



2015 SOUTHERN CALIFORNIA SWIMMING SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by Riverside Aquatics Association
Riverside Aquatics Complex at Riverside City College
July 29 through August 2, 2015

SANCTION #S15-206

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. Electronic entries are to be sent to – blwswim@earthlink.net. **Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out including USA Swimming registration number.**
Mail to: Bettie Williams - P O Box 83538, Los Angeles, CA 90083* DO NOT EMAIL INDIVIDUAL ENTRIES**

- OPEN TO:** Southern California Swimming members affiliated or training with the following teams:
Desert: DSS, LTNV
Eastern: ALL TEAMS
Metro: ARSC, BAC, BSC, CERR, EMS, FROG, LBSH, OAS, PASA, SMT, TCS
Orange: AZOT, BREA, GWSC, SCAT
Pacific: CCY, ECCA, JCA, LACT, LASC, LMST, MBD, PAC, PVAC, RYL, SOBA, SURF, TORR
All unassigned Unattached
- ELIGIBILITY:** OPEN ONLY TO 2015 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:** Riverside Aquatics Complex - 4800 Magnolia Avenue, Riverside, CA 92506 - Exit 14th Street from 91 Freeway. Go West to Olivewood and turn left. Turn right on Saunders/City College Drive. Turn right on Saunders (First Street on right). The pool is at the end of Saunders.
- PARKING:** Special event parking passes are required for this aquatic event. Event passes are \$20.00 for a 5-day pass. One-day passes are \$5.00. Parking attendants will be selling passes on site prior to the start of each session. Passes will also be available at the RAA Program Tent.
- COURSE:** Competition pool is outdoor 50 meter x 25 yard with 9 competition lanes and a warm-up warm down area. The competition course has been certified in accordance with 104.2.2 (C). Pool depth: start end 8' turn end 13'. Eight lanes will swim at finals.
- WARM UP:** Competition lanes will be open for USA Swimming members under coaches' supervision at 7:30 am. Diving will be allowed in designated dive lanes only under supervision of the coaches. Separate warm up/ warm down areas 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 29, 2015 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: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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. **NOTE: All preliminary sessions will be conducted FASTEST to SLOWEST.**

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 no more than NINE 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". For Seeding purposes ONLY: after entries close, non-conforming times will be converted by meet administration.

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 2015 SCS Swim Guide or www.socalswim.org for SHORT COURSE YARD time standards.) Time standards must have been achieved on or after Sept.1st, 2013, 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 22, 2015**. **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, August 2, 2015. A \$12.00 fee must accompany all relay entries. Relays must be pre-entered with provable times included on the relay entry form. RELAY ONLY swimmers must pay the \$12.00 surcharge per swimmer. Entry deadline for the relay entry form is 5 p.m. Wednesday, July 22, 2015. RELAY ONLY swimmers must pay the \$12.00 surcharge per swimmer. Changes/Additions for Relay Only swimmers DUE NO later than NOON, Wednesday, August 29. 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.
IF ELECTRONIC ENTRY IS MADE VIA THE INTERNET (EMAIL), THE TEAM CHECK MUST BE POSTMARKED WITHIN 48 HOURS OF THE EMAIL DATE STAMP.

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

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail address: Bettie Williams
P.O. Box 83538
Los Angeles, CA 90083

For Information :
Bettie Williams – blwswim@earthlink.net (310 338-8776)
Kirk Wolf – raapresident01@gmail.com

Hand delivery: 5405 W Slauson Avenue,
Los Angeles, CA 90056

TIME TRIALS: Sanction #S15-207
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 2015 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, August 2nd.

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.



2015 SOUTHERN CALIFORNIA SWIMMING SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS July 29 through August 2, 2015

ORDER OF EVENTS

WEDNESDAY, JULY 29. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
1	01:22.80	11-12	100 M Back	01:23.60	2
3	02:46.90	13-14	200 M Back	02:43.10	4
	02:42.80	15 & UP	200 M Back	02:33.40	
5	01:20.60	11-12	100 M Fly	01:21.80	6
7	02:55.40	13-14	200 M Fly	02:48.30	8
	02:47.30	15 & UP	200 M Fly	02:32.70	
9	01:10.20	11-12	100 M Free	01:10.60	10
11	01:06.90	13-14	100 M Free	01:03.70	12
	01:04.60	15 & UP	100 M Free	58.70	
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 one hour prior to the event swimming.**

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

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
15	01:38.40	5-10	100 M Fly	01:38.70	16
17	02:24.40	13-14	200 M Free	02:18.70	18
	02:19.20	15 & UP	200 M Free	02:09.00	
19	02:54.90	5-10	200 M Free	02:55.20	20
21	02:32.20	11-12	200 M Free	02:32.50	22
23	01:34.10	5-10	100 M Back	01:34.90	24
25	05:49.50	13-14	400 M IM	05:39.50	26
	05:43.20	15 & UP	400 M IM	05:23.50	
27	49.10	5-10	50 M Breast	50.50	28
29	42.70	11-12	50 M Breast	43.60	30
31	01:27.90	13-14	100 M Breast	01:23.70	32
	01:25.30	15 & UP	100 M Breast	01:18.30	

FRIDAY, JULY 31. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
33	01:20.20	5-10	100 M Free	01:20.60	34
35	05:20.90	11-12	400 M Free	05:25.30	36
37	05:02.90	13-14	400 M Free	04:54.00	38
	04:55.00	15 & UP	400 M Free	04:35.20	
39	41.20	5-10	50 M Fly	41.50	40
41	35.70	11-12	50 M Fly	35.90	42
43	01:14.90	13-14	100 M Fly	01:11.80	44
	01:12.30	15 & UP	100 M Fly	01:04.80	
45	03:17.60	5-10	200 M IM	03:17.50	46
47	02:53.40	11-12	200 M IM	02:53.50	48
49	02:44.00	13-14	200 M IM	02:37.10	50
	02:39.10	15 & UP	200 M IM	02:25.50	

SATURDAY, AUGUST 1. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
51	01:46.60	5-10	100 M Breast	01:49.70	52
53	01:33.00	11-12	100 M Breast	01:34.20	54
55	03:08.90	13-14	200 M Breast	03:01.50	56
	03:06.60	15 & UP	200 M Breast	02:52.20	
57	43.70	5-10	50 M Back	43.90	58
59	38.50	11-12	50 M Back	38.80	60
61	01:17.60	13-14	100 M Back	01:15.30	62
	01:15.60	15 & UP	100 M Back	01:09.30	
63	36.20	5-10	50 M Free	36.50	64
65	32.30	11-12	50 M Free	32.20	66
67	30.80	13-14	50 M Free	29.10	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, AUGUST 2. 9 AM START. Warm up – 7:30 AM

Girls	Hard Cut	AGE	EVENT	Hard Cut	Boys
71	02:28.80	5-10	200 M Fr Relay	02:30.10	72
73	04:48.20	11-12	400 M Fr Relay	04:49.70	74
75	04:34.50	13-14	400 M Fr Relay	04:21.20	76
77	04:24.60	15 & UP	400 M Fr Relay	04:01.20	78
79	02:54.70	5-10	200 M Med Relay	02:57.10	80
81	02:33.00	11-12	200 M Med Relay	02:34.30	82
83	05:15.20	13-14	200 M Med Relay**	05:02.20	84
85	05:05.20	15 & UP	200 M Med Relay**	04:38.50	86
87	02:12.60	11-12	200 M Fr Relay	02:12.10	88
89	02:06.60	13-14	200 M Fr Relay	01:59.70	90
91	02:03.50	15 & UP	200 M Fr Relay	01:51.40	92
93	05:35.10	11-12	400 M Med Relay	05:38.60	94
95	05:15.20	13-14	400 M Med Relay	05:02.20	96
97	05:05.20	15 & UP	400 M Med Relay	04:38.50	98
99	09:52.10	13-14	800 M Fr Relay	09:28.20	100
101	09:30.80	15 & UP	800 M Fr Relay	08:48.90	102

**NOTE: Events 83-86 (13-14, 15&Up 200 M Medley Relay) enter 400M Medley Relay time.

Soft cut standards as well as short course qualifying times are in the 2015 Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section.



RIVERSIDE AQUATICS ASSOCIATION SWIM TEAM

is proud to host

The Southern California Swimming (SCS) Summer Junior Olympics



July 28 - August 2, 2015

***The RAA Swim Team has negotiated discounted room rates at the following hotels.
All groups must reference "RAA Swim Junior Olympics" for special pricing.***

Hyatt Place. 9 blocks from Riverside Aquatics Complex

3500 Market Street

Riverside, CA 92501

Reservations: (888) 492-8847

Group Code: G-RAFF

Rate: \$99.00 (1) King; \$109.00 (2) Queens

* Discounted parking \$8.00/day

* Complimentary hot and cold breakfast; high-speed internet; and use of fitness center



Riverside Marriott. 9 blocks from the Riverside Aquatics Complex

3400 Market Street

Riverside, CA 92501

Reservations: (800) 228-9290 or (951) 784-8000

Rate: \$109.00

* Discounted parking \$5.00/day

* Complimentary high-speed internet and use of fitness center



Mission Inn Hotel & Spa. 8 blocks from Riverside Aquatics Complex

3649 Mission Inn Avenue

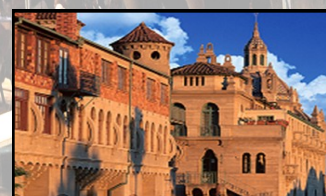
Riverside, CA 92501

Reservations: (800) 843-7755

Rate: \$129.00 Deluxe

* Self parking \$15.00/day

* Complimentary use of fitness center and eucalyptus steam room



Hampton Inn & Suites. 8 miles from Riverside Aquatics Complex

4250 Riverwalk Parkway

Riverside, CA 92505

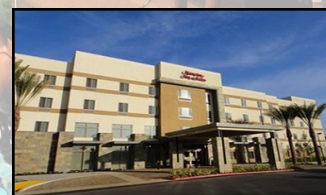
Reservations: (951) 352-5020

Group Code: CHXRAA

Rate: \$89.00 (1) King or (2) Queens, \$109.00 King/Queen Suite

* Complimentary parking

* Complimentary hot breakfast; high-speed internet; and use of fitness center



Competition Location:

Riverside Aquatics Complex

Riverside City College

4800 Magnolia Ave

Riverside, CA 92506

PARKING PERMIT REQUIRED: \$5.00/day or discount 5-day passes available on site

Southern California Open Water Junior Olympics

LOCATION: The event will be conducted at Castaic Lake, CA

COURSE: Course is a 1K looping Course.

RULES: The current USA Swimming and USMS open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. *USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.*

ELIGIBILITY: The competition will be organized according to these age classifications:

Schedule of Events		
Time	Event	Location
7:00	Race Registration	Registration Tent
8:30	7-10 - 1K Swim	South Beach
9:00	11-12 - 2K Swim	South Beach
10:00	13-18 - 3K Swim	South Beach
11:30	Team Pursuit (7-14 / 13-18 awards)	South Beach

SCHEDULE: Monday, August 3, 2015

Check-In Begins – 7:00 AM

Pre-Race Briefing/Safety Meeting – 10 minutes prior to the start of each race.

Competition starts: 8:30 AM

START TIMES: Start times are as listed above, but may be adjusted based on the number of entrants. Pre-registered athletes will be informed of any changes via email. Events will be swum in order. Events may be started prior to the completion of the previous event(s) at the discretion of the Referee. Details of the competition schedule will be discussed during the pre-race briefing.

CHECK-IN: Swimmers must report to the check-in table appropriate for their age and gender for check-in packet, numbering and chips. Chips must be worn.

SAFETY PROCEDURES: There will be a mandatory Pre-Race Briefing held 10 minutes before competition begins to discuss the course, rules and safety procedures. The Referee **will** remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel.

ATHLETE ATTITUDE: Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. *Parents and swimmers should be advised that if there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.*

ELIGIBILITY: All Swimmers must be 2015 USA Swimming registered to be accepted into this meet. **USA Swimming registration cards must be presented at check-in.** Age as of August 3, 2015 shall determine the swimmer's age for the race. Registered athletes from outside LSCs may enter.

TEAM PURSUIT: 3 athletes complete (must have at least 1 athlete of each gender) a 1K loop for time. Teams are sent out at 1 minute intervals. Team must complete the course together.

ENTRY FEES: \$35.00 per individual event with pre-registration. \$20.00 for Team Pursuit. Race day entry is \$50 per individual. Entry fee includes t-shirt and post race snacks.

ENTRY PROCEDURES & DEADLINE: Online entry ONLY @ <http://www.j-chipusa.com/events.php?eventid=10089>
Entries and Fees must be received on or before August 3rd 2015. Race day entries will be accepted at an increased fee of \$50.00 with proof of USA Swimming membership.

MEET DIRECTOR: Chris Collins - 661-433-3834 ctcollins@sbcglobal.net

ENTRY CHAIR: Jeremy Anderson - 805-207-1111 jay@canyons.org

INDEPENDENT SAFETY MONITOR: Dion Hatch

The Independent Safety Monitor has the final authority on whether the events will be held.

START/FINISH TIMING SYSTEM: A beach start and "in-water" finish will be used for each individual event. A chip timing system will be used. Chips must be worn on the wrist.

TIME LIMITS: swimmers must finish within 30 minutes of the first swimmer in their event to be eligible for scoring and awards.

AWARDS: Medals will be awarded for the overall top 8 swimmers in each age group 7-10, 11-12, 13-14, 15-18. Additional medals will be awarded to the top 3 in each single age division 9, 10, 11, 12, 13, 14. Medals will be given to the top 3 teams in Team Pursuit 8-14, 13-18. Banner for Team Champion

GENERAL ADMISSION: There is no admission fee for this event. **Parking** is 11.00.

MEET WARM-UP PROCEDURES: An area adjacent to the competition course will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.

RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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

FINAL RESULTS: Final results will be posted on line at j-chipusa.com

ONLINE ENTRY @

<http://www.j-chipusa.com/events.php?eventid=10089>

is REQUIRED

Pre-Meet (\$35) Entry Deadline is August 2, 2015

Day of Event Entry is \$50