

2022 SCS / RAA Junior Olympic Championship

Hosted by Riverside Aquatics Association & Southern California Swimming

July 21-24, 2022

- JO Sanction # S22-150 Time Trial Sanction #S22-151
- USA Swimming and Southern California Swimming rules will govern the meet. Estimated time line is based on no scratches.
- The meet will **NOT** be delayed to meet the time line. Swimmers must be prepared to swim at the long whistle
- National Scratch and No Show Rules will be in effect.
- **Time Trials** will be held after preliminaries, Thursday through Sunday.
- **Must have Covid Vaccine or negative test 24 hours prior to the meet.**

DAY OF EVENT	DEADLINE
THURSDAY – WOMEN'S / MEN'S 1500	<i>CLOSE ONE HOUR PRIOR TO EVENT</i>
SUNDAY – WOMEN'S / MEN'S 800	<i>CHECK- IN BY 5:00 PM Saturday COACH MAY CHECK IN SWIMMER</i>

RELAYS
Changes/adds to relay only swimmers due no later than 6:00 pm Wednesday July 20, 2022 Fastest two heats of relays in each event will swim in finals.

NOTE ON FINALS OF "HEATS & FINALS" EVENTS
The scratch deadline for finals is 30 minutes following the announcement of prelims results. The top 16 athletes <u>who have not scratched</u> by this time <u>will be seeded</u> into finals.

All times are estimated. We will NOT speed up or slow down the meet to meet the timeline.

Thursday 7/21/22	Friday 7/22/22	Saturday 7/23/22	Sunday 7/24/22
100 Back 8:30 am	100 Fly 8:30 am	100 Free 8:30 am	100 Breast 8:30 am
200 Back 8:46 am	200 Free 8:38 am	400 Free 8:40 am	200 Breast 8:54 am
100 Fly 9:52 am	100 Back 10:11 am	50 Fly 10:30 am	50 Back 9:55 am
200 Fly 10:06 am	400 IM 10:23 am	100 Fly 10:41 am	100 Back 10:15 am
100 Free 10:49 am	50 Breast 11:40 am	200 IM 11:13 am	50 Free 11:03 am
	100 Breast 11:45 am		
Finish Prelims 11:33 pm	Finish Prelims 12:34 am	Finish Prelims 12:55 pm	Finish of Prelims: 11:38 am
800 Free Relay if AM requested 11:43 am	Relays if AM requested 12:44 am	Relays if AM requested 1:05 pm	Relays if AM requested 11:48 am
1500 Free Start 15 min after relay	Time Trials 10 Minutes after relays	Time Trials 10 Minutes after relays	800 Free Start 15 min after relay
Time Trials 10 minutes after 1500 Free	Start of Finals: 4:00 pm End of Finals: 8:49 pm	Start of Finals: 4:00 pm End of Finals: 8:02 pm	Time Trials 10 minutes after 800 Free
Start of Finals: 4:00 pm End of Finals: 7:45 pm			Start of Finals: 4:00 pm End of Finals: 7:17 pm

800 and 1500 DISTANCE EVENTS:

Will be swum fastest to slowest, alternating Girls / Boys, participants in 800 and 1500 Freestyle are requested to supply one timer for three heats as well as their own lap counter. Fastest heats of Girls / Boys 1500 Freestyle will be swum at the end of Finals. 800 Freestyle Girls fastest heat swum after event #82 and Boys after event #88.