



2014 SOUTHERN CALIFORNIA SWIMMING SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by Conejo Simi Swim Club
Samuelson Aquatics Center at Cal Lutheran University
July 23rd through July 27th, 2014

SANCTION # 14-189

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of entry. Entry zip file will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the email entry. **Failure to comply will be referred to the SCS Board of Review.** Entry updates (added events or time updates) 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. **Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out including USA Swimming registration number.**

OPEN TO: Southern California Swimming members affiliated or training with the following teams:

Coastal: All Teams

Desert: DSS, SAND

Metro: FROG, LKWD, NSST, RMDA, SCAN, SGSG, VKNG

Orange: COTO, FAST, SCAL

Pacific: LASC, RAPD, TSM, ULTRA, VISN, WEST, WYO, ZAP

All **Unattached** not training with a USA-Swimming club

ELIGIBILITY: OPEN ONLY TO 2014 SOUTHERN CALIFORNIA SWIMMING, USA Swimming REGISTERED SWIMMERS, who have met the SCS Summer JO time standard in each event entered. Registration application must be received by the meet entry deadline by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

DIRECTIONS: California Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd, Thousand Oaks, CA. North: From 101 freeway, exit Lynn Rd and head north. Lynn Rd turns into Olsen Rd; pool is approx 5 miles on left. South: From 101 freeway, take 23 north, exit Olsen and head west towards Thousand Oaks. Pool approx 3 miles on right. **Glass containers are not allowed in pool area; no pets allowed in pool area.**

COURSE: Competition pool is an outdoor 25-yard by 50 meter pool. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 14 feet, at turn end: 7 feet.

WARM UP: The competition pool will be available for controlled warm up at 7:30 am each day of the competition. Separate 25 yd. warm up pool will be available throughout the competition. SCS warm up policy will be enforced.

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 four events on each day prelims or timed finals sessions will close one-half hour prior to the start of the meet. Swimmers must compete in their own age group. Age on July 23, 2014 determines age for the meet. All prelims and timed finals events will be swum fast to slow. **If entries warrant, the preliminaries will run "in chase" from both ends of the pool.**

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.

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.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged

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 throughout the meet.** 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 acknowledgment and consent to this fact.

MEET REFEREE: **The Meet Referee is in charge of the conduct of the meet.**
OFFICIALS:

MEET START TIMES: Preliminaries and Relay sessions will begin at 9:00 a.m. Finals sessions will begin no sooner than 2 hours after the completion of the final heat of the preliminary session. THE FIRST FOUR EVENTS each day will close for check-in 30 minutes before the posted start time of the meet that day.

DISTANCE EVENTS: The 800 / 1500 meter freestyle events (all age groups combined) are "timed finals" with standard seeding procedures. Events will be swum fastest to slowest alternating girls & boys heats. If entries warrant, the 800 Free and/or 1500 Free events will be swum two swimmers per lane. Swimmers in the 1500 must check in by 5 p.m. on Friday to be seeded by time; by 9:30 a.m. on Saturday morning to swim. Swimmers in the 800 and 1500 Freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

EVENT LIMIT: A swimmer may enter all events that meet qualifying time standards. Swimmers may swim a **MAXIMUM of THREE (3)** individual events per day, but may swim **NO MORE than SIX** individual events for the meet.

COMBINED EVENTS: The 13/14 and 15 & UP events will be combined for PRELIMS and TIMED FINALS (excluding relays). FINALS will be swum, scored, and awarded by age group.

FINALS: A consolation and championship final (16 swimmers) will be offered for all events. Relays, 800 & 1500 freestyle are timed finals.

The national finals' scratch rule will be used.

A swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results. A finals "no-show" (original top 16 places only) will be removed from the remainder of the meet. A swimmer missing his/her last finals event of the meet will be fined \$50 due to SCS before his/her next SCS competition.

19&up swimmers will be considered for finals, space available.

SUBMITTED TIMES: Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". YARD TIMES WILL BE SEEDED AFTER METER QUALIFIERS.

If using an entry card, time on front of card must be clearly marked with either "L" or "Y". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. (See 2014 SCS Swim Guide or www.socalswim.org for SHORT COURSE YARD time standards.) Time standards must have been achieved on or after Sept. 1st, 2012, and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2014 SCS Swim Guide.)

As a reminder: No updated times will be accepted after the meet entry deadline.

PROOF OF TIME: This is a proof of time meet. **All entry times will be verified through the USA Swimming SWIMS times database.** An unverified entry time must be proven prior to the beginning of the competition or the swimmer or relay will be scratched from that event. Only swimmers and/or relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in the USA Swimming Rules & Regulations (207.8.3)

DISABLED SWIMMER ENTRY: A swimmer with a disability may enter a 200 meter event (except the 200 IM), if her/his 100 meter entry time qualifies for the 200 meter event; likewise a 400 meter event if her/his 200 meter time qualifies for the 400 meter event. A swimmer so entered shall be seeded in the slowest heat and swim the lesser distance.

ENTRIES DUE: Entries must be **RECEIVED** no later than **5 p.m. Wednesday, July 16, 2014.** **Relays must be pre-entered by coaches with provable times.** **NO LATE ENTRIES** will be accepted. All entries not meeting the deadline **WILL BE REJECTED.** To avoid any concern regarding receipt of entry card enclose a self-addressed stamped envelope or postcard. **No certified, registered, special delivery or mail requiring a signature will be accepted.** Receipt of entry will NOT be confirmed by phone -or- by email. Note: keep a copy of entry form for your records.

CHANGE OF AFFILIATION: Before the meet a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach or reattach at the meet.

AWARDS: Individual: 1st-8th places, custom medals.
9th-16th place, certificates.
Relays: 1st-3rd place teams, custom medals.
Team: 1st-6th awards for girls/boys/combined team.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

RELAYS: All relays will be swum Sunday, July 27, 2014. A \$12.00 fee must accompany all relay entries. Relays must be pre-entered by the meet entry deadline with provable times. RELAY ONLY swimmers must pay the \$12.00 surcharge per swimmer. Refunds for relay entry fees according to SCS rules only.

A club entering a **single relay** in an event must meet the published Summer JO soft cut as a team time or based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months).

A club entering **multiple relays** in an event must meet the published Summer JO hard cut for each of the relays entered. Teams 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 when entering multiple relays in an event.

NOTE: When entering the 13-Up 200 Medley Relays, enter using the 400 Medley Relay time.

ENTRY FEES: \$4.75 per individual event. \$12.00 surcharge per swimmer.
\$12.00 per relay event. \$12.00 surcharge each for relay only swimmers.

NO REFUNDS - RETURNED CHECK will incur a service fee per SCS policy

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: CSSC JO's
c/o Beverly Pierson
935 Calle Collado
Thousand Oaks, Ca 91360
Beverly.pierson@gmail.com

Hand delivered to: Same as above

FOR INFORMATION: Call Southern California Swimming at (805) 682-0135 or Beverly Pierson (805) 402-3309, email: beverly.pierson@gmail.com. See www.csaswim.com for hotel and meet information.

TIME TRIALS: Sanction #14-190
Will be swum provided all three JO meets can offer Time Trials between the am/pm sessions of selected days, time permitting. 3 events per day limit applies (JO events + Time Trials = 3 events per day or less). Deck Entered. Entry fee is \$10.00 per event, no refunds after seeding. Open only to 2014 SCS swimmers who are entered in at least 1 individual event or relay in the JO's. The Administrative Referee will determine the order of events. NO Time Trials will be held on Sunday, July 27th.

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 event.



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ORDER OF EVENTS

WEDNESDAY, JULY 23rd . 9 AM START. Warm up – 7:30 AM

| Girls | JO MIN | AGE | EVENT | JO MIN | Boys |
|-------|----------|---------|-------------|----------|------|
| 1 | 1:23.00 | 11-12 | 100 M Back | 1:23.60 | 2 |
| 3 | 2:46.90 | 13-14 | 200 M Back | 2:43.10 | 4 |
| | 2:42.80 | 15 & UP | 200 M Back | 2:33.50 | |
| 5 | 1:20.60 | 11-12 | 100 M Fly | 1:21.80 | 6 |
| 7 | 2:55.40 | 13-14 | 200 M Fly | 2:48.30 | 8 |
| | 2:46.60 | 15 & UP | 200 M Fly | 2:32.70 | |
| 9 | 1:10.30 | 11-12 | 100 M Free | 1:10.70 | 10 |
| 11 | 1:07.00 | 13-14 | 100 M Free | 1:03.70 | 12 |
| | 1:04.60 | 15 & UP | 100 M Free | 58.80 | |
| 13 | 10:36.80 | 13-14 | 800 M Free* | 10:21.50 | 14 |
| | 10:20.60 | 15 & UP | 800 M Free* | 9:51.40 | |

NOTE: The 800 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys, with the Fastest Heat of Girls and Boys swimming as the last two events of the Finals session. The 800 M Freestyle will be placed and scored by Age Group. Swimmers in the 800 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **800 M FREE will be closed to swim 1 hour prior to the event swimming.**

THURSDAY, JULY 24th . 9 AM START. Warm up – 7:30 AM

| Girls | JO MIN | AGE | EVENT | JO MIN | Boys |
|-------|---------|---------|--------------|---------|------|
| 15 | 1:38.00 | 5-10 | 100 M Fly | 1:38.40 | 16 |
| 17 | 2:24.40 | 13-14 | 200 M Free | 2:18.70 | 18 |
| | 2:19.20 | 15 & UP | 200 M Free | 2:09.00 | |
| 19 | 2:54.60 | 5-10 | 200 M Free | 2:54.90 | 20 |
| 21 | 2:32.50 | 11-12 | 200 M Free | 2:32.50 | 22 |
| 23 | 1:34.10 | 5-10 | 100 M Back | 1:34.90 | 24 |
| 25 | 5:49.50 | 13-14 | 400 M IM | 5:39.50 | 26 |
| | 5:43.20 | 15 & UP | 400 M IM | 5:23.50 | |
| 27 | 49.10 | 5-10 | 50 M Breast | 50.60 | 28 |
| 29 | 42.70 | 11-12 | 50 M Breast | 43.60 | 30 |
| 31 | 1:27.90 | 13-14 | 100 M Breast | 1:23.70 | 32 |
| | 1:25.30 | 15 & UP | 100 M Breast | 1:18.40 | |

FRIDAY, JULY 25th . 9 AM START. Warm up – 7:30 AM

| Girls | JO MIN | AGE | EVENT | JO MIN | Boys |
|-------|---------|---------|------------|---------|------|
| 33 | 1:20.20 | 5-10 | 100 M Free | 1:20.70 | 34 |
| 35 | 5:20.90 | 11-12 | 400 M Free | 5:25.30 | 36 |
| 37 | 5:02.90 | 13-14 | 400 M Free | 4:54.00 | 38 |
| | 4:55.00 | 15 & UP | 400 M Free | 4:35.20 | |
| 39 | 41.20 | 5-10 | 50 M Fly | 41.50 | 40 |
| 41 | 35.70 | 11-12 | 50 M Fly | 35.90 | 42 |
| 43 | 1:15.00 | 13-14 | 100 M Fly | 1:11.80 | 44 |
| | 1:12.30 | 15 & UP | 100 M Fly | 1:04.90 | |
| 45 | 3:17.60 | 5-10 | 200 M IM | 3:17.20 | 46 |
| 47 | 2:53.40 | 11-12 | 200 M IM | 2:53.50 | 48 |
| 49 | 2:43.90 | 13-14 | 200 M IM | 2:37.10 | 50 |
| | 2:39.10 | 15 & UP | 200 M IM | 2:25.50 | |

SATURDAY, JULY 26th . 9 AM START. Warm up – 7:30 AM

| Girls | JO MIN | AGE | EVENT | JO MIN | Boys |
|-------|----------|---------|---------------|----------|------|
| 51 | 1:46.60 | 5-10 | 100 M Breast | 1:50.20 | 52 |
| 53 | 1:33.00 | 11-12 | 100 M Breast | 1:34.20 | 54 |
| 55 | 3:08.60 | 13-14 | 200 M Breast | 3:01.70 | 56 |
| | 3:06.40 | 15 & UP | 200 M Breast | 2:52.40 | |
| 57 | 43.70 | 5-10 | 50 M Back | 44.00 | 58 |
| 59 | 38.50 | 11-12 | 50 M Back | 38.70 | 60 |
| 61 | 1:17.60 | 13-14 | 100 M Back | 1:15.70 | 62 |
| | 1:15.60 | 15 & UP | 100 M Back | 1:09.60 | |
| 63 | 36.30 | 5-10 | 50 M Free | 36.70 | 64 |
| 65 | 32.30 | 11-12 | 50 M Free | 32.20 | 66 |
| 67 | 30.90 | 13-14 | 50 M Free | 29.20 | 68 |
| | 30.10 | 15 & UP | 50 M Free | 27.10 | |
| 69 | 20:25.30 | 13-14 | 1500 M Free** | 20:06.40 | 70 |
| | 20:09.10 | 15 & UP | 1500 M Free** | 19:13.40 | |

** NOTE: The 1500 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys. The fastest Heat of Girls and Boys swimming the 1500 M Freestyle will be during the Finals session after events #56 and #62, respectively. Swimmers in the 1500 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **1500 M FREE will close for seeding by time at 5:00pm Friday; swimmers checking after that will be seeded in the slowest heats regardless of entry times. The event will be closed to swim at 9:30 am Saturday.**

SUNDAY, JULY 27th . 9 AM START. Warm up – 7:30 AM

| Girls | Hard Cut | AGE | EVENT | Hard Cut | Boys |
|-------|----------|---------|-----------------|----------|------|
| 71 | 2:28.90 | 5-10 | 200 M Fr Relay | 2:30.10 | 72 |
| 73 | 4:49.80 | 11-12 | 400 M Fr Relay | 4:49.80 | 74 |
| 75 | 4:34.40 | 13-14 | 400 M Fr Relay | 4:21.20 | 76 |
| 77 | 4:24.30 | 15 & UP | 400 M Fr Relay | 4:01.40 | 78 |
| 79 | 2:54.60 | 5-10 | 200 M Med Relay | 2:56.90 | 80 |
| 81 | 2:34.30 | 11-12 | 200 M Med Relay | 2:34.30 | 82 |
| 83 | 5:15.00 | 13-14 | 200 M Med Relay | 5:02.20 | 84 |
| 85 | 5:05.00 | 15 & UP | 200 M Med Relay | 4:38.70 | 86 |
| 87 | 2:12.10 | 11-12 | 200 M Fr Relay | 2:12.10 | 88 |
| 89 | 2:06.70 | 13-14 | 200 M Fr Relay | 1:59.80 | 90 |
| 91 | 2:03.50 | 15 & UP | 200 M Fr Relay | 1:51.50 | 92 |
| 93 | 5:38.60 | 11-12 | 400 M Med Relay | 5:38.60 | 94 |
| 95 | 5:15.00 | 13-14 | 400 M Med Relay | 5:02.20 | 96 |
| 97 | 5:05.00 | 15 & UP | 400 M Med Relay | 4:38.70 | 98 |
| 99 | 9:52.10 | 13-14 | 800 M Fr Relay | 9:23.20 | 100 |
| 101 | 9:30.80 | 15 & UP | 800 M Fr Relay | 8:47.90 | 102 |

Soft cut standards as well as short course qualifying times are in the 2014 Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section.