USA Swimming 2008 Speedo Champions Series
California-Nevada Spring Championship

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING **SANCTION #: 08-034**
SPONSORED BY: SCS & the Mission Viejo Nadadores **HEATS & FINALS**
DATES OF MEET: March 5-9, 2008 **ENTRIES DUE: DELIVERED by Tuesday, February 26, 2008**
START TIMES: Prelims 9:00 am Finals: March 5 4:00 p.m., March 6-7-8-9 5:00 pm
WARMUPS: Wednesday 3:00 pm (Finals) Thursday-Sunday 7:00 am (Prelims), 3:30 pm (Finals)
Open to: CA, CC, PC, SI, SN

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at the upper level. Do not park in the tennis lot.

COURSE: Competition pool is an outdoor, international depth, eight-lane, 50 meter course with adjacent 25 yard eight lane warm-up pool.
NOTE: ALL PRELIMS , FINALS, TIMED FINALS, and TIME TRIALS WILL BE SWUM LONG COURSE METERS.

ELIGIBILITY: Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial and Sierra Nevada Swimming who hold 2008 USA Swimming membership. Entry 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, 2007, and February 28, 2008. Long Course qualifying times will be seeded first, next short course yard qualifying times. Swimmers 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 bonus event (label "B" on entry) IF they have achieved the listed bonus time standard. All qualifying individual and relay times must be provable at the meet. NEW (no updates) entry times achieved 02/25/08-03/02/08 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 03/02/08 to divanj@cox.net.

TIME TRIALS: Open to swimmers entered in individual events, limited to two (2) for the meet. Time Trial Sanction: # 08-035. All time trials will be swum Long Course Meters.

COACHES MEETING: 2:30 PM, Wednesday, March 5, 2008 at the Marguerite Recreation Center pool, Mission Viejo, CA. A representative from each team must attend.

ENTRY INTO THE MEET

ENTRY MEDIA: All entries must be received via Hy-Tek Team Manager entry. All entries shall be submitted electronically. Hy-Tek (SDIF files) are to be sent either via email with the entry file and meet entry report as attachments to divanj@cox.net or via CD mailed to the address listed on this form. Please use the event file as 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. For each time entered indicate Y for short course yards, or L for long course meters. Bonus event should be entered with best yard or meter time and labeled YB or LB. For relays accurately complete the Official Team Relay Entry form. All teams MUST submit the Meet Entry Recap sheet whether or not entering relays. When entering electronically "L" or "Y" must be indicated on proof-of-time sheet and bonus events must be indicated as "YB" or "LB" on proof-of-time sheet.

ENTRY FEES: $10.00 per Individual Event + $10 Per-Swimmer Surcharge must accompany team entry form.
Relays: $20.00 per relay team entered. Relay only swimmers must be listed on team entry form and per-swimmer surcharge paid at time of entry. 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:

2008 Sectional Championships
Attn: Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
or EMAIL to: divanj@cox.net

ENTRIES CLOSE: Entries must be DELIVERED by Tuesday, February 26, 2008. Next day delivery service with tracking is recommended (ex: Fed Ex, UPS, Airborne). **You must sign for 'no signature required' on shipping label. Certified, registered, or special delivery mail -OR- delivery service (with tracking) requiring signature at time of delivery will be rejected.** NEW (no updates) entry times achieved 02/25/08-03/02/08 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 03/02/08 to divanj@cox.net.

RULES AND PROCEDURES

MEET REFEREE : The 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 800 & 1500 and relays. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the 800 and 1500 Mtr Freestyle AND ALL Relays required by the day's scratch deadline.

PROOF OF TIME: This is a proof of time meet. The meet host will verify all entries against the USA Swimming SWIMS time database. An unverified entry time must be proven by the scratch deadline or the swimmer/relay team will be scratched from that event. Only swimmers/relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in USA Swimming Rules and Regulations (207.8.5A).

Scratch Deadlines: Wednesday 3/05 3:30 p.m. positive checkin deadline for 800 Free. Scratches: Wednesday 4:30 pm for Thursday's events, Thursday, Friday, Saturday 5:30 pm for the next day's events. A swimmer who fails to scratch and 'no shows' a prelim or timed final event, must positive check in for all subsequent individual events. A swimmer who fails to scratch and 'no shows' a final will be removed from the meet.

SPECIAL NOTES: ALL preliminary heats of events will be swum fastest-to-slowest. Additionally, the 400 Freestyle, 800 Freestyle, 1500 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 1500 (#25) will be the first event of finals Sunday; fastest heat of men's 1500 (#28) will be swum after the men's 100 Back 'A' final (#27). 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.

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 freestyle). Option must be declared by scratch deadline (5:30 pm) on Saturday.

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

WARM-UP: From 7-8 am (3:30-4 pm): the competition courses will be open for general warm-up - NO DIVING. From 8-8:50 am (4-4:50 pm): Lanes 1 & 8 will be designated for push-pace work: Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision - Practice starts only in the sprint lanes. Additional 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 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 (QM08-010) for N2 and N3 certification and recertification. Please see the Southern California Swimming web site (www.socalswim.org) for applications to officiate at this meet. Applications must be received by February 10, 2008 for consideration for assigned positions. For additional information contact Richard Pierson rlpierson@gmail.com.

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

USA Swimming 2008 Speedo Champions Series

California-Nevada Spring Championship

Order of Events & Yard/Meter Time Standards

Note: All Prelims, Finals, Timed Finals & Time Trials will be swum Long Course Meters.

#	Women Yards	Women Meters	Event	Men Yards	Men Meters	#
			Wednesday, March 05, 2008			
			***Positive Checkin: 3:30 P.M. Wednesday**			
1	10:43.19	09:35.99	800 Meters Freestyle	10:10.99	09:08.99	2
			Thursday, March 06, 2008			
			***Scratch Deadline: 4:30 P.M. Wednesday**			
3	02:12.59	02:28.29	200 Meters Butterfly	02:00.69	02:17.19	4
5	02:29.39	02:50.79	200 Meters Breaststroke	02:14.89	02:36.69	6
7	02:11.59	02:31.19	200 Meters Backstroke	01:59.69	02:19.49	8
9	55.09	01:02.59	100 Meters Freestyle	49.39	57.19	10
***All Thursday events, scratches only.**						
			Friday, March 07, 2008			
			***Scratch Deadline: 5:30 P.M. Thursday**			
11	01:58.69	02:14.89	200 Meters Freestyle	01:48.79	02:05.09	12
13	04:42.99	05:19.99	400 Meters Ind. Medley	04:20.29	05:00.89	14
15	08:17.79	09:25.99	800 Meters Freestyle Relay	07:31.29	08:26.79	16
			Relays must be pre-entered; use special relay entry form.			
***Relays require positive checkin-all other Friday events, scratches only.**						
			Saturday, March 08, 2008			
			***Scratch Deadline: 5:30 P.M. Friday**			
17	02:13.59	02:32.89	200 Meters Ind. Medley	02:01.59	02:21.29	18
19	25.39	28.99	50 Meters Freestyle	22.59	26.09	20
21	05:12.99	04:41.99	400 Meters Freestyle	04:53.99	04:26.49	22
23	03:50.09	04:21.89	400 Meters Freestyle Relay	03:24.39	03:55.29	24
			Relays must be pre-entered; use special relay entry form.			
***Relays require positive checkin-all other Saturday events, scratches only.**						
			Sunday, March 09, 2008			
			***Scratch Deadline: 5:30 P.M. Saturday**			
25	17:57.49	18:20.99	1500 Meters Freestyle			
26	01:01.09	01:10.89	100 Meters Backstroke	54.99	01:04.39	27
			1500 Meters Freestyle	16:59.99	17:29.99	28
29	01:09.19	01:19.19	100 Meters Breaststroke	01:01.99	01:11.99	30
31	01:00.49	01:08.19	100 Meters Butterfly	33:36.00	01:01.59	32
33	04:15.79	04:52.99	400 Meters Medley Relay	03:49.09	04:23.99	34
			Relays must be pre-entered; use special relay entry form.			
***1500 Free & Relays require positive checkin-all other Sunday 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 hours 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 pac
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). Events NOT scratched AND 'no showed' will count against the total six allowed events. A swimmer NOT Scratched who 'no-shows' will be required to positive check in for any later individual events.

USA Swimming 2008 Speedo Champions Series
California-Nevada Spring 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

2008 CALIFORNIA-NEVADA SPRING CHAMPIONSHIP

USA SWIMMING SPEEDO CHAMPIONS SERIES

MEET ENTRY RECAP & RELAY ENTRY FORM - Entries MUST BE RECEIVED BY FEBRUARY 28, 2007

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 = $_____
Total number of Men's events entered @ $10.00/event = $_____
Total number of Relays entered @ $20.00/relay = $_____
Total number of Swimmers entered (per-swimmer surcharge*) @ $10.00 = $_____
*includes relay-only swimmers
Check payable to Southern California Swimming TOTAL = $_____

Mail entries and fees to:
2008 Sectional Championships
Attn: Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
Email: divanj@cox.net

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

ENTER RELAY TIMES ON THIS SIDE; COMPLETE PROOF ON BACK FOR 15, 16, 23, 24, 33, 34

NOTE: Four swimmers and provable time (team time) or four swimmers with individual provable times (aggregate time) MUST be listed on the proof side of this form for Events 15, 16, 23, 24, 33, and 34.

WOMEN'S RELAY EVENTS

	EVENT #15 800 Mtr Free Relay		EVENT #23 400 Mtr Free Relay		EVENT #33 400 Mtr 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 Mtr Free Relay		EVENT #24 400 Mtr Free Relay		EVENT #34 400 Mtr 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	

2008 California-Nevada Spring Championship
Relay Proof of Time

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

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

Event 15 - Fri, Mar 7- Women's 800 Mtr Free Relay

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

Event 16 - Fri, Mar 7 - Men's 400 Mtr Free Relay

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

Event 25 - Sat, Mar 8 - Women's 400 Mtr Free Relay

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

Event 26 - Sat, Mar 8- Women's 400 Mtr Medley Relay

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

Event 33 - Sun, Mar 9 - Women's 400 Mtr Medley Relay

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

Event 33 - Sun, Mar 9 - Women's 400 Mtr Medley Relay

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

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

2008 USA Swimming Speedo Championship Series
Western Zone Gold Spring Sectional Championships

MOTEL/HOTELS

Several hotels include breakfast. Ask hotels about airport shuttle services.

COURTYARD BY MARRIOTT
23175 Avenida de la Carlota
Laguna Hills, CA 92653
(800) 228-9290
(949) 859-5500

COURTYARD BY MARRIOTT
27492 Portola Parkway
Foothill Ranch, CA 92610
(800) 228-9290
(949) 951-5700

HILTON GARDEN INN
27082 Towne Center Drive
Foothill Ranch, CA 92610
(949) 859-4000

COUNTRY SUITES by AYRES
28941 Los Alisos Blvd.
Mission Viejo, CA 92692
(949) 455-2545
(888) 329-0227

LAGUNA HILLS LODGE
23932 Paseo de Valencia
Laguna Hills, CA 92653
(949) 830-2550