divanj@cox.net

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