

**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 1<sup>st</sup>, 2015, through entry deadline Wednesday, March 8<sup>th</sup>, 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

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

<b>Entry Fee:</b>	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 27<sup>th</sup>, 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 9<sup>th</sup>, 2017, through Sunday, March 12<sup>th</sup>, 2017, may enter, you will have to notify Eric before March 12<sup>th</sup>.

**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 21<sup>st</sup>, 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**

<b>Women's Event #</b>	<b>Thursday</b>	<b>March 16, 2017</b>	<b>Men's Event #</b>
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
<b>Women's Event #</b>	<b>Friday</b>	<b>March 17, 2017</b>	<b>Men's Event #</b>
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
<b>Women's Event #</b>	<b>Saturday</b>	<b>March 18, 2017</b>	<b>Men's Event #</b>
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
<b>Women's Event #</b>	<b>Sunday</b>	<b>March 19, 2017</b>	<b>Men's Event #</b>
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**

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

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