

# USA Swimming 2012 Speedo Champions Series

## Summer Gold Sectional Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/  
USA SWIMMING

SANCTION #: 12-139

HOSTED BY: SCS & Canyons Aquatic Club

HEATS & FINALS

DATES OF MEET: July 25 - 30, 2012

ENTRIES DUE: **DELIVERED** by  
Wednesday, July 18, 2012

START TIMES: Prelims: 9:00 am  
                  Finals: July 25 - 4:00 pm  
                              July 26 - 29 - 5:00 pm (or as designated by Referee)  
                  Open Water: July 30 8:30 am (Men) – 8:40 am (Women)

WARMUPS: Wednesday 2:30 pm (Finals)  
Thursday to Sunday - 7:00 am  
(Prelims)  
3:30 pm (Finals)

**Open to: CA, CC, PC, SI, and SN LSC's**

**POOL:** Santa Clarita Aquatic Center 20850 Centre Point Parkway • Santa Clarita, CA 91350

### **DIRECTIONS:**

- From 14 FWY NORTH: Take GOLDEN VALLEY exit. Left on GOLDEN VALLEY. Right on CENTRE POINT PKWY, right into second driveway.
- From 14 FWY SOUTH: Take GOLDEN VALLEY exit. Right on GOLDEN VALLEY. Right on CENTRE POINT PARKWAY, right into second driveway.

**COURSE:** The Santa Clarita Aquatic Center competition pool is an outdoor 50-meter x 25-yard pool. A separate warm-up/warm-down pool will be open during the meet. Competition courses have been certified in accordance with USA Swimming Rule 104.22.2 (C). Pool depth at start and turn end is 7'6".

**ELIGIBILITY:** Open to athletes in Central California, Pacific, San Diego/Imperial, Sierra Nevada and Southern California Swimming who hold 2012 USA Swimming membership. Entries accepted by team electronic file or OME only. Relay-only swimmers must be included in the team electronic file. Please designate unattached swimmers 'UN'.

**QUALIFYING TIMES:** must be achieved between May 1, 2011, and July 22, 2012. Long Course Meter qualifying times will be seeded first, next short course yard qualifying times, then bonus LCM and bonus SCY 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 one (1) additional bonus event (label "B" on entry) IF he/she has achieved the listed bonus time standard. NEW (no updates) entry times achieved 07/18/12-07/22/12 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 07/22/12 to: [dearmas1@gmail.com](mailto:dearmas1@gmail.com). 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 the event and add an additional bonus event as long as he/she has 5 or fewer total qualifying events.

**COACH MEETING:** 1:30 pm, Wednesday, July 25, 2012 at: Santa Clarita Aquatic Center 20850 Centre Point Parkway • Santa Clarita, CA 91350. A representative from each team must attend.

### **ENTRY INTO THE MEET**

**ENTRY MEDIA:** All entries must be submitted and received electronically via USA Swimming OME or team electronic file. Team electronic entry is to be sent via email with the entry file and meet entry report as attachments to [dearmas1@gmail.com](mailto:dearmas1@gmail.com). Please use the event file provided on the SCS website for electronic team entries ([www.socalswim.org](http://www.socalswim.org)). The electronic 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. 5K Open Water Swim: \$25.00 per entry until 5pm 7/25; \$40.00 thereafter. Relay only swimmers must be listed on team entry form. Relay only swimmers may NOT be deck entered. There are no refunds. OME entry paid by credit card will incur a \$2/swimmer charge. Time Trials entry fee: \$10.

**FOR TEAM ENTRY 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. MAIL ENTRY FORMS to:**

US Mail address	UPS or FedEx address
2012 Summer Sectional Championship Attn: Alina de Armas PO Box 63 Simi Valley, CA 93062-0063	2012 Summer Sectional Championship Attn: Alina de Armas 2724 Loraine Place Simi Valley, CA 93065

or EMAIL to: [dearmas1@gmail.com](mailto:dearmas1@gmail.com)

**ENTRIES CLOSE:** Entries must be received by Wednesday, July 18, 2012. 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, except a hard standard achieved in a previous bonus event) entry times achieved 07/18/12-07/22/12 may be entered by the Meet Administrative Referee where swum by email by 11:59 pm 07/22/10 to [dearmas1@gmail.com](mailto: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 D, C, B and A final for all events except 800, 1500 and relays, which will be swum as timed finals. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the 800 and 1500 Freestyle AND ALL Relays required by the day's scratch deadline.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. 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 the meet is acknowledgement and consent to this fact.

**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.

**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 the swimmer's 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).

**SCRATCH DEADLINES:** Scratches for Thursday's events may be submitted via email before 5:30 pm Wednesday to [dearmas1@gmail.com](mailto:dearmas1@gmail.com). Thursday, Friday, and Saturday 30 minutes after start of Finals 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.

**POSITIVE CHECK-IN:** Women's 800 Freestyle and Men's 1500 Freestyle: deadline Wednesday 07/21- 3:15 pm. Women's 1500 Freestyle and Men's 800 Freestyle: Saturday 30 minutes after start of Finals to be seeded by time. **ALL RELAYS:** by scratch deadline for next day's events.

**SPECIAL NOTES:** ALL preliminary heats of events will be swum fastest-to-slowest. Additionally, the 400 Freestyle and 400 IM will be swum alternating women's and men's heats. Fastest heat of Women's 1500 (#27) will be swum after men's 100 Back finals (#26) Sunday; fastest heat of men's 800 (#30) will be swum after the men's 100 Breaststroke finals (#29). All other heats of Women's 1500 and Men's 800 will be swum, slow to fast, alternating women/men with last heat ending at start of finals' warm-ups on Sunday. 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. If entries warrant, the preliminaries will run "in chase" from both ends of the pool.

***FLIGHT or DOUBLE ENDING DECISION WILL BE ANNOUNCED MONDAY, July 23rd, on the 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 1500/800 freestyle). Sunday afternoon relays will be swum fast to slow. Option must be declared by scratch deadline (5:30 pm) on Saturday.

**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; points earned will be applied towards team's score in the 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): Open to swimmers entered in individual events and limited to two (2) for the meet. 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: # 12-140.

**OPEN WATER:** A 5 kilometer open water event will be held on Monday, July 30. The 5K is open to all Sectional entrants and swimmers with at least one Sectional standard. This event will not count towards a team point total, individual high point awards or individual event limit. Open Water Sanction # 12-141.

**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. Warm up pool: 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 (QM12-089) for N2 and N3 certification and recertification. Please see the Southern California Swimming web site ([www.socalswim.org](http://www.socalswim.org)) for applications to officiate at this meet. Applications must be received by July 18, 2012, for consideration for assigned positions. Officials are required to attend an officials briefing one hour prior to the start of each session. For additional information contact Richard Pierson: [rlpierson@gmail.com](mailto:rlpierson@gmail.com). Submit applications to Richard Pierson at [rlpierson@gmail.com](mailto:rlpierson@gmail.com).

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

**Hotel Information: See below or Visit [www.Canyons.org](http://www.Canyons.org)**

Santa Clarita has several hotels, most of which are on the west side of the city, about six miles from the pool. Traffic to and from the pool is generally light but you should plan on a 15-minute commute from hotel to pool.

Canyons Aquatic Club has contracted with several local hotels for the best possible individual and team hotel rates. We've obtained blocks of rooms at the hotels listed below. If you are planning on booking a large block of rooms for your team, please call the sales contact listed for that hotel and make special arrangements

**Hyatt Regency Valencia**  
**24500 Town Center Drive**  
**Valencia, CA 91355**  
[www.valencia.hyatt.com](http://www.valencia.hyatt.com)

The Hyatt Regency Valencia is located in the heart of Santa Clarita, about four miles from the pool. The hotel's central location puts it in walking distance to movies, dining and shopping. This is an upscale hotel (3.5 stars). The room rate includes a complimentary breakfast buffet at Vines Restaurant. \$118 per Single/Double – Room (*rates are subject to current Occupancy tax and California tourism fee*)

For Reservations: Call the Hyatt Reservations line at **(800) 233-1234** or **(661) 799-1234**. Mention the group name Southern California **Sectionals 2012**. The cut-off date to make reservations is July 10, 2012. Teams looking to make a block booking should contact **Jennifer Baranda at: 661-678-4141 or via e-mail at: [jennifer.baranda@hyatt.com](mailto:jennifer.baranda@hyatt.com)**.

Hilton and Marriott properties offer discounted rates to participating teams coming to the Santa Clarita Valley area for The California Nevada Gold Sectionals 2012.

***Please contact Felisa Richards at (661) 678-2923 to reserve your team or individual reservations***

<p style="text-align: center;"><u>Courtyard by Marriott</u>            For Reservations Call 661-678-2923  <a href="http://www.marriott.com/bursc">www.marriott.com/bursc</a>            All rates <u>include</u> Hot breakfast buffet.*</p> <p style="text-align: center;">Rate: \$129+ /night            Single King Room with Pull out Sofa            (Includes breakfast for up to two)            OR            Two Queen Room            (Includes breakfast for up to four)</p> <p style="text-align: center;">CLOSEST HOTEL TO AQUATIC CENTER</p>	<p style="text-align: center;"><u>Fairfield Inn by Marriott</u>            For Reservations Call 661-678-2923  <a href="http://www.marriott.com/laxvl">www.marriott.com/laxvl</a></p> <p style="text-align: center;">All rates <u>include</u> daily deluxe continental breakfast.</p> <p style="text-align: center;">Rate: \$109+ /night            Single King Room            OR            Two Queen Room</p>
<p style="text-align: center;"><u>Residence Inn by Marriott</u>            For Reservations Call 661-678-2923  <a href="http://www.marriott.com/laxva">www.marriott.com/laxva</a>            All rates <u>include</u> daily Hot Buffet Breakfast, a complimentary light dinner buffet Tuesdays-Thursdays featuring a hot entrée item, cold Hors d'Oeuvres, beer, wine and soft drinks.            Rate: \$149-\$169+ /night            Studio Suite            (1 Queen Bed and 1 Sofa Bed)            OR            One Bedroom Suite            (One Bedroom with 1 Queen Bed and Sofa Bed)</p>	<p style="text-align: center;"><u>Hampton Inn by Hilton</u>            For Reservations Call 661-678-2923  <a href="http://www.hamptoninnsantaclarita.com">www.hamptoninnsantaclarita.com</a>            All rates <u>include</u> daily "On the House" Hot Buffet Breakfast.</p> <p style="text-align: center;">Rate: \$129+ /night            Single King Room            OR            Two Queen Room</p>

**USA Swimming 2012 Speedo Champions Series**  
**Summer Gold Sectional Championship**  
**Order of Events – Long Course Meters**

<b>WOMEN</b>			<b>EVENT DESCRIPTION</b>	<b>MEN</b>		
<b>Event #</b>	<b>Minimum Time Yards</b>	<b>Minimum Time Meters</b>		<b>Minimum Time Yards</b>	<b>Minimum Time Meters</b>	<b>Event #</b>
			<b>Wednesday July 25, 2012 – 4:00 pm</b>			
1	10:43.19	9:35.99	800/1500 Freestyle	16:59.99	17:29.99	2
			<b>Thursday July 26, 2012 – 9:00 am</b>			
3	2:12.59	2:28.29	200 Butterfly	1:59.49	2:15.99	4
5	2:29.39	2:50.79	200 Breaststroke	2:14.89	2:36.69	6
7	2:11.59	2:31.19	200 Backstroke	1:59.69	2:19.49	8
9	53.89	1:01.59	100 Freestyle	48.89	56.79	10
			<b>Friday July 27, 2012 – 9:00 am Prelims</b>			
11	1:56.29	2:12.49	200 Freestyle	1:46.79	2:02.69	12
13	4:42.99	5:19.99	400 Individual Medley	4:17.69	4:57.89	14
15	8:06.09	9:12.29	800 Freestyle Relay	7:15.09	8:16.59	16
			<b>Saturday July 28, 2012 – 9:00 am Prelims</b>			
17	2:12.39	2:31.49	200 Individual Medley	2:00.39	2:19.89	18
19	25.19	28.79	50 Freestyle	22.59	26.09	20
21	5:12.99	4:41.99	400 Freestyle	4:48.19	4:21.29	22
23	3:48.99	4:20.59	400 Freestyle Relay	3:23.39	3:54.19	24
			<b>Sunday July 29, 2012 – 9:00 am Prelims</b>			
25	1:01.09	1:10.89	100 Backstroke	54.99	1:04.39	26
27	17:57.49	18:20.99	1500 Freestyle			
28	1:09.19	1:19.19	100 Breaststroke	1:01.99	1:11.99	29
			800 Freestyle	10:10.99	9:08.99	30
31	59.89	1:07.59	100 Butterfly	53.79	1:00.89	32
33	4:14.59	4:51.59	400 Medley Relay	3:47.99	4:22.69	34
			<b>Monday July 30, 2012 – 8:30 am</b>			
35			5K Open Water			36

**USA Swimming 2012 Speedo Champions Series**  
**Summer Gold Sectional Championship**

<b>BONUS EVENT TIME STANDARDS</b>				
<b>Yards</b>	<b>Meters</b>	<b>Event</b>	<b>Yards</b>	<b>Meters</b>
25.49	29.09	<b>50 free</b>	22.89	26.39
54.49	01:02.39	<b>100 free</b>	49.39	57.39
01:57.49	02:13.69	<b>200 free</b>	01:47.79	02:04.09
05:15.99	04:44.39	<b>400/500 free</b>	04:50.99	04:24.09
10:49.19	09:40.79	<b>800/1000 free</b>	10:16.99	09:13.79
18:07.39	18:29.99	<b>1500/1650 free</b>	17:09.89	17:38.99
01:01.69	01:11.49	<b>100 backstroke</b>	55.59	01:04.99
02:12.79	02:32.39	<b>200 backstroke</b>	02:00.89	02:20.69
01:09.79	01:19.79	<b>100 breaststroke</b>	01:02.59	01:12.59
02:30.59	02:51.99	<b>200 breaststroke</b>	02:16.09	02:37.89
01:00.49	01:08.29	<b>100 butterfly</b>	54.39	01:01.79
02:13.79	02:29.49	<b>200 butterfly</b>	02:00.69	02:17.59
02:13.99	02:33.49	<b>200 IM</b>	02:01.79	02:21.49
04:45.39	05:22.39	<b>400 IM</b>	04:18.99	04:58.49

**USA Swimming 2012 Speedo Champions Series**  
**Summer Gold Sectional Championship**  
**July 25-30 2012**  
**Santa Clarita, CA**

**Team Information Sheet**

Team Name: \_\_\_\_\_

LSC: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Team Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Where is team staying in Southern California: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hotel Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Total number of 2012 USA-Swimming Certified Coaches in attendance: \_\_\_\_\_

**Please complete this form and submit it with your entries.**

**USA Swimming 2012 Speedo Champions Series**  
**Summer Gold Sectional Championship**  
**Relay Proof of Time**

**CLUB:** \_\_\_\_\_ **USA-Swimming Code:** \_\_\_\_\_

Note 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.

Event 15 - Women's 800 Meter Freestyle Relay - Friday July 27, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 16 - Men's 800 Meter Freestyle Relay - Friday July 27, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 23 - Women's 400 Meter Freestyle Relay - Saturday July 28, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 24 - Men's 400 Meter Freestyle Relay - Saturday July 28, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 33 - Women's 400 Meter Medley Relay - Sunday July 29, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____

Event 34 - Men's 400 Meter Medley Relay - Sunday July 29, 2012

Team A	Entry Time _____	Team B	Entry Time _____
1.	_____	1.	_____
2.	_____	2.	_____
3.	_____	3.	_____
4.	_____	4.	_____



**USA Swimming 2012 Speedo Champions Series  
Summer Gold Sectional Championship**

**MEET ENTRY RECAP & RELAY ENTRY FORM - Entries MUST BE RECEIVED BY JULY 18, 2012**

**This form must be submitted with your Team Entry**

<b>LSC Code:</b>		<b>Long Team Name:</b>		<b>USA-S Team Code:</b>
<b>Coach:</b>		<b>Phone (day)</b>		<b>(night)</b>

Total number of Women's events entered		@ \$10.00/event =	\$
Total number of Men's events entered		@ \$10.00/event =	\$
Total number of Relays entered		@ \$20.00/relay =	\$
Check payable to Southern California Swimming	TOTAL =	\$	

**Mail to: PO Box 63, Simi Valley, CA 93062-0063**

Email: [dearmas1@gmail.com](mailto:dearmas1@gmail.com)

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

**USA Swimming 2012 Speedo Champions Series**  
**Summer Gold Sectional Championship**

**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 9:12.29 Mtr – 8:06.09 Yds		Time Standard 4:20.59 Mtr – 3:48.99 Yds		Time Standard 4:51.59 Mtr – 4:14.59 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 8:16.59 Mtr – 7:15.09 Yds		Time Standard 3:54.19 Mtr – 3:23.39 Yds		Time Standard 4:22.69 Mtr – 3:47.99 Yds
A		A		A	
B		B		B	

# USA Swimming 2012 Speedo Champions Series

## Summer Gold Sectional Championship

5 Kilometer Open Water Swim

Southern California Swimming Sanction # 12-141

Monday, July 30, 2012

8:30 AM – Men

8:40 AM – Women

**Host:** Canyons Aquatic Club

**Race Director:** Andrea Francis

**Information:** www.canyons.org

**Where:** Castaic Lake

**Directions:** From Santa Clarita, head north on the 5 Freeway and exit at Lake Hughes Road. Left on Ridge Route Road then right on Castaic Lake Drive. Turn right and enter the Castaic Lake State Recreation area. You will have to pay the park entry fee (per vehicle). Turn left and follow Grasshopper Road to the West Boat Ramp parking area.

**Course:** The swimming competition course will be a 5K looping point-to-point course with a 100 M entry and exit. The course will be marked with buoys. Course is subject to change based up on lake conditions, safety concerns and final measurement considerations.

**Eligible Athletes:** Any entered swimmers (individual or relay) in the Summer Gold Sectional Swimming Championship and any athlete with an individual Sectional time standard may enter and compete in the Open Water Competition.

**Check in & Registration:** Registration and check in will begin at 7:00 AM at the West Launch Ramp. Race day to registrations will be accepted up to 8:00 AM on the day of the race. At 8:15 AM there will be a pre-race briefing.

**Entry fee:** \$25.00 with sectional entry and up to the coaches meeting on Wednesday July 25<sup>st</sup>. Entries will be accepted during the meet and up to the morning of the swim, \$40.00.

**Entry:** This event will be included in the electronic meet file with the Sectional (Pool) Swim events; entry will be accepted on or before the meet entry deadline. Paper entries will be accepted after the entry deadline and at the meet venue. Paper entry forms can be found at the at the meet administration table.

**Awards:** Every participant will receive a race swim cap to wear during the race. Awards will be given to the top eight finishers in the men's and women's divisions. Scoring is to 24 places. Team awards for 1-3 will be given.

**Note:** This event will not count towards the overall individual event entry limit, high point awards, and/or team point total, at the 2012 Speedo Champions Series. No paddlers will be allowed on the course.

**Safety:** The course will be monitored by a safety boats, kayak/jet ski safety marshals and County Park lifeguards. A lifeguard decision to remove a struggling swimmer is final.

**Hotels:** Closest hotels to the course are the Embassy Suites Valencia (661-257-3111) and the Courtyard by Marriott (661-257-3220).

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(Cut Here)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ USA Swimming Number \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_

Club Affiliation \_\_\_\_\_ Club initials \_\_\_\_\_

Fee: \_\_\_\_\_ \$ 25 up to the coaches meeting on Wednesday July 25<sup>st</sup>.  
\_\_\_\_\_ \$ 40 at the meet or up to 30 minutes prior to race start.