

**2015
Southern California Swimming
Short Course Younger
Junior Olympic Championships**

December 11-13, 2015

Open to:

Coastal (BUEN, CANY, CLSS, MSS, NCA), Eastern (CASS, CCAQ, CHA, CHA, CROC, DSRT, HCOR, HDA, HILL, IEAQ, LLF, MESA, MVAQ, MBA, PASS, PDSC, STAR, TCC, TMEC, TPST, YST), Metro (COMM, ELAY, FHAQ, FROG, LKWD, MAX, MPMR, PASA, RFSH, TRID), Orange (CMAC, EAST, GSC, NOVA, SET, SOKA, SPLA, TD), and Pacific (BRUN, CITI, LACT, LASC, TROJ, UCLA, USC, WEST, ZAP) UNATTACHED not with a Club



Palm Springs Swim Center

Hosted by:

**Southern California Swimming
and Piranhas Swim Team**

BY EVENT a swimmer qualified in yards or meters for the SCS Club Championships at Rose Bowl, December 3-6 may NOT swim THAT event (individual or relay leg) at Junior Olympics

2015 SOUTHERN CALIFORNIA SWIMMING

Short Course Winter Junior Olympic Championship

Friday – Sunday – December 11-13, 2015

Sanctioned By: USA-Swimming & Southern California Swimming

Sponsored By: Piranhas Swim Team

Sanction Number: 15-332

Entries Due: 5:00PM, Wed, Dec 2, 2015.

Eligibility: Open to 2015 or 2016 USA Swimming registered swimmers registered in Coastal (BUEN, CANY, CLSS, MSS, NCA), Eastern (CASS, CCAQ, CHA, CHA, CROC, DSRT, HCOR, HDA, HILL, IEAQ, LLF, MESA, MVAQ, MBA, PASS, PDSC, STAR, TCC, TMEC, TPST, YST), Metro (COMM, ELAY, FHAQ, FROG, LKWD, MAX, MPMR, PASA, RFSH, TRID), Orange (CMAC, EAST, GSC, NOVA, SET, SOKA, SPLA, TD), and Pacific (BRUN, CITI, LACT, LASC, TROJ, UCLA, USC, WEST, ZAP) UNATTACHED not with a Club who have met and can prove the posted "Winter JO" time standards. No swimmers from outside SCS will be accepted. Swimmers who are unattached and not practicing with an SCS member club are assigned to the Palm Springs meet. Registration application must be received by **Wednesday, Dec 2 at 5pm** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

POOL: Palm Spring Swim Center, 405 S. Pavilion Way, Palm Spring CA 92262.

DIRECTIONS: Take I-10 East, exit Highway 111, Left (east) on Ramon Rd. Turn left (south) on Sunrise to Baristo. Right (east) on Baristo to Pavilion Way. Pool is located at the end of the street.

COURSE: PALM SPRING SWIM CENTER POOL is an outdoor 50m x 25yd pool with 10 competition lanes and 10 warm-up warm-down lanes. The competition course has been certified in accordance with 104.2.2(C). Pool Depth Measurements at Start End Lane 1 = 4'9" Lane 10=7'0", Turn End Lane 1 = 4'8", lane 10=7'8".

Meet Start Times: Preliminary sessions will begin at 8:30 A.M. Finals sessions will begin no sooner than 2 hours after the completion of the prelims session that day.

Warm-up times: Controlled warm-ups will begin on Sat-Sun-Mon at 7:00AM in the competition pool. The competition pool will be closed at 8:15 a.m. 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 2 events (prelims) or 4 events (timed finals) will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on Dec 11, 2015, determines age for the meet. Prelims and timed finals will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day.

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 acknowledgement and consent to this fact.

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.

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.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events:

- The **1000 and 1650 yard freestyle** events (age groups combined) will be swum:
 - All heats (fastest heat by gender in Finals) on Friday and Sunday, fastest to slowest alternating girls and boys heats.
 - Swimmers should be prepared to supply their own timers and lap counters.
 - Friday W1000 and M 1650 check-in closes at 10 AM
 - Sunday W1650 and M 1000 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. Fastest 8 checking in for PM will swim in finals on Sunday.

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. Times in the database are not meet entry only proof of entered time.** 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, 2014 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:
 1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Submit a completed individual entry form with payment.

Updates and Late Qualification:

- Entry updates (added events) will be processed when received by the processor by the entry deadline. Deletions will NOT be refunded.
- Entry of new events achieved between Nov 30 and Dec 6 can be made only by the administrative official/referee at the qualified meet. Entries must be e-mailed to the WJO meet processor by midnight, Dec 6. No updated times or previously qualified events will be accepted. An event already entered with a qualifying meter time cannot be updated to a yard time.

Fees: Individual surcharge (including relay-only swimmers): \$14.00. Event fee: \$5.50 per event. Relays: \$20 per relay. Returned checks will incur a service fee per SCS policy

Scoring/Awards:

- Individual event scoring 20 places; Relays 20 places
- Distinctive custom medals will be awarded for 1-8 places in individual events and 1-3 places in relay events.
- Certificates are available on request for places 9-20.
- Team awards 1-6, girls, boys, combined

Relays: Relays and relay-only swimmers are pre-entered electronically and prepaid. Relays are timed finals events. By gender and age fastest 2 heats (single heat of 800 Free Relay) will swim in Finals. 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 9/1/2014). 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 of the hard cut. A swimmer with a Club Championship time in a stroke/distance may NOT swim that stroke/distance on a JO relay

Finals – Friday, Saturday, Sunday: A championship and consolation final (16 swimmers) will be offered by age group. **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 places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

Time Trials: Sanction #S15-333

Will be swum, time permitting, on Friday and Saturday 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 \$20 per event, no refunds after seeding. Open only to 2015 or 2016 SCS swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. The Administrative Referee/Official will determine the order of events.

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.

Entries must be received by Wednesday, December 2, 2015

Make checks payable to: Southern California Swimming

Mail entries to: PST Winter Jos
Alina de Armas, PO Box 63, Simi Valley, CA 93063-0063

Email entries to: alina@dearmas.co (no "m")

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

FOR INFORMATION: Call Southern California Swimming at (805) 682-0135

GIRLS				BOYS		
#	Yards	Meters	Event	Yards	Meters	#
			FRIDAY – Dec 11			
1	2:34.70	2:54.90	5-10 200 Free	2:35.00	2:55.20	2
3	2:14.30	2:32.20	11-12 200 Free	2:14.60	2:32.50	4
5	2:07.30	2:24.40	13-14 200 Free	2:02.10	2:18.70	6
7	1:23.70	1:34.10	5-10 100 Back	1:24.50	1:34.90	8
9	1:13.60	1:22.80	11-12 100 Back	1:14.30	1:23.60	10
11	1:08.90	1:17.60	13-14 100 Back	1:06.80	1:15.30	12
13	36.50	41.20	5-10 50 Fly	36.80	41.50	14
15	31.60	35.70	11-12 50 Fly	31.80	35.90	16
17	2:35.50	2:55.40	13-14 200 Fly	2:29.10	2:48.30	18
19	1:34.30	1:46.60	5-10 100 Breast	1:37.10	1:49.70	20
21	1:22.00	1:33.00	11-12 100 Breast	1:23.10	1:34.20	22
23	1:17.40	1:27.90	13-14 100 Breast	1:13.60	1:23.70	24
25	31.90	36.20	5-10 50 Free	32.20	36.50	26
27	28.40	32.30	11-12 50 Free	28.30	32.20	28
29	27.10	30.80	13-14 50 Free	25.50	29.10	30
31	11:53.50	10:36.80	13-14 1000 Free			
			13-14 1650 Free	19:42.80	20:06.40	32
33	4:56.30	5:35.10	11-12 400 Medley Relay	4:59.60	5:38.60	34
35	4:38.50	5:15.20	13-14 400 Medley Relay	4:26.80	5:02.20	35
			SATURDAY – Dec 12			
37	2:24.90	2:44.00	13-14 200 IM	2:18.70	2:37.10	38
39	1:12.20	N/A	11-12 100 IM	1:13.70	N/A	40
41	1:23.00	N/A	5-10 100 IM	1:24.20	N/A	42
43	1:06.30	1:14.90	13-14 100 Fly	1:03.50	1:11.80	44
45	1:11.40	1:20.60	11-12 100 Fly	1:12.50	1:21.80	46
47	1:27.30	1:38.40	5-10 100 Fly	1:27.70	1:38.70	48
49	5:39.40	5:02.90	13-14 500 Free	5:29.50	4:54.00	50
51	5:59.60	5:20.90	11-12 500 Free	6:04.50	5:25.30	52
53	1:51.50	2:06.60	13-14 200 Free Relay	1:44.90	1:59.70	54
55	1:56.50	2:12.60	11-12 200 Free Relay	1:56.10	2:12.10	56
57	2:11.10	2:28.80	5-10 200 Free Relay	2:12.50	2:30.10	58
59**	4:38.50	5:15.20	13-14 200 Medley Relay	4:26.80	5:02.20	**60
61	2:15.10	2:33.00	11-12 200 Medley Relay	2:16.20	2:34.30	62
63	2:34.60	2:54.70	5-10 200 Medley Relay	2:36.80	2:57.10	64
65	8:42.00	9:52.10	13-14 800 Free Relay	8:20.20	9:28.20	66

GIRLS			BOYS			
#	Yards	Meters	Event	Yards	Meters	#
SUNDAY – Dec 13						
67	2:55.20	3:17.60	5-10 200 IM	2:55.10	3:17.50	68
69	2:33.40	2:53.40	11-12 200 IM	2:33.50	2:53.50	70
71	5:09.10	5:49.50	13-14 400 IM	5:00.10	5:39.50	72
73	1:10.90	1:20.20	5-10 100 Free	1:10.20	1:20.60	74
75	1:01.80	1:10.20	11-12 100 Free	1:02.20	1:10.60	76
77	58.90	1:06.90	13-14 100 Free	56.00	1:03.70	78
79	43.40	49.10	5-10 50 Breast	44.60	50.50	80
81	37.60	42.70	11-12 50 Breast	38.40	43.60	82
83	2:46.60	3:08.90	13-14 200 Breast	2:40.00	3:01.50	84
85	38.90	43.70	5-10 50 Back	39.10	43.90	86
87	34.20	38.50	11-12 50 Back	34.50	38.80	88
89	2:28.20	2:46.90	13-14 200 Back	2:24.80	2:43.10	90
91	20:01.30	20:25.30	13-14 1650 Free			
			13-14 1000 Free	11:36.40	10:21.50	92
93	4:13.80	4:48.20	11-12 400 Free Relay	4:15.40	4:49.70	94
95	4:01.80	4:34.50	13-14 400 Free Relay	3:49.60	4:21.20	96

All heats of the 1000/1650 Freestyle except the fastest 8 girls and boys will be swum at the **end** of the 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 **59-60** (13-14 200 medley relay): enter with qualifying 400 medley relay times
- Only TWO heats of relays (age/gender) will be swum with finals. All other relay heats will swim in the prelims session.
- 800 Free Relay will have a single heat by gender in finals. All other relay heats will swim in the prelims session.

BY EVENT a swimmer qualified in yards or meters for the SCS Club Championships at Rose Bowl, December 3-6 may NOT swim THAT event (individual or relay leg) at Junior Olympics