

**2017 Speedo Sectionals
Federal Way, Washington
March 16, 17, 18, 19, 2017**

Location: Weyerhaeuser King County Aquatic Center, Federal Way, Washington.

Facilities: Indoor 50 meter pool, 9-feet deep, two 8 lanes competitive pools. Diving Well for warm-up and warm-down will be available throughout the meet.

Rules:

- All USA registered swimmers within the LSC's of Colorado who have met the qualifying standards either cut time (criterion listed below) standards are eligible to participate.
- Age of the swimmer on the first day of competition shall govern the entire meet.
- One Championship heat (A), one Consolation heat (B), and one Bonus heat (C).
- No swimmer may participate in more than three (3) individual events per day including Time Trials. Swimmers may participate in up to six (6) individual events and up to five (5) relays for the entire meet.
- The qualification period for the event is December 1st, 2015, through entry deadline Wednesday, March 8th, 2017.
- Bonus events will be permitted for this meet.

Qualified	Bonus	Total
One (1) qualified event	One (1) Bonus Event	Two (2) total events
Two (2) qualified events	Two (2) Bonus Events	Four (4) total events
Three (3) qualified events	Three (3) Bonus Events	Five (5) total events
Four (4) qualified events	Two (2) Bonus Events	Six (6) total events
Five (5) qualified events	One (1) Bonus Events	Six (6) total events
Six (6) qualified events	No Bonus Events	Six (6) total events

Awards:	Individual Awards	Custom Medals	1 st - 8 th Place
	Relay Awards	Custom Medals	1 st - 3 rd Place
	Team Awards	Women's Team	1 st - 10 th Place
		Men's Team	1 st - 10 th Place
	Women's & Men's High Point	Awards	

Entry Fee:	Individual Events	\$15.00 per event
	Swimmer Surcharge	\$40.00 per swimmer
	Time Trials	\$17.00 per event (You will sign up at the meet & pay there)

Coaches Travel Expense \$75.00 per swimmer

Please make all checks payable to: ACES Swim Club

Time Trials: Time Trials will be conducted on a time-available basis and are limited to approximately one hour at the conclusion of prelims. Time Trials will be swum in the order listed under the program. A swimmer is limited to a maximum of three (3) Time Trial events during the meet. The cost is \$17.00 per event.

Entry Deadline: Entries must be received by **Monday, February 27th, 2017, by 7:00 PM**. If you can get your entries in as soon as possible it would be greatly appreciated. This meet will absolutely not accept late entries no matter what the problem is. Any swimmer that makes a first-time individual qualifying standard from Thursday, March 9th, 2017, through Sunday, March 12th, 2017, may enter, you will have to notify Eric before March 12th.

Admission: There will be admission charge for spectators to get into the meet.

Hotel: The ACES Swim Club has a block of 17 rooms with non-smoking at the Courtyard Seattle Federal Way. 31910 Gateway Center Blvd. South, Federal Way, WA 98003. You will need to reserve your room by Tuesday, February 21st, 2017. After that, all unused rooms will go back to general pool.

Plane Ticket: Eric Craven has purchased his plane tickets on Delta Airlines. You will need to make plane reservations for yourselves. If the swimmers are traveling alone without parents and want the coach to transport swimmer from the airport and back, you will need to be on his flight. The coach will not run a shuttle service. This is his flight info:

Delta Airlines: \$157.00 plus \$50.00 check-in bags.			
Flt # 2924	March 15	Leaves Denver:	12:10 PM
		Arrives in Seattle:	2:15 PM
Flt # 2924	March 20	Leaves Seattle:	7:50 AM
		Arrives in Denver:	11:34 AM

2017 SPEEDO SECTIONALS AT FEDERAL WAY, WASHINGTON Order of Events

Women's Event #	Thursday	March 16, 2017	Men's Event #
1	100-Yard	Freestyle	2
3	200-Yard	Breaststroke	4
5	200-Yard	Backstroke	6
7	200-Yard	Butterfly	8
9	1000-Yard (D)	Freestyle	10
11	800-Yard (A)	Freestyle Relay	12
Women's Event #	Friday	March 17, 2017	Men's Event #
13	200-Yard (B)	Freestyle Relay	14
15	200-Yard	Freestyle	16
17	400-Yard	Individual Medley	18
19	200-Yard (C)	Medley Relay	20
Women's Event #	Saturday	March 18, 2017	Men's Event #
21	100-Yard	Backstroke	22
23	500-Yard	Freestyle	24
25	100-Yard	Breaststroke	26
27	100-Yard	Butterfly	28
29	400-Yard (A)	Freestyle Relay	30
Women's Event #	Sunday	March 19, 2017	Men's Event #
31	200-Yard	Individual Medley	32
33	1650-Yard (D)	Freestyle	34
35	50-Yard	Freestyle	36
37	400-Yard (A)	Medley Relay	38

(A) These relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims in the following order: Third and fourth fastest heat of the women, third and fourth fastest heat of the men, fifth fastest heat of women, fifth fastest heat of men, sixth fastest heat of women, sixth fastest heat of men, etc.

(B) The 200 Free Relay will be conducted as timed finals, all heats conducted at the beginning of preliminaries.

(C) The 200 Medley Relay will be conducted as timed finals, all heats conducted at the conclusion of finals.

(D) The 1000 and 1650 freestyles will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum during preliminaries, alternating women and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men is concluded 90 minutes before the evening's finals session is scheduled to begin.

WRSS 2017

2017 Speedo Sectional at Federal Way, WA - Time Standards

WOMEN				MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.99	27.76	28.44	50 FREE	22.41	24.72	25.79
53.71	59.04	1:01.26	100 FREE	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	200 FREE	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:41.54	400/500 FREE	4:49.98	4:10.18	4:22.40
10:52.09	9:27.35	9:46.99	800/1000 FR	10:10.58	8:53.74	9:17.59
18:19.78	18:07.11	18:53.59	1500/1650 FR	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	100 BACK	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	200 BACK	1:58.45	2:12.65	2:20.20

1:08.46	1:15.15	1.20.23	100 BREAST	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.69	200 BREAST	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1.06.87	100 FLY	53.46	59.43	1.00.97
2:12.26	2:26.43	2.32.36	200 FLY	2:00.94	2:14.37	2:20.25
2:11.81	2.25.85	2:31.71	200 IM	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5.21.24	400 IM	4:18.37	4:45.76	5:00.19
1.44.69	1.56.89	1.59.29	200 F.R.	1.32.99	1.43.78	1.46.89
3.49.09	4.12.14	4.17.29	400 F.R.	3.25.49	3.46.85	3.54.59
8.14.49	9.10.46	9.21.69	800 F.R.	7.38.69	8.26.70	8.43.99
1.56.29	2.10.99	2.13.39	200 M.R.	1.44.69	1.55.50	1.59.69
4.09.49	4.44.93	4.48.39	400 M.R.	3.47.49	4.15.75	4.23.39