

**2017
Southern California Swimming
14 & Under Short Course
Junior Olympic Championship**

March 16-19, 2017

Open to All SCS teams



Rose Bowl Aquatics Center (360 N. Arroyo Blvd. Pasadena CA)

Thursday afternoon (3 PM) Timed Finals
Friday/Saturday/Sunday (9:00 AM) Prelims' Sessions
Friday/Saturday/Sunday (5:00 PM) Finals' Sessions

**Hosted By:
Southern California Swimming & Rose Bowl Aquatics**

**2017 Southern California Swimming
14 & Under Short Course
Junior Olympic Championship – March 16-19, 2017**

Sanctioned By: Southern California Swimming; USA Swimming
Sponsored By: Rose Bowl Aquatics Club; So. California Swimming
Location: Rose Bowl Aquatics Center (RBAC)
360 N. Arroyo Blvd. Pasadena CA 91103

Sanction Number: S17-059
Entry Deadline: RECEIVED BY 5 PM Wednesday
March 8, 2017

Sessions:

Thursday, March 16th, Timed Finals Session
---**Warm-up:** 1:30 PM; **Meet Start Time:** 3:00 PM

Friday, March 17th,
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM
Finals-- **Warm-up:** 3:30 PM; **Meet Start Time:** 5:00 PM

Sessions (continued):

Saturday, March 18th,
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM
Finals-- **Warm-up:** 3:30 PM; **Meet Start Time:** 5:00 PM

Sunday, March 19th,
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM
Finals-- **Warm-up:** 3:30 PM; **Meet Start Time:** 5:00 PM

Eligibility: Open to 2017 USA Swimming registered swimmers who have met and can prove the posted SCS "Winter JO" time standards. Swimmers from outside SCS will not be accepted. Registration application must be received by **5 PM, Wednesday, March 8th** 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.

Facilities/Courses: Rose Bowl is an outdoor 18 lane, 25 yard pool with two 8 lane competition courses for Prelims and one 10-lane competition course for Finals. For all timed finals and prelims events, the pool will be split into two courses – girls and boys. The final sessions Fri/Sat/Sun will run one 10 lane course for championship and consolation final heats for 7-10, 11-12, 13-14 age groups. The competition course has been certified in accordance with 104.2.2C (4). Pool depth at start end and at the turn end is 6' 7". The certification copy is on file with USA Swimming. A separate 25-yard pool will be available for warm-up/ warm-down during Prelims. 8 lanes of the competition pool will be available for warm-up/warm-down during Finals. Finals will include Rose Bowl Aquatics-10 lane "finals" course, partially closed deck, ready room, athlete march-in, awards stand, and staged relays.

Directions: **RBAC:** 360 N. Arroyo Blvd., Pasadena, CA 91103. Please use Google Maps, MapQuest or Thomas Guide for directions. Pool is at the far southeast end of the parking lot I. There are signs in the area directing you to the Rose Bowl. The Aquatic Center is 1000 yards directly south of the Rose Bowl. *Parking is free.*

Meet Start Times: Thursday timed final events will begin at **3:00 PM**. Friday, Saturday and Sunday Prelims will start at **9:00 AM**. It is estimated that Prelims will be over by Noon all three days. Friday/Saturday/Sunday Finals will start no earlier than 4:00pm, with a minimum 3 hours after the completion of the prelims that day. After entries close, finals start times for each day will be announced.

Warm-up Times: Thursday warm-up will begin 1:30pm. Controlled warm-ups will begin 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 warm ups. Based on entries, warm-up may be split and teams may be assigned to specific warm-up times.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

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 16, 2017 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 can swim no more than 6 individual events during the meet, nor more than 3 individual events per day. **Swimmers and relay only swimmers can swim no more than 2 time trials per day, and a maximum of 3 events per day of prelim and time trials swims.**

The National Finals' scratch rule will be used. A swimmer must scratch or place an intent on an event within 30 minutes of *announcement* of preliminary results. Final "no-show" (original top 10 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 2015/2016 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.

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: 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. **"TECH" SUITS ARE PERMITTED FOR 11 & OVER SWIMMERS AT THIS 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 **1000 yard freestyle** events (age groups combined) will be swum:
 - All heats on Friday, fastest to slowest, boy and girls courses.
 - The 1000 will be awarded and scored by age group and gender.
 - **Swimmers in the 1000 freestyle should be prepared to supply their own lap counters.** *Timers will be provided by the host*
- The **1650 yard freestyle** events (age groups combined) will be swum:
 - 1650 check in to swim by seeded time closes 5 PM Saturday; check in to swim closes 9:30AM Sunday
 - Swimmers may declare AM or PM at check in. AM option declared by 5pm Saturday seeded by time.
 - Fastest 10 checking in for PM will swim in finals on Sunday.
 - All other heats fastest to slowest.
 - The 1650 will be awarded and scored by age group and gender.
 - **Swimmers in the 1650 freestyle should be prepared to supply their own timers and lap counters.**

Awards:

Individual: 1st-10th places, custom medals.

Individual: 11th-20th places, certificates *upon request by individual or coach only.*

Relays: 1st-5th place teams, custom medals.

TEAM: 1st – 6th award plaques for Men, Women and Combined

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 are pre-entered electronically and prepaid (\$20 per relay and \$14 per relay-only swimmer). Relays are all timed finals events. **There is NO on-deck entry of relay-only swimmers** 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 4:00pm 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 9/1/2015). 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 16th.

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, 2015 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. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. 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). **Individual email entry will not be accepted.** Electronic entry to be submitted to blwswim@earthlink.net.

Late Qualification: Entry of new events achieved between March 10th and March 12th can be made only by the administrative official/referee at the qualified meet. Entries must be e-mailed to the 14/Under JO meet processor by midnight, March 12th. No time updates or meet entries made prior to March 10th -12th will be accepted. An event already entered with a qualifying meter time cannot be updated to a yard time. No refunds.

Partially 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.

Medal presentations and medal stand photos will occur immediately following the Finals' event Friday/Saturday/Sunday, as swimmers depart the pool. On Thursday, Timed Finals Events 1-12 will be awarded as soon after the event as the administrative referee can confirm results. Events 13-14 (1000 Free) and 15-16 (800 Free Relays) will be awarded Friday before the start of Finals (time to be determined). Parents will NOT have access to take medal stand photos; however, photos will be uploaded to a secure website for free downloading by parents each evening (access info via coaches at the meet).

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

Fees: Individual surcharge (including relay-only swimmers): \$14.00. Event fee: \$6.50 per event. Relays: \$21.00 per relay. Returned checks will incur a service fee per SCS policy

Please make checks payable to: Southern California Swimming

<u>Mail entries to:</u>	Bettie Williams, P.O. Box 83538, Los Angeles, CA 90083-0538
<u>Hand delivered to:</u>	5405 W Slauson Ave, Los Angeles, CA 90056
<u>Electronic entries to:</u>	Bettie Williams blwswim@earthlink.net
<u>Meet Information:</u>	Maureen Lennon (Meet Director) maureen@lennonassociates.com 818-802-1004

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.

Time Trials: Separate Sanction #17-074

Will be swum, time permitting, on Friday, Saturday and Sunday only 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 \$15.00 per event, no refunds after seeding. Open only to 2017 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/Official will determine the order of events.

Thursday - March 16, 2017 – Timed Finals Session, Warm-up 1:30pm - Meet start 3:00pm

Event No	Girls		EVENT	AGE	BOYS		EVENT NO
	Yards	Meters			YARDS	METERS	
1	2:29.10	2:48.70	400 IM***	11-12	2:26.90	2:46.30	2
3	2:29.30	2:48.90	500 FREESTYLE ***	7-10	2:27.40	2:46.80	4
5	2:02.80	2:19.60	200 FREE RELAY	11-12	1:56.60	2:12.60	6
7	2:09.40	2:26.80		7-10	2:10.50	2:27.70	8
9	2:11.50	2:19.20	200 MEDLEY RELAY	11-12	2:31.10	2:31.10	10
11	2:38.90	2:50.30		7-10	2:32.30	2:52.40	12
13	11:28.80	10:14.80	1000 FREESTYLE ***	11-12/13-14	10:58.10	9:47.40	14
15	8:29.10	9:37.90	800 FREE RELAY	13-14	8:07.20	9:13.60	16

***** 11-12 year old swimmers entering the 400 IM should enter their achieved 200 IM time.**

Achieved time must be equal to or better than the min standard stated on meet form.

***** 7-10 swimmers entering the 500 Free should enter their achieved 200 Freestyle times.**

Achieved time must be equal to or better than the standard stated on meet form.

Friday – March 17, 21017 – Prelim Session, Warm-up 7:30am - Meet start 9:00am

17	1:19.00	1:29.70	100 BREASTSTROKE	11-12	1:18.90	1:29.60	18
19	1:14.20	1:24.40		13-14	1:10.00	1:19.70	20
21	36.70	41.40	50 BACKSTROKE	7-10	36.50	41.10	22
23	32.60	36.80		11-12	32.60	36.80	24
25	2:21.80	2:40.20	200 BUTTERFLY ***	11-12/13-14	2:15.90	2:33.70	26
27	31.50	35.80	50 FREESTYLE	7-10	30.90	35.10	28
29	27.90	31.80		11-12	27.50	31.40	30
31	26.00	29.70		13-14	25.30	28.90	32
33	2:18.80	2:37.30	200 IM	13-14	2:12.60	2:30.40	34
35	2:29.30	2:48.90	200 FREESTYLE	7-10	2:27.40	2:46.80	36
37	5:46.30	5:09.10	500 FREESTYLE	11-12	5:44.70	5:07.60	38
39	5:26.20	4:51.10		13-14	5:14.50	4:40.70	40
41	4:09.60	4:43.40	400 FREE RELAY	11-12	4:09.30	4:43.10	42
43	4:13.60	4:27.90	400 FREE RELAY	13-14	3:42.70	4:13.60	44

Saturday, March 18, 2017 – Prelim Session, Warm-up 7:30am - Meet start 9:00am

45	37.00	42.10	50 BREASTSTROKE	11-12	36.50	41.50	46
47	40.90	46.40		7-10	42.10	47.70	48
49	2:19.40	2:37.10	200 BACKSTROKE ***	11-12/13-14	2:12.50	2:29.50	50
51	1:08.00	1:16.90	100 BUTTERFLY	11-12	1:08.60	1:17.60	52
53	1:03.40	1:11.80		13-14	1:00.00	1:08.00	54
55	1:20.50	1:30.80		7-10	1:19.20	1:29.30	56
57	2:09.60	2:27.10	200 FREESTYLE	11-12	2:10.00	2:27.50	58
59	2:01.80	2:18.40		13-14	1:56.50	2:12.50	60
61	2:48.50	3:10.30	200 IM	7-10	2:48.50	3:10.30	62
63	2:29.10	2:48.70		11-12	2:26.90	2:46.30	64
65	4:54.80	5:33.60	400 IM	13-14	4:41.20	5:18.50	66
67	4:47.30	5:25.30	400 MEDLEY RELAY	11-12	4:49.70	5:28.00	68
69	4:28.60	5:04.50		13-14	4:16.70	4:51.30	70

Sunday, March 19, 2017 – Prelim Session, Warm-up 7:30am - Meet start 9:00am

71	1:01.50	1:09.90	100 FREESTYLE	11-12	1:00.00	1:08.20	72
73	56.60	1:04.40		13-14	53.90	28.90	74
75	1:09.20	1:18.40		7-10	1:08.20	1:17.30	76
77	31.00	35.10	50 BUTTERFLY	11-12	30.70	34.80	78
79	35.10	39.70		7-10	35.50	40.10	80
81	2:40.00	3:01.60	200 BREASTSTROKE ***	11-12/13-14	2:30.30	2:50.80	82
83	1:28.80	1:40.60	100 BREASTROKE	7-10	1:30.50	1:42.50	84
85	1:09.60	1:18.50	100 BACKSTROKE	11-12	1:09.30	1:18.10	86
87	1:04.70	1:13.00		13-14	1:01.60	1:09.60	88
89	1:19.40	1:28.70		7-10	1:19.80	1:29.80	90
91	1:10.40	----	100 IM	11-12	1:09.40	-----	92
93	1:18.30	-----		7-10	1:18.90	-----	94
95	19:23.40	19:46.70	1650 FREESTYLE***	11-12/13-14	18:45.50	19:08.00	96
97	1:50.40	2:05.70	200 FREE REALY	13-14	1:43.80	1:58.40	98
99	4:28.60	5:04.50	200 MEDLEY RELAY	13-14	4:16.70	4:51.30	100

***Events #13/14 (1000 Freestyle); #25 /26 (200 Butterfly) ; #49/50 (200 Backstroke) and #81/82 (200 Breaststroke) are being contested as one age group for 11-12 and 13-14 .These events will be awarded and scored as one age group.

***All heats of the 1650 Freestyle, except the fastest 10 girls and boys (ages combined), will be swum at the **end** of the Sunday prelims session

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 99-100 (13-14 200 medley relay): enter with qualifying 400 medley relay times
- All relays Fri/Sat/Sun will swim at the end of finals. Thursday relays swum in event order during that timed finals session. A&B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition.
- TIME TRIALS will be offered to swimmers and relay only swimmers entered in the meet. Swimmers are limited to 2 time trial swims per day, and a maximum of 3 events per day including prelim events.