

2022
Southern California Swimming
14 & Under Short Course
Junior Olympic Championship

March 10-13, 2022

Open to All SCS teams



La Mirada Splash! Regional Aquatic Complex
13806 La Mirada Blvd, La Mirada

Thursday (4:00 PM) Timed Final Session
Friday/Saturday/Sunday (9:00 AM) Prelims' Sessions

Hosted By:
Southern California Swimming & La Mirada Armada



**2022 Southern California Swimming
14 & Under Short Course
Junior Olympic Championship – March 10-13, 2022**

Sanctioned By: Southern California Swimming; USA Swimming
Sponsored By: La Mirada Armada; So. California Swimming
Location: **La Mirada Splash! Regional Aquatic Complex**
13806 La Mirada Blvd., La Mirada

Sanction Number: S22-039
Entry Deadline: **DELIVERED BY 5 PM Wednesday, March 3, 2022**

Sessions:

Thursday, March 10th, Timed Finals Session
---**Warm-up:** 3:00 PM; Meet **Start Time:** 4:00 PM

Friday, March 11th,
Prelims---**Warm-up:** 7:00 AM; Meet **Start Time:** 9:00 AM
Finals-- **TBA, but not less than 2 hours after end of Prelims**

Sessions (continued):

Saturday, March 12th,
Prelims---**Warm-up:** 7:00 AM; Meet **Start Time:** 9:00 AM
Finals-- **TBA, but not less than 2 hours after end of Prelims**

Sunday, March 13th,
Prelims---**Warm-up:** 7:00 AM; Meet **Start Time:** 9:00 AM
Finals-- **TBA, but not less than 2 hours after end of Prelims**

Eligibility: Open to 2022 USA Swimming registered swimmers who have met and can prove the posted SCS "Spring JO" time standards. Swimmers from outside SCS will not be accepted. Registration application must be received by 5 PM, Wednesday, March 4th by the meet processor, administrative official/referee or SCS office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, IIIB. New qualifying events achieved March 5th – 8th must be entered in accordance with Last Ditch Entries from March 5th – 8th meets requirements described below.

Pool: LA MIRADA SPLASH REGIONAL AQUATIC CENTER, 13806 La Mirada Blvd., La Mirada. From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, center on right.

Course: Competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. **Prelims: two eight lane competition courses (west to east). Finals: one 10 lane course (west to east) on the south end of the 50-meter pool. Bulkhead will separate courses.** A separate 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. New lane lines, starting blocks (w/wedge), backstroke ledges and Daktronic touch pads

Meet Start Times: Thursday timed final events will begin at **4:00 PM**. Friday, Saturday and Sunday Prelims will start at **9:00 AM**. It is estimated that Prelims will be over by noon on Friday/Saturday/Sunday. Finals will begin no sooner than 2 hours after the completion of the prelim's session that day.

Warm-up Times: Thursday warm-up will begin at 3:00 PM. There will be assigned warm-ups on Friday/Sat/Sun at 7:00 AM in the competition pool. The competition pool will be closed at 8:45 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warmups. Warm-ups will be split, and teams will be assigned to specific warm-up lanes and times. ***All swimmers must use 3-point, slide in entry into the pool during warm-up/warm-down, no jumping or diving.***

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Omar de Armas (omarswimref@gmail.com)

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event. After each event is closed, a swimmer may not check-in or scratch. The first 4 events of each prelim session will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on March 10, 2022, determines age for the meet. Prelims and timed finals sessions will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified.

Entry Limits: A swimmer may **enter no more than 9** individual events; **may swim no more than 6** individual events during the meet, or more than 3 individual events per day. All officials and coaches must have completed the CDC of NFHS online Concussion course.

The National Finals' scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of *announcement* of the preliminary results. Final "no-show" (original top 20 places only), except last day, will be removed from the remainder of the meet. A \$50.00 fine will be assessed to any swimmer for a "no show" in her/his last event of the meet. This fine must be paid before any future competitions in SCS.

Recording Devices & Media Notice: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence.

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.

Racing Start Certification: Any swimmer entered in the meet must be certified by a 2020 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 backstroke ledge. 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.

Drones: 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.

Swimwear: "Tech suits" (suits with bonded seams, kinetic tape or meshed seams) are not permitted for all 12 AND UN years old swimmers. 13-14 swimmers are allowed to wear "tech suits" that conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned meet.

Deck Changes: Deck changes are prohibited.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS Swim Office. At the meet a swimmer may "UNATTACH" (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

Distance Events:

- The **1650-yard freestyle** events (age groups combined) will be swum:
 - All heats fastest to slowest, alternating girls & boys in single 10 lane course.
 - The 1650 will be awarded and scored as one age group for girls and one age group for boys.
 - **Swimmers in the 1650 freestyle need to supply their timers and lap counters.**
- The **1000-yard freestyle** events (age groups combined) will be swum:
 - 1000 check in to swim by seeded time closes 5:00 PM Saturday; check in to swim closes 9:30AM Sunday
 - All heats fastest to slowest, boy and girl courses.
 - The 1000 will be awarded and scored as one age group for girls and one age group for boys.
 - **Swimmers in the 1000 freestyle need to supply their own timers and lap counters.**

Awards: Individual: 1st-10th places, custom medals.
Relays: 1st-5th place teams, custom medals.
TEAM: 1st-5th award plaques for *Combined* team in Large & Small Divisions; 1st – 3rd award plaques for *Girls & Boys* in Large & Small Divisions. NOTE: teams will be assigned to divisions prior to meet start based on meet entries.

Scoring: Top 20 individuals and top 20 relays will score
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Relays: Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$21 per relay and \$29 per relay-only swimmer which includes swimmer and facility surcharge). Relays are all timed finals events. Teams may enter a maximum of three relays per events (A, B, C). Thursday relays will be swum in event order during the timed finals session. All other relays will swim at the end of the finals' sessions Friday, Saturday, and Sunday, in event number order. Only **A&B relays will be eligible for scoring**. All other relays will be allowed to swim as exhibition. Relays must be checked in by 4:00 PM Thursday and by the end of prelims Fri/Sat/Sunday. Once a relay has been checked in and the event closed, failure of the relay to report will result in the disqualification of the club's relay from the next relay event for that age group and gender. A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2018). A team time achieved during the qualifying period may also be used. A club entering multiple relays MUST use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by meeting the aggregate or the hard cut. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age as of March 12th.

Finals: Friday/Saturday/ Sunday: A championship final (10 swimmers, 1-10) and consolation final (10 swimmers, 11-20) will be offered for 7-10, 11-12 and 13-14 age groups. **The national finals' scratch rule will be used** (see details above).

Submitted/Qualifying Times: This is a proof-of-time meet. Proof of time is required through SWIMS, the National Times database, or recognized FINA 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 FINA approved competition. Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified, and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2020, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

Entry Procedure: Team Electronic Entry is highly preferred. Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. To avoid concern regarding receipt of entry card at the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail). **Individual email entry will not be accepted.**

Last Ditch Entries from March 4th – 7th meets:

- Swimmers achieving a new event for the first time from the due date March 3rd, of the Spring JO entry to the Sunday prior to the meet, March 4th, may be entered in the meet by submission of an additional TEAM entry **using entry file title: "Last Ditch 2022 Spring JO"**
- The instructions and the meet event file will be on the SCS website on Thursday morning March 4th, 2022
- **These entries must be submitted no later than 11:59pm PST on Monday, March 7th, 2022**
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the Last Ditch 2022 Spring JO" and submitting to the entry chair at armadaswimming@gmail.com on or before Monday, March 7th, 11:59pm.

Closed Deck: Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas (including behind the starting blocks, behind coaches at south end, and in tented swimmer area on east deck) will be restricted to coaches, officials, athletes and volunteers. Parents will be restricted from these areas.

All relays at Finals will be staged. Entry to the starting blocks will be restricted throughout Finals. A ready room is available for all champion finalists prior to their event.

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. ***Receipt of entries will not be verified by phone or e-mail.***

Fees: \$6.50 for each INDIVIDUAL EVENT, plus \$20.00 SURCHARGE(\$14 meet surcharge and \$6.00 facility surcharge)per swimmer must accompany each individual entry card, Relays \$21.00. Returned checks will incur a service fee per SCS policy

Please make checks payable to: La Mirada Armada

Entry Chair to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062-0063

Hand delivered to: 2724 Loraine Pl, Simi Valley, Ca 93065

Electronic entries to: Alina de Armas – armadaswimming@gmail.com

Facility Information: Rick Shipherd - rshipherd@msn.com Don Garman - ihaccaoch@aol.com

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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) govern this meet.

Time Trials: *Separate Sanction #S22-040*

Will be swum, time permitting, on Friday, Saturday and Sunday (after 1650) following the preliminary sessions. Three (3) events per day limit applies (JO events + Time trials = 3 events per day or less) Deck entered entry fee is \$20.00 per event, no refunds after seeding. Open only to 2022 SCS swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. An event may be swum only once as a time trial. The Administrative Referee will determine the order of events.

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19: USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

COVID-19: BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS MEET.

PROTOCOLS: The conduct of this meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

Thursday - March 10, 2022 - Timed Finals Session, Warm-up 3:00 PM - Meet start 4:00 PM

Event No	Girls		EVENT	AGE	BOYS		EVENT NO
	Yards	Meters			YARDS	METERS	
1	19:23.40	19:46.70	1650Y FREESTYLE****	11-12/13-14	18:36.20	18:58.60	2
3	2:30.10	2:49.80	500Y FREESTYLE	7-10	2:28.60	2:48.20	4
5	8:29.10	9:37.90	800Y FREE RELAY	13-14	8:07.20	9:13.60	6

Friday - March 11, 2022 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

Event No	Girls		Event	Age	Boys		Event No
	Yards	Meters			Yards	Meters	
7	1:29.60	1:41.50	100Y BREASTSTROKE	7-10	1:30.50	1:42.50	8
9	1:18.00	1:28.60		11-12	1:17.80	1:28.40	10
11	1:13.20	1:23.30		13-14	1:08.30	1:17.90	12
13	31.20	35.50	50Y FREESTYLE	7-10	30.90	35.10	14
15	27.50	31.40		11-12	27.10	30.90	16
17	25.90	29.60		13-14	24.50	28.00	18
19	36.90	41.60	50Y BACKSTROKE	7-10	36.70	41.40	20
21	32.00	36.20		11-12	32.00	36.20	22
23	2:18.20	2:35.90	200Y BACKSTROKE ****	11-12/13-14	2:12.40	2:29.40	24
25	2:30.10	2:49.80	200Y FREESTYLE	7-10	2:28.60	2:48.20	26
27	5:46.30	5:09.10	500Y FREESTYLE	11-12	5:44.30	5:07.30	28
29	5:26.20	4:51.20		13-14	5:14.50	4:40.70	30
31	2:09.40	2:26.80	200Y FREE RELAY	7-10	2:10.20	2:27.70	32
33	4:09.60	4:43.40	400Y FREE RELAY	11-12	4:09.30	4:43.10	34
35	3:55.60	4:27.90		13-14	3:42.70	4:13.60	36

Saturday, March 12, 2022 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

Event No	Girls		Event	Age	Boys		Event No
	Yards	Meters			Yards	Meters	
37	2:10.00	2:27.50	200Y FREESTYLE	11-12	2:07.80	2:25.10	38
39	2:02.10	2:18.80		13-14	1:55.30	2:11.20	40
41	41.10	46.70	50Y BREASTSTROKE	7-10	42.10	47.80	42
43	36.10	41.10		11-12	35.50	40.40	44
45	2:37.60	2:59.00	200Y BREASTSTROKE ****	11-12/13-14	2:28.50	2:48.90	46
47	1:20.80	1:31.10	100Y BUTTERFLY	7-10	1:19.60	1:29.80	48
49	1:07.40	1:16.20		11-12	1:06.90	1:15.70	50
51	1:02.70	1:11.00		13-14	59.20	1:07.20	52
53	1:18.50	-----	100Y INDIVIDUAL MEDLEY	7-10	1:18.90	-----	54
55	1:08.90	-----		11-12	1:07.80	-----	56
57	4:54.80	5:33.70	400Y INDIVIDUAL MEDLEY ****	11-12/13-14	4:41.20	5:18.80	58
59	2:30.60	2:50.30	200Y MEDLEY RELAY	7-10	2:32.30	2:52.40	60
61	4:47.30	5:25.30	400Y MEDLEY RELAY	11-12	4:49.70	5:28.00	62
63	4:28.60	5:04.50		13-14	4:16.70	4:51.30	64

Sunday, March 13, 2022 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

Event No	Girls		Event	Age	Boys		Event No
	Yards	Meters			Yards	Meters	
65	56.10	1:03.90	100Y FREESTYLE	13-14	52.70	1:00.10	66
67	59.80	1:08.00		11-12	58.70	1:06.80	68
69	1:08.70	1:17.90		7-10	1:07.90	1:17.00	70
71	2:22.60	2:40.90	200Y BUTTERFLY ****	11-12/13-14	2:16.30	2:33.90	72
73	30.20	34.30	50Y BUTTERFLY	11-12	29.90	33.90	74
75	35.00	39.60		7-10	35.10	39.70	76
77	1:03.70	1:11.90	100Y BACKSTROKE	13-14	1:00.80	1:08.70	78
79	1:08.40	1:17.20		11-12	1:08.00	1:16.70	80
81	1:19.80	1:29.80		7-10	1:19.80	1:29.80	82
83	2:18.70	2:37.20	200Y INDIVIDUAL MEDLEY	13-14	2:11.00	2:28.70	84
85	2:27.60	2:47.00		11-12	2:25.60	2:44.80	86
87	2:49.30	3:11.20		7-10	2:47.60	3:09.30	88
89	11:28.80	10:14.80	1000Y FREESTYLE****	11-12/13-14	10:58.10	9:47.40	90
91	1:50.40	2:05.70	200Y FREE RELAY	13-14	1:43.80	1:58.40	92
93	1:55.60	2:11.50		11-12	1:56.60	2:12.60	94
95**	4:28.60	5:04.50	**200Y MEDLEY RELAY**	13-14	4:16.70	4:51.30	96**
97	2:11.50	2:19.20	200Y MEDLEY RELAY	11-12	2:13.20	2:31.10	98

****Events #1/2 (1650 Freestyle), #23/24 (200 Backstroke), #45/46 (200 Breaststroke), #57/58 (400 IM), #71/72 (200 Butterfly) and Events #89/90 (1000 Freestyle) are being contested as one age group for 11-12 and 13-14 to be awarded and scored as one age group.

***All heats of the 1000 Freestyle, will be swum at the end of the Sunday prelims session (before time trials), fast to slow alternating women and men.

Relays

- All relay times listed are hard cut standards. Relay soft cut standards are in the Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section.
- Events **95-96** (13-14 200 Medley Relay): enter with qualifying 400 medley relay times
- All relays will swim in event order during finals & Thursday timed final session. A&B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition. Teams may enter a maximum of three relay teams per event (A, B, C)

SPECIAL FEATURES FOR ROAD TO 2022 SENIOR INVITATIONAL

- Deck heating will be provided.
- Special event tenting on the start ends and coaches area will be provided
- Coaches Hospitality 3 meals a day will be offered.
- Prelim and Finals heat sheets.
- Conejo Swim Works booth available throughout the meet.
- Take it Live Video feed, as well as, Meet Mobile.

MEET HOTEL INFORMATION 2022 SPRING JUNIOR OLYMPIC

Holiday Inn Select (714) 739-8500
14299 Firestone Blvd, La Mirada, CA 90638

Courtyard Marriott (714) 670-6600
7621 Beach Blvd, Buena Park CA 90620

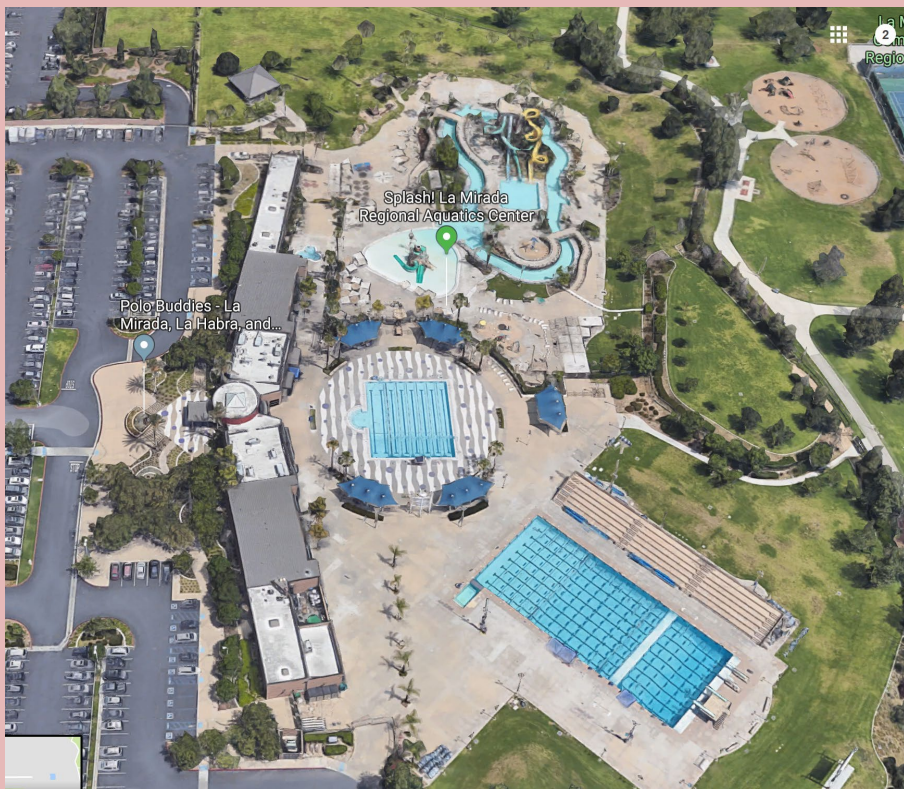
Extended Stay America (714) 670-8579
14775 Firestone Blvd, La Mirada, CA 90638

La Quinta Inn and Suites (714) 670-1400
3 Centerpointe Dr, La Palma, CA 90623

Fairfield Inn and Suites (714) 670-7200
828 Orangethorpe Ave, Buena Park CA 90620

Holiday Inn Buena Park (877) 859-5095
7000 Beach Blvd, Buena Park, CA 90620

Double Tree Hilton (855)-239-9478
13111 Sycamore Dr, Norwalk, CA, 90650



SPLASH AQUATIC CENTER

Off - Site Restaurants (Within Two Miles)

Subway
 IHOP
 In and Out
 Panera Bread
 Panda Express
 Carl's
 Baja Fresh
 Korean Barbeque
 Taco Bell
 Jersey Mikes
 Chipotle
 King Arthurs Pizza
 Dennys
 Wendy's
 Starbucks
 Pick Up Stix
 TGIF
 Red Robin
 Elephant Bar
 McDonalds
 Mr. V's Steakhouse