

**2024 CA/NV Speedo Sectionals**  
**Carlsbad, California**  
**February 29 -March 3, 2024**



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

**Location:**

Alga Norte Aquatic Center  
6565 Alicante Road  
Carlsbad, CA 92009

Sponsored By:

**USA Swimming & San Diego Imperial Swimming**

Hosted By:

**North Coast Aquatics**

# 2024 CA/NV Spring Speedo Sectionals Carlsbad, California

**SANCTIONED BY:** SAN DIEGO IMPERIAL SWIMMING/USA SWIMMING

**SANCTION #:** SI-24-05

**HOSTED BY:** NORTH COAST AQUATICS

**DATES OF MEET:** February 29 – March 3, 2024

**MEET REFEREE:** Dale Ammon: [dcammon5@gmail.com](mailto:dcammon5@gmail.com), 303-478-5529

**MEET DIRECTOR:** Jennifer Putnam, [ncameetdirector@gmail.com](mailto:ncameetdirector@gmail.com), 760-613-3170

**ADMIN REFEREE:** Mark Brown, [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com), 916-201-1254

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

**ENTRIES CLOSE:** Wednesday, February 21, 2024 @ 5:00 pm

## MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Zoom Meeting, Monday, February 27 <sup>th</sup> @ 7:30 pm (pacific)	
Officials Meetings	1 hour prior to competition	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
February 29th (Timed Finals)		Warm-up: 2:00 pm – 3:50 pm Competition: 4:00 pm
Friday & Saturday, March 1 <sup>st</sup> and 2 <sup>nd</sup>	Warm-up: 7:00 – 8:50 am Competition: 9:00 am	Warm-up: 4:00 pm – 4:50 pm Competition: 5:00
Sunday, March 3 <sup>rd</sup>	Warm-up: 7:00 – 8:20 am Competition: 8:30	Warm-up: 3:00 pm – 3:50 pm Competition: 4:00 pm

**Start Time Notes:** the start times for prelims and finals can be adjusted at the Meet Referee’s discretion dependent on meet entries and weather. Changes will be announced at the general meeting.

**FORMAT:**

This meet will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee’s discretion, preliminary sessions may be conducted in flights. If either flighting is 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:** Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009; Phone (760) 268- 4777

**DIRECTIONS:** From the North, Take I-5 South, Exit Palomar Airport Road, Left on Palomar Airport Road, Right on El Camino, Left on Town Garden Road and then Right on to Alicante Road. The pool will be located on your right. From the South, take I-5 North, Exit La Costa. Exit Right on to La Costa, then Left on to El Camino. Turn R on Poinsettia Lane and Left on Alicante Road. The pool will be located on your left

**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 who hold 2024 USA Swimming Premium or Outreach membership and up to 200 out of section swimmers. The meet entry limit is 800 total athletes. 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 2024 registered and have 2024 approved team charters. On deck registration is NOT permitted. If an entering team is not 2024 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.

Visiting "All-Star" teams are also welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Any "All-Star" team must contact the meet director so the required invitation from USA Swimming can be extended. All Star team swimmers will be considered out of section swimmers.

### **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 "L" for long course meters and "Y" for short course yards. Name of the OME Files are 2024 Spring Speedo Sectionals CA/NV NCA and 2024 Spring Speedo Sectionals CA/NV NCA out of section
- 2) Any swimmer with only SCM times should contact the admin referee; the meet referee has the final decision if these non-conforming times can be accepted.
- 3) Long Course Meters (LCM) qualifying times will be seeded first followed by Short Course Meters (SCM), Short Course Yards (SCY), Bonus LCM, Bonus SCM, Bonus SCY.
- 4) Qualifying times must be achieved between 9/1/22 and 2/19/24.
- 5) Entry chair: Alina DeArmas; [alsoswim@gmail.com](mailto:alsoswim@gmail.com). OME will open on Monday, November 20th, 2023 and OME Entries will close on Wednesday, February 21st, 2024 @ 5:00 pm Pacific Time.
- 6) Athletes may compete in no more than six (6) individual events.
- 7) Athletes may compete in no more than three (3) individual events per day.
- 8) 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.
- 9) 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.
- 10) Para athletes meeting the current USA Swimming Sectional time standards are encouraged to attend this meet.
  - a. Athletes can swim up to 6 events in which they have the time standards
  - b. Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

#### **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 20th, 2024, through Sunday, February 25, 2024 are allowed and must be entered through OME under the title 2024 Speedo Sectionals CA/NV NCA New Qualifying Swims and 2024 Speedo Sectionals CA / NV NCA New Qualifying Swims out of section. These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, February 25<sup>th</sup>, 2024, 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 using file 2024 Speedo Sectionals CA/NV NCA Late Entries and 2024 CA/NV Speedo Sectionals NCA late swims out of section
- 2) These entries must be received no later than 11:59 pm Pacific Time on Sunday, February 25th, 2024
- 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 WORLD AQUATICS 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 WORLD AQUATICS approved competition. Times in this database are not automatic meet entries, only proof of entered time.

**RULES AND PROCEDURES:**

**MEET REFEREE:** Dale Ammon, [dcammon5@gmail.com](mailto:dcammon5@gmail.com), 303-478-5529. 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 / MAAPP / MEET 360:**

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

All athletes age 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 February 29th, 2024 of the actual competition, 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 February 29th, 2024, 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 (cash or check made out to North Coast Aquatics).
- 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 24 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 will be seeded in finals. "No shows" from a final will be removed from the meet

POSITIVE CHECK-IN:

Positive check-in is required for:

- 1) All Thursday events (Women's 800 M Freestyle / Men's 1500 M Freestyle / Men and Women 800 Free relays) by Thursday at 2:30 pm (30 minutes after the start of warm-up). Positive check-in can be done via email to the admin referee or at the pool. Texts will NOT be accepted.
- 2) Friday and Sunday relays by the scratch deadline for the next day's events.
- 3) Sunday distance events (Women's 1500 M Freestyle and Men's 800 M Freestyle): Saturday 30 minutes after start of finals.

- 4) Any “no show” preliminaries 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 / 400 Free and swim these preliminary events alternating women and men.
- 2) On Thursday night, the women’s 800 M freestyle and men’s 1500 M freestyle will be swum fastest to slowest and will alternate,
- 3) The fastest heat of women’s 1500 M Freestyle and the fastest heat of men’s 800 M Freestyle will swim in event order at finals. The remaining heats of women’s 1500 M and men’s 800 M 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 1500 and the men’s 800 Freestyle will be seeded back from that point, in descending order, alternating women / men.
- 4) Sunday: The option to compete the 1500 or 800 Freestyle during the preliminary session, instead of the fastest 8 entries at finals, must be declared by the scratch deadline on Saturday night. All athletes should declare at the time of positive check-in.

#### FINALS:

24 athletes will advance to the finals in events 400 meters or less. Finals will be in the following order: Bonus Final(C), Consolation(B), Championship(A) with 8 athletes qualifying for each Final Heat. The top 8, 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 24 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.
- 3) The option to swim the 400 M Free Relay on Sunday at the conclusion of prelims (before the 1500 M /800 M freestyle), must be declared by the scratch deadline on Saturday.
- 4) 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 (16 places); 20-17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1. Relay scoring will have double the point value.
- 4) Divisional scoring will be based on 16 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: SI-24-07**

- 1) Time Trials will be held under a separate sanction of LSC.  
Meet Referee: TBD
- 2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- 3) Events offered will be limited to the events in the meet.
- 4) Entries for Time Trials must be paid with cash. PAYMENT AT TIME OF ENTRY IS REQUIRED.
- 5) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- 6) 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.
- 7) Relay only swimmers will be allowed to swim in time trials.
- 8) Time Trial Entry Fees: \$20.00 per event.

**WARM-UP:**

- 1) The competition course will be open for general warm-up on Thursday 2:00 – 3:50 pm, on Friday through Saturday from 7:00-8:50 am and 4:00– 4:50 pm, and on Sunday from 7:00 – 8:20 am and 3:00 – 3:50 pm
- 2) 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
- 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 pool or warm up pool at any time.
- 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.

**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.

#### **EMERGENCY SERVICES:**

- 1) **Lifeguards** - Alga Norte Aquatics Center Lifeguards will be on duty for both pools during the entire duration of the meet. The lifeguards typically wear red shirts.
- 2) **First aid kit & AED Info** - Lifeguards carry basic first aid supplies on-hand. One lifeguard stand per pool contains a first aid kit. There is an AED at the medical tent between the two pools and another AED by the staff break room.
- 3) For any emergency (medical, fire, electrical, suspicious person), call 911 and notify a lifeguard and the meet director immediately.
- 4) **Closest urgent care:** Carbon Health Urgent & Primary Care Carlsbad La Costa, 6971 El Camino Real, Carlsbad, CA 760-258-4971 and Carlsbad Urgent Care San Marcos, 295 S Rancho Santa Fe Rd, San Marcos, CA 760-471-1111.
- 5) **Closest hospital:** Scripps Memorial Hospital Encinitas, 354 Santa Fe Dr, Encinitas, CA 858-227-6894.

#### **OFFICIALS:**

- 1) The official application form is open. The link to apply is posted on the Western Zone website and is found here: <https://forms.gle/KijCBapMdEitkX8Q9>
- 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 white deck friendly shoes. Professional length shorts are fine for prelims, long pants/long skirt required at finals.

#### **ADDITIONAL INFORMATION:**

- 1) Snack Bar: A basic snack bar will be provided.
- 2) Coach and official hospitality will be available throughout the meet.
- 3) Parking Info: Detailed parking information will be provided closer to the meet date. Limited parking will be available in the Alga Norte lot and swimmers / spectators should plan to park at offsite parking and take a shuttle to the pool. Any parking on local streets will result in tickets and / or towing by the city.
- 4) A spectator fee of \$10 / session or \$25 / meet should be expected. Final fee and payment method will be provided closer to the meet.
- 5) Hotel information:

**Home2Suites by Hilton Carlsbad**  
1901 Wright Pl.  
Carlsbad, CA 92008

**Staybridge Suites Carlsbad an IHG Hotel**  
2735 Palomar Airport Rd.  
Carlsbad, CA 92009

**Courtyard by Marriott SD Carlsbad**  
5835 Owens Ave.  
Carlsbad, CA 92008

**Hampton Inn Carlsbad - North San Diego**  
2229 Palomar Airport Road  
Carlsbad, CA 92011



## 2024 CA/NV Speedo Sectionals Order of Events and Time Standards

**\*1500 and 800 Event order on Sunday is the Finals Session order. In Prelims, the 1500 and 800 heats EXCEPT for the FASTEST heat of checked in athletes will swim per National Championship meet procedure rules.**

**\*\*All heats for 400 free / 400 IM will be swum slowest to fastest. See additional information in Technical note #1.**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
<b>THURSDAY, February 29, 2024</b>						
<b>4:00 pm Timed Finals</b>						
1	10:39.89	9:36.09	800 M Freestyle			
			1500 M Freestyle	16:43.89	17:13.49	2
3	8:00.19	9:05.59	800 M Freestyle Relay	7:15.29	8:15.69	4
<b>FRIDAY, March 1, 2024</b>						
<b>9:00 AM PRELIMS 5:00 PM FINALS</b>						
5	1:56.29	2:12.99	200 M Freestyle	1:45.79	2:03.09	6
7	1:07.59	1:18.79	100 M Breaststroke	1:00.89	1:11.29	8
9	59.19	1:07.19	100 M Butterfly	52.89	1:00.89	10
11	4:39.09	5:20.09	**400 M Individual Medley	4:14.69	4:55.09	12
13	4:02.69	4:36.09	400 M Medley Relay	3:38.99	4:09.69	14
<b>SATURDAY, March 2, 2024</b>						
<b>9:00 AM PRELIMS 5:00 PM FINALS</b>						
15	2:10.09	2:27.99	200 M Butterfly	1:58.89	2:15.89	16
17	59.49	1:09.49	100 M Backstroke	53.89	1:03.29	18
19	24.89	28.69	50 M Freestyle	22.19	25.89	20
21	2:28.19	2:49.69	200 M Breaststroke	2:13.29	2:35.79	22
23	5:10.69	4:39.69	**400 M Freestyle	4:47.79	4:21.09	24
<b>SUNDAY, March 3, 2024</b>						
<b>8:30 AM PRELIMS 4:00 PM FINALS</b>						
25	53.99	1:01.89	100 M Freestyle	48.19	56.09	26
27*	17:46.59	18:22.99	1500 M Freestyle *			
28	2:08.59	2:29.19	200 M Backstroke	1:57.29	2:17.39	29
			800 M Freestyle*	9:59.49	9:04.69	30*
31	2:10.49	2:31.09	200 M Individual Medley	1:58.19	2:18.39	32
33	3:41.79	4:11.59	400 M Freestyle Relay	3:18.59	3:46.89	34

**2024 Speedo Sectionals  
Bonus Time Event Standards**

<b>WOMEN</b>			<b>MEN</b>	
<b>SCY</b>	<b>LCM</b>	<b>Event</b>	<b>SCY</b>	<b>LCM</b>
<b>25.69</b>	<b>29.49</b>	<b>50 Freestyle</b>	<b>22.79</b>	<b>26.59</b>
<b>55.49</b>	<b>1:03:69</b>	<b>100 Freestyle</b>	<b>49.49</b>	<b>57.69</b>
<b>1:59.59</b>	<b>2:16.69</b>	<b>200 Freestyle</b>	<b>1:48.79</b>	<b>2:06.59</b>
<b>5:19.49</b>	<b>4:47.59</b>	<b>400 / 500 Freestyle</b>	<b>4:55.99</b>	<b>4:28.49</b>
<b>10:57.99</b>	<b>9:52.49</b>	<b>800 / 1000 Freestyle</b>	<b>10:16.39</b>	<b>9:20.09</b>
<b>18:16.79</b>	<b>18:54.19</b>	<b>1500 / 1650 Freestyle</b>	<b>17:12.29</b>	<b>17:42.79</b>
<b>1:01.19</b>	<b>1:11.39</b>	<b>100 Backstroke</b>	<b>55.39</b>	<b>1:05.09</b>
<b>2:12.29</b>	<b>2:33.39</b>	<b>200 Backstroke</b>	<b>2:00.59</b>	<b>2:21.29</b>
<b>1:09.49</b>	<b>1:20.99</b>	<b>100 Breaststroke</b>	<b>1:02.59</b>	<b>1:13.29</b>
<b>2:32.39</b>	<b>2:54.49</b>	<b>200 Breaststroke</b>	<b>2:17.09</b>	<b>2:40.19</b>
<b>1:00.89</b>	<b>1:09.09</b>	<b>100 Butterfly</b>	<b>54.39</b>	<b>1:02.59</b>
<b>2:13.79</b>	<b>2:32.19</b>	<b>200 Butterfly</b>	<b>2:02.19</b>	<b>2:19.79</b>
<b>2:14.19</b>	<b>2:35.39</b>	<b>200 Individual Medley</b>	<b>2:01.59</b>	<b>2:22.29</b>
<b>4:46.99</b>	<b>5:29.09</b>	<b>400 Individual Medley</b>	<b>4:21.89</b>	<b>5:03.49</b>