

Speedo 2016 Summer Sectionals California-Nevada

July 21-25, 2016
Open to All CA, CC, PC, SI, SN Teams
And Accepted Outside Teams



ROSEVILLE, CA | 2016

Location:

Roseville Aquatics Complex
3051 Woodcreek Oaks Blvd
Roseville, California 95747

Sponsored By:

USA Swimming & Sierra Nevada Swimming

Hosted By:

California Capital Aquatics



USA Swimming 2016 Speedo Champions Series Summer CA-NV Sectional Championship

Open to: CA, CC, PC, SI, SN and up to 200 Guests from outside CA-NV Section

SANCTIONED BY:	USA SWIMMING & SIERRA NEVADA SWIMMING	MEET SANCTION	#32-16
MEET HOST:	CALIFORNIA CAPITAL AQUATICS	TIME TRIALS SACTION	#33-16
	www.ccaswimming.org	OPEN WATER SANCTION	TBA

DATES OF MEET: JULY 21-24, 2016 ~ POOL COMPETITION ~ TRIALS & FINALS

JULY 25, 2016 ~ OPEN WATER

START TIMES: Prelims: July 21-24 9:00am
Finals: July 21-24 5:00pm or as designated by Meet Referee
Open Water: July 25 8:30am (M) – 8:40am (W)

WARMUP TIMES: Prelims: Thursday to Sunday 7:00am
Finals: Thursday to Sunday 3:30pm

ENTRIES DUE: **RECEIVED by Wednesday, July 13, 2016**

POOL: Roseville Aquatics Complex * 3051 Woodcreek Oaks Blvd * Roseville, California * 95747

DIRECTIONS: Traveling on I-80, exit Highway 65 North; take the Pleasant Grove Blvd exit; go west on Pleasant Grove Blvd to Woodcreek Oaks Blvd and turn left; the Aquatic Complex will be on the right side: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

PARKING: Parking will be available at the pool, in the gravel lot adjacent to the pool, and across the street from the pool. Overflow parking is available in the Woodcreek High School parking lot, adjacent to the pool. **No overnight parking** is allowed by the City of Roseville at the Roseville Aquatics Complex.

COURSE: The Roseville Aquatics Complex – *Summer Sanders 50 Meter Competition Pool* is an outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.9.C, the competition course has a pool depth at the start end (west end) of 13ft at 3'3 1/2" and 12ft at 16'5" and at the turn end (east end) is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. A state of the art Colorado Scoreboard provides race information to the competition venue. Locker rooms and rest area are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

ELIGIBILITY: Open to registered athletes in Central California, Pacific, San Diego/Imperial, Sierra Nevada, Southern California and up to 200 athletes from outside the Section who hold 2016 USA Swimming annual membership. Entries accepted by team electronic entry only. Relay-only swimmers must be included in the team electronic entry file. Please designate unattached swimmers 'UN'. Open Water Events 35-36 are open to Sectional athletes AND to athletes meeting the listed time standards.

QUALIFYING TIMES: must be achieved between **May 1, 2015, and July 13, 2016**. 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 07/13/16-07/17/16 may be entered by the Meet Administrative Referee where swum by e-mail by MIDNIGHT 07/17/16 to: mark.brown.15@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.

COACHES MEETING: **7:30am Thursday** at: Roseville Aquatics Complex. A representative from each team must attend. "Coach Notes" will be available; meeting updates will be emailed to team contacts at conclusion of meeting.

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 e-mail with the entry file and meet entry report as attachments to mark.brown.15@gmail.com. Please use the event file provided on the CCA website (www.ccaswimming.org) for electronic entries. A signed printout including the proof of time for all individual and relay events must accompany the electronic entry file. When entering electronically "L" or "Y" must be indicated on proof-of-time sheet and bonus events must be indicated as "LB" or "YB" 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:

- \$11.00 per Individual Event
- \$10 per Swimmer surcharge must accompany team entry form (plus \$2/swimmer for OME entry).
- Relays: \$24.00 per relay team entered.
- 5K Open Water Swim: \$25.00 per entry until 5pm 7/21/16; \$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.
- Time Trials: \$15 per event (limit of 2)

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: CALIFORNIA CAPITAL AQUATICS ~ MAIL ENTRY FORMS to:

2016 Summer Sectional Championship

c/o Mark Brown

6721 5th Street

Rio Linda, California 95673

EMAIL to: mark.brown.15@gmail.com

ENTRIES CLOSE: Entries must be **received** by Wednesday, July 13, 2016. 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) entry times achieved 07/13/16-07/17/16 may be entered by the Meet Administrative Referee where swum by e-mail by 11:59pm 07/17/16 to: mark.brown.15@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 'L' for meters or 'Y' for yards. 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. The D final will be limited to fastest eight 18 & under athletes who do not qualify for the A, B or C final. All entered swimmers (including relay only) must be on a team entry form. Positive check-in for the W1500 and M800 Freestyle is required by 9:00AM Thursday; positive check-in for W800, M1500 and ALL Relays is required by the day's scratch deadline.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is 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.

DECK CHANGING: Deck changes are prohibited.

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: Scratch Deadline for Thursday's events - 5:30 PM Wednesday. Scratches may be turned in at the pool OR submitted via email to mark.brown.15@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: Required for ALL relays by scratch deadline for next day's events. Required for 800/1500 freestyle events. Women's 800 Freestyle and Men's 1500 Freestyle: deadline Thursday, 9:00 AM. Women's 800 Freestyle and Men's 1500 Freestyle: deadline Saturday 30 minutes after start of Finals to be seeded by time.

CLOSED DECK: ONLY meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME. Spectator seating is available in the bleachers.**

SPECIAL NOTES:

1. ALL preliminary heats will be swum fastest-to-slowest.
2. The 400 Freestyle and 400 IM will be swum alternating women's and men's heats.
3. Thursday the fastest heat of women's 1500 (#3) will be swum after men's 100 Freestyle final (#2); fastest heat of men's 800 (#6) will be swum after the men's 200 Breaststroke finals (#5). Remaining heats of women's 1500 and men's 800 will swim fastest to slowest, alternating women and men's heats as last events of prelims.
4. Sunday women's fastest heat of 800 (#29) will be swum after men's 200 IM final (#28); fastest heat of men will be swum after men's 50 Freestyle (#32). Remaining heats of women's 800 and men's 1500 will swim fastest to slowest, alternating women and men's heats as last events of prelims.
5. 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. **FLIGHT OR DOUBLE ENDING DECISION WILL BE ANNOUNCED MONDAY, July 18th by 5pm on the CCA website ~**
6. If entries warrant, the preliminary heats will run "in chase" from both ends of the pool.

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 800/1500 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.
- Relay 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.
- "Coach of the Meet" award to be balloted on the final day of the meet during the preliminaries.

TIME TRIALS: Time Trials will be swum time permitting at the discretion of the Meet Referee. Time Trials (\$15.00 per swim): Open to swimmers entered in the meet 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: # 33-16 ~

Sanction granted

OPEN WATER: A 5 Kilometer Open Water event will be held on Monday, July 25, 2016. The 5K Event is open to all Sectional entrants (individual and relay only) and swimmers who meet the listed time standards. Please see the Open Water information sheet (under separate cover) for more details of the event. This event will not count towards a team point total, individual high point awards or individual event limit.

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.

LIFEGUARDS: City of Roseville certified Lifeguards will be on duty during the duration of the meet, including warm-up designated times.

VENDORS: An approved Speedo Merchandise Dealer will be on deck for all swimmer apparel and equipment needs. Additional vendors may be on deck at the discretion of the Meet Host.

HOSPITALITY: Hospitality will be provided in the pool classroom to all working Officials and Coaches throughout the meet. An additional location may be located adjacent to the pool at the Woodcreek High School teacher's lounge.

CONSESSIONS: A full service snack bar with healthy options will be available throughout the meet.

OFFICIALS: This meet has been approved as an Officials Qualifying Meet (OQM) for N2 and N3 certification and recertification. Please see the California Capital Aquatics web site (www.ccaswimming.org) for applications to officiate at this meet. Applications must be received by July 13, 2016 for consideration for assigned positions. Officials are required to attend an officials briefing one hour prior to the start of each session. Please send your application to Renee' Patterson @ rpatterson@applinc.com.

REQUIRED NUMBER OF TIMERS: Each team shall be assigned lanes for Timing for the entire meet, per the SN Timing Policy. Number of timing chairs per team is based on the formula – (number of swimmers on a team in the session/total number of swimmers in the session) x 54 timing chairs - if double ended, or 27 for single course. The number will be rounded to the nearest whole number. Host team supplies timers in the same ratio as the visiting teams and is responsible for filling unassigned chairs. Assignments will be posted on the CCA website prior to the meet.

EVENT PERSONNEL:

Meet Referee:	Renée Patterson	Central California Swimming	rpatterson@applinc.com
Administrative Referee:	Mary Flatman	Central California Swimming	mary.flatman@iwvisp.com
Head Starter:	Mary Jo Swalley	Southern California Swimming	scsmj@earthlink.net
Meet Director (Operations):	Alex Ongaco	California Capital Aquatics	meetchief@ccaswimming.org
Asst. Meet Director (Admin):	Denna Culpepper	Sierra Nevada Swimming	dennac@snswimming.org
Host Team Head Coach:	Debbie Walker	California Capital Aquatics	coach.debbie@ccaswimming.org
Colorado/OME Chair:	Mark Brown	Sierra Nevada Swimming	mark.brown.15@gmail.com
Open Water Director:	TBA	See Open Water Event Page for more information	

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.



USA Swimming 2016 Speedo Champions Series Summer CA-NV Sectional Championship

Order of Events – Long Course Meters

Event #	Women		Event Description	Men		
	Minimum Time Yards	Minimum Time Meters		Minimum Time Yards	Minimum Time Meters	Event #
Thursday July 21, 2016 – 9:00 am Prelims						
1	53.49	1:01.79	100 Freestyle	47.79	55.89	2
3	17:43.29	18:23.59	*1500 Freestyle*	xxxx	xxxx	
4	2:25.09	2:49.19	200 Breaststroke	2:09.89	2:33.39	5
	xxxx	xxxx	*800 Freestyle*	9:48.89	8:58.69	6
7	2:08.89	2:26.59	200 Butterfly	1:55.79	2:14.09	8
Friday July 22, 2016 – 9:00 am Prelims						
9	1:55.29	2:13.19	200 Freestyle	1:45.59	2:02.59	10
11	4:33.39	5:17.89	**400 Individual Medley**	4:11.19	4:52.19	12
13	58.99	1:08.99	100 Backstroke	53.49	1:03.09	14
15	3:41.09	4:10.89	400 Freestyle Relay	3:19.69	3:47.99	16
Saturday July 23, 2016 – 9:00 am Prelims						
17	2:07.19	2:27.99	200 Backstroke	1:55.89	2:16.09	18
19	5:08.79	4:39.79	**400 Freestyle**	4:46.59	4:20.09	20
21	1:07.39	1:18.39	100 Breaststroke	59.89	1:10.79	22
23	58.19	1:06.89	100 Butterfly	52.69	1:00.59	24
25	7:58.49	9:03.89	800 Freestyle Relay	7:15.69	8:16.09	26
Sunday July 24, 2016 – 9:00 am Prelims						
27	2:09.29	2:30.79	200 Individual Medley	1:57.09	2:17.39	28
29	10:39.39	9:36.39	*800 Freestyle*	xxxx	xxxx	
30	24.59	28.59	50 Freestyle	22.09	25.89	31
	xxxx	xxxx	*1500 Freestyle*	16:41.59	17:13.39	32
33	4:06.29	4:39.69	400 Medley Relay	3:40.69	4:11.39	34
Monday July 25, 2016 – 8:30 am						
35			5K Open Water			36

Open Water Event Information Page is under separate cover

***1500 and 800 Event order is the Finals Session order. In Prelims the 1500 and 800 heats EXCEPT for FASTEST 8 checked in athletes will swim at the end of session, fast to slow alternating Women and Men.**

****400 IM and 400 Freestyle Event order is the Finals Session order. Friday: Prelim heats of the 400 IM will swim AFTER the 100 Backstroke. Saturday: Prelim heats of the 400 Freestyle will swim AFTER the 100 Butterfly. Fast to slow alternating Women and Men.**

**USA Swimming 2016 Speedo Champions Series
Summer CA-NV Sectional Championship
Bonus Time Standards**

Women Yards	Women Meters	Event	Men Yards	Men Meters
25.29	29.19	50 Free	22.79	26.39
54.59	1:02.59	100 free	48.79	56.89
1:57.39	2:14.69	200 free	1:47.49	2:04.89
5:13.09	4:42.49	400/500 free	4:49.69	4:22.89
10:48.29	9:43.19	800/1000 free	9:59.69	9:03.59
17:56.49	18:42.89	1500/1650 free	16:54.29	17:36.79
1:00.19	1:10.29	100 backstroke	54.29	1:04.09
2:09.29	2:30.79	200 backstroke	1:57.69	2:18.89
1:08.49	1:19.49	100 breaststroke	1:00.79	1:11.89
2:28.69	2:51.49	200 breaststroke	2:11.69	2:35.29
59.79	1:08.19	100 butterfly	53.69	1:01.99
2:10.89	2:29.09	200 butterfly	1:57.89	2:16.39
2:12.89	2:32.29	200 IM	1:58.69	2:19.29
4:40.59	5:21.29	400 IM	4:13.49	4:56.69

5K Open Water Entry Standards:

Eligible Athletes: Any entered swimmers (individual or relay) in the Summer CA-NV Sectional Swimming Championship may enter and compete in the Open Water Competition. Additionally, 2016 USA Swimming registered athletes who meet the following time standards are eligible to enter:

Qualifying Distance	MEN		WOMEN	
	SCY	LCM	SCY	LCM
400/500	5:08.40	4:35.20	5:30.60	4:55.00
800/1000	11:02.70	9:51.40	11:35.40	10:20.60
1500/1650	18:50.80	19:13.40	19:45.40	20:09.10

See **Open Water Event Information** meet announcement for more information about the event – under separate sanction. Visit the CCA website (www.ccaswimming.org) for meet announcement.

**USA Swimming 2016 Speedo Champions Series
Summer CA-NV Sectional Championship
July 21-25, 2016
Roseville, California**

Team Information Sheet

Team Name: _____

LSC: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Team Address: _____

Email: _____

Phone: _____

Fax: _____

Where is team staying for this meet: _____

Team Contact Cell Phone: _____

Hotel Phone: _____

Total number of 2016 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

USA Swimming 2016 Speedo Champions Series

Summer CA-NV Sectional Championship

Relay Entry & 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 400 Meter Freestyle Relay -
Time Standards: 4:10.89/3:41.09Y

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

Event 16 - Men's 400 Meter Freestyle Relay
Time Standards: 3:17.99M/3:19.69Y

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

Event 25 - Women's 800 Meter Freestyle Relay
Time Standards: 9:03.89M/7:58.49Y

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

Event 26 - Men's 800 Meter Freestyle Relay
Time Standards: 8:16.09M/7:15.69

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

Event 33 - Women's 400 Meter Medley Relay
Time Standards: 4:39.69M/4:06.29Y

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

Event 34 - Men's 400 Meter Medley Relay
Time Standards: 4:11.39M/3:40.69Y

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

**USA Swimming 2016 Speedo Champions Series
Summer CA-NV Sectional Championship**

Meet Entry Recap

Entries MUST BE RECEIVED BY JULY 13, 2016

This form must be submitted at time of payment

Mail to:
2016 Summer Sectional Championship
c/o Mark Brown
6721 5th Street
Rio Linda, California 95673
EMAIL to: mark.brown.15@gmail.com

LSC Code:	
Long Team Name:	
USA-S Team Code	
Coach:	
Phone (cell):	

Total number of Women's events entered	@ \$11.00/event =	\$
Total number of Men's events entered	@ \$11.00/event =	\$
Total number of Relays entered	@ \$24.00/relay =	\$
Total athletes entered (individual & relay)	@ \$10/athlete OR \$12/athlete OME	\$
Total athletes entered Open Water (7/25)	@ \$25/athlete	\$
	TOTAL	\$
<i>Make check payable to California Capital Aquatics (CCA)</i>		

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

Hotel Information: See below or visit Placer Valley Tourism <http://www.placertourism.com/accommodations>

Roseville is known for its great hospitality and easy access to hotels, restaurants and shopping outlets. Most hotels, which are on the west side of the city, are about 3-5 miles from the pool. Traffic to and from the pool is generally light but you should plan on a 10-minute commute from hotel to the Roseville Aquatics Complex.

California Capital Aquatics, in partnership with Placer Valley Tourism, is proud to name

“Marriott as a proud sponsor of USA Swimming!”

Please contact the following hotels to reserve your team or individual reservations:

Courtyard By Marriott
1920 Taylor Rd * Roseville *
Phone: (916) 772-5555



Courtyard By Marriott Galleria
301 Creekside Ridge Court * Roseville *
Phone: (916) 772-3404

SpringHill Suites by Marriott
10593 Fairway Drive * Roseville *
Phone: (916) 782-2989

Residence Inn By Marriott
1930 Taylor Rd. * Roseville *
Phone: (916) 772-5500

For complete hotel directory and accommodations, please visit Placer Valley Tourism @ <http://www.placertourism.com/accommodations>

Food and dining options:

- Costco, Sam’s Club, Smart & Final, and Winco within 4 miles of the Roseville Aquatics Complex
- More than 200 Dining Options Including; Chili’s, Red Robin, Buca di Peppo, Olive Garden, On The Border, Applebee’s, Chipotle, Subway, etc.
- Specialty markets within 5 miles are Nugget Market and Whole Foods
- Raley’s grocery/deli store – one block from the Roseville Aquatics Complex (4051 Woodcreeks Oaks Blvd.)

Activities:

- Shopping opportunities are endless with the LARGEST mall in Northern California – **Galleria Mall**
- Movie theatres, bowling, Go Karts, Miniature Golf and Waterslides
- 30 miles of bike/jogging trails connected to many hotels
- Within 90 minute drive to San Francisco, Lake Tahoe and Napa Valley