

2023 CA/NV Speedo Sectionals
Novato, California
March 2-5, 2023



Open to All CA, CC, PC, SI, SN teams
*Limited to 800 swimmers that includes up to 200 out of
section swimmers*

Location:

College of Marin Indian Valley Campus
MIWOK Aquatic Center
1800 Ignacio Blvd
Novato, CA 94949

Sponsored By:

USA Swimming & Pacific Swimming

Hosted By:

Thunder Coast Aquatics (TCA)

2023 CA/NV Speedo Sectionals Novato, California

SANCTIONED BY: PACIFIC SWIMMING/USA SWIMMING

SANCTION #: 23-001

HOSTED BY: THUNDER COAST AQUATICS

DATES OF MEET: March 2-5, 2023

MEET REFEREE: Scott Ranslem scotranslem@discover.com 661 510 5133

MEET DIRECTOR: Sarah Paoli coachsarah.paoli@gmail.com 415 378 4304

ADMIN REFEREE: Mary Ruddell mary.ruddell1@gmail.com

OPEN TO: CA, CC, PC, SI, SN athletes and up to 200 out of section swimmers

ENTRIES CLOSE: Wednesday, February 22nd, 2023 @ 11:59 pm

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	ZOOM MEETING MARCH 1st 7:30 p.m.	
Officials Meetings	Scott Ranslem	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday, March 2nd (Timed Finals)		Warm-up: 2:30-3:50 p.m. Competition: 4 p.m.
Friday & Saturday, March 3 rd and 4 th	Warm-up: 7-8:50 a.m. Competition: 9 a.m.	Warm-up: 3:30-4:50 p.m. Competition: 5 p.m.
Sunday, March 5 th	Warm-up: 6:30-8:20 a.m. Competition: 8:30 a.m.	Warm-up: 2:30-3:50 p.m. Competition: 4 p.m.

FORMAT:

This meet will be conducted in SCY. All individual events except the 1000/1650 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights and / or two courses. If either flighting or two courses are deemed necessary, information will be disseminated at or before the General Meeting. The top three heats of swimmers from preliminaries will advance to A, B, and C heats in the Finals. (C Heat is limited to athletes 18&under ONLY)

POOL: MIWOK Aquatic Center, 1800 Ignacio Blvd, Novato, CA 94949

DIRECTIONS: From Golden Gate Bridge and Southern Marin County - HWY 101 North to Ignacio Valley Blvd exit. West on Ignacio Valley Blvd until entrance to campus. From East Bay - Richmond Bridge HWY 580 West to HWY 101 North to Ignacio Valley Blvd.

COURSE: The competition course has not 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 and up to 200 out of section swimmers who hold 2023 USA Swimming Premium or Outreach 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 2023 registered and have 2023 approved team charters. On deck registration is NOT permitted. If an

entering team is not 2023 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.

ENTRY INFORMATION:

GENERAL:

- 1) 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 short course yards and "L" for long course meters.
- 2) Short Course Yards (SCY) qualifying times will be seeded first followed by Long Course Meters (LCM), Bonus SCY, Bonus LCM.
- 3) Qualifying times must be achieved between 9/1/21 and 2/20/23.
- 4) OME will open on Monday, January 9th, 2023 and OME Entries will close on Wednesday, February 22nd @ 11:59 pm Pacific Time.
- 5) Athletes may compete in no more than six (6) individual events.
- 6) Athletes may compete in no more than three (3) individual events per day.
- 7) An athlete with 5 or fewer qualifying times may enter one (1) additional bonus event (labeled "B" on entry), if the athlete has achieved the listed bonus time standard.
- 8) If a qualifying time is achieved in an event that the athlete has currently entered as a bonus event, the athlete can use the qualifying time to enter that event and then add an additional bonus event, as long as the athlete has five (5) or fewer total qualifying events.

FEES:

- 1) Athlete Surcharge: \$25
- 2) Individual Event: \$15
- 3) Relays: \$30

NEW QUALIFYING TIMES:

Only swims achieving the qualifying time standards for the first time from Tuesday, February 21st, 2023, through Sunday, February 26th are allowed and must be entered through OME under the title 2023 Speedo Sectionals CA/NV Novato New Qualifying Swims. These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, February 26th, 2023, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.

LATE ENTRIES:

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements and space being available in the meet:

- 1) Late entries must be submitted through OME
- 2) These entries must be received no later than 11:59 pm Pacific Time on Sunday, February 26th, 2023
- 3) The team or athlete must pay a one-time processing fee of \$100 and pay entry fees of \$30 per individual event and \$60 per relay event.

PROOF OF TIME:

This is a proof of time meet. The entry chair 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 automatic meet entries, only proof of entered time.

RULES AND PROCEDURES:

MEET REFEREE: Scott Ranslem; scotranslem@discover.com. 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. 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 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 (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

All athletes ages 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after March 2, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after March 2, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8.

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 without the use of a backstroke ledge. 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 in Article 207.11.6 in the current rulebook will be used at this meet. The penalty for failure to compete in an individual preliminary heat or positively checked-in timed final event in which such athlete is entered and has not been scratched will be one of the following:
 - a. Being barred from all further individual and relay events of that day.
 - b. Payment of a fine of \$100 payable to team host.
- 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 into Admin Table 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 of their intent to scratch an 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 final will be removed from the meet.

POSITIVE CHECK-IN:

Positive check-in is required for:

- 1) All Thursday events (Women’s 1000 Yard Freestyle / Men’s 1650 Yard Freestyle / Men and Women 800 Free relays): Thursday at 2:30 pm.
- 2) Friday and Sunday relays by the scratch deadline for the next day’s events.
- 3) Sunday distance events (Women’s 1650yard Freestyle and Men’s 1000yard Freestyle): Saturday 30 minutes after start of finals.
- 4) Any “no show” athlete.

OTHER TECHNICAL NOTES:

- 1) All preliminary heats will be swum slowest to fastest. The meet referee has the discretion to flight the 400 IM / 500 Free.
- 2) The fastest heat of women’s 1650 yard Freestyle and the fastest heat of men’s 1000 yard Freestyle will swim in event order at finals. The remaining heats of women’s 1650 and men’s 1000 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 session. All other heats of the women’s 1650 and the men’s 1000 Freestyle will be seeded back from that point, in descending order, alternating women / men.
- 3) Sunday: The option to compete the 1650 or 1000 Freestyle during the preliminary session, instead of the fastest 10 entries at finals, must be declared by the scratch deadline. All athletes should declare at the time of positive check-in.

FINALS:

30 athletes will advance to the finals in events 500 yards or less. Finals will be in the following order: Protected Final(C), Consolation(B), Championship(A) with 10 athletes qualifying for each Final Heat. The top 10, 18 & Under swimmers who do not qualify for the Consolation (B) or Championship (A) heats will advance to the “C” final. If there are not enough 18 & Under swimmers to fill the “C” final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. The Top 30 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. C and B 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 declared on the team entry in OME.
- 2) Relays will be contested at the end of Timed Finals Thursday and end of Finals Friday, 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 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 (20 places);
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.
- 4) Divisional scoring will be based on the 20 places, points applied towards team's overall score in team's division. There is no tiered Scoring by Division.
- 5) Coach of the Meet: Ballots will be made available on Saturday evening and will be attached to those teams who have relays swimming on Sunday. Ballots will be collected thru end of prelims Sunday in the admin area. Teams that do not have relays swimming can pick up their ballots by the scratch box.
- 6) Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction: 23-002

- 1) Time Trials will be held under a separate sanction of LSC.
- 2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- 3) Entries for Time Trials will be conducted only through the time trial admin desk PAYMENT AT TIME OF ENTRY IS REQUIRED.
- 4) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- 5) 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 two (2) time trials total during the course of the meet.
- 6) Relay Only swimmers will be eligible to compete in a total of two (2) Time Trial events
- 7) Time Trial Entry Fees: \$20.00 per event

WARM-UP:

- 1) Team warm-up will be available on Thursday from 2:30-3:50 p.m.
- 2) 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
- 3) Pace and sprint lanes will be so designated at the discretion of the Referee, Sprint lanes will be one-way from the blocks under USA Swimming member coach supervision.
- 4) 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 and warm-up pools.
- 5) 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.

CLOSED DECK:

This meet will be run with a CLOSED DECK AREA. Coaches, officials, athletes and designated volunteers will have access to the competition deck. The deck will be closed to parents and spectators.

TIMERS

There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteer at all sessions. Specific lane assignments will be given by Tuesday prior to meet start.

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

LIABILITY:

Please note that College of Marin has strict guidelines surrounding Covid-19 with specific guidelines at our venue. Your vendors and guests will be required to adhere to the following policies. Please note that currently, attendees and vendors working on your behalf will be required to be vaccinated and potentially show proof of vaccination. Masks are strongly encouraged.

MEDICAL ASSISTANCE :

NOVATO COMMUNITY HOSPITAL
180 Rowland Way, Novato, CA 94945
(415) 209-1300

OFFICIALS:

- 1) The official application form will open on 11/1/2022. Information will be posted on the Western Zone website.
- 2) This meet is designated as an OQM for N2 & N3 certification (Official Qualifying Meet)
- 3) Official's briefings: 1 hour prior to the start of each session.
- 4) Attire: White polo type shirt over blue pants and white socks and deck friendly shoes. Professional length shorts are fine for prelims, long pants/long skirt required at finals.

ADDITIONAL INFORMATION:

Please ask for "Speedo Sectionals" for the courtesy block of rooms at each hotel.

Hotels:

[Courtyard by Marriott](#)

1400N Hamilton Pkwy, Novato, CA 94949
415-883-8950

[Inn Marin Suites Novato](#)

250 Entrada Drive, Novato
415-883-5952

[Best Western Novato](#)

215 Alameda Del Prado, Novato
415-883-4400

[Four Point Sheraton](#)

1010 Northgate Drive, San Rafael
415-479-8800

[Embassy Suites, San Rafael](#)

101 McInnis Parkway, San Rafael
415-499-9222

Recommended Restaurants

[Rickeys at Inn Marin](#)

[Perrys at Best Western](#)

[Toast](#)

[Moylans](#)

[Hopmonk](#)

[La Toscana](#)

[Bocca Pizza](#)

[Taki Sushi](#)

[Mamita Cocina Mexican](#)

[Sakura Sushi](#)

[Active Culture](#)

Historical Downtown Novato -Grant Avenue

[Finnegans](#)

[Masa](#)

[Mi Pueblo](#)

[Grazie Cafe](#)

[My Thai II](#)

[Blue Barn](#)

[Rustic Cafe](#)

Grab and Go!

[Nectar Juice](#)

[Pete's Coffee](#)

[Marin Coffee Roasters](#)

[Red Whale Coffee](#)

[Nugget Market](#)

[Marinwood Market](#)

[Whole Foods](#)

PARKING

Parking is \$4 on Thursday - Saturday and free in all lots Sunday. Upper Lot #5 is also free on Sunday and is marked by yellow parking stalls. Below is a link to pre-pay for parking on Saturday if you wish. We will have reserved parking for Officials in Lot #3 on Thursday - Saturday and at the Jonas Center Parking lot on Sunday. Make sure to park only in marked stalls, campus police will ticket and tow if parked illegally. The closest lots to the pool are lots 3 & 4, but there is plenty of parking in all other lots. The Jonas Center parking lot will not be available at all on Saturday.

COLLEGE OF
MARIN Indian Valley Campus Map
1800 Ignacio Blvd., Novato, CA 94949



From Hwy 101, Ignacio Exit, head West, on Ignacio Blvd from Hwy 101; through College of Marin gate, past the electronic sign on hillside above your right, to the 4th driveway on your left, into parking lots 3 or 4. Parking is currently free, although parking rules violations (not parking within marked parking spaces, etc.) will be cited.

cross bridge over creek, walk up paved paths to Miwok

- Accessible Parking
- Bus Stop
- Designated Smoking Area
- Electric Charging Stations
- Emergency Evacuation Areas
- Motorcycle Parking
- Ticket Dispensing Machine
- Wi-Fi Access

2023 CA / NV Speedo Sectionals

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 heat of checked in athletes will swim per National Championship meet procedure rules.**

****All heats for 500 free / 400 IM will be swum slowest to fastest. If only one course is used for prelims, women and men will alternate.**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
THURSDAY, March 2, 2023						
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
3	8:00.19	9:05.59	800 Y Freestyle Relay	7:15.29	8:15.69	4
FRIDAY, March 3, 2023						
9:00 AM PRELIMS 5:00 PM FINALS						
5	1:56.29	2:12.99	200 Y Freestyle	1:45.79	2:03.09	6
7	1:07.59	1:18.79	100 Y Breaststroke	1:00.89	1:11.29	8
9	59.19	1:07.19	100 Y Butterfly	52.89	1:00.89	10
11	4:39.09	5:20.09	**400 Y Individual Medley	4:14.69	4:55.09	12
13	4:02.69	4:36.09	400 Y Medley Relay	3:38.99	4:09.69	14
SATURDAY, March 4, 2023						
9:00 AM PRELIMS 5:00 PM FINALS						
15	2:10.09	2:27.99	200 M Butterfly	1:58.89	2:15.89	16
17	59.49	1:09.49	100 Y Backstroke	53.89	1:03.29	18
19	24.89	28.69	50 Y Freestyle	22.19	25.89	20
21	2:28.19	2:49.69	200 Y Breaststroke	2:13.29	2:35.79	22
22	5:10.69	4:39.69	**500 Y Freestyle	4:47.79	4:21.09	24
SUNDAY, March 5, 2023						
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	2:10.49	2:31.09	200 Y Individual Medley	1:58.19	2:18.39	32
33	3:41.79	4:11.59	400 Y Freestyle Relay	3:18.59	3:46.89	34

**2023 Speedo Sectionals 2023
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