



**2019 SOUTHERN CALIFORNIA SWIMMING
SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS**

Hosted by the FAST Swim Team

July 24 through July 28, 2019

SANCTION #S19-223/ TIME TRIALS #S19-224

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. Relays must be pre-entered on electronic entry. 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. Please see Updates and Late Qualifications below on meet form for NEW events achieved after deadline. 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: AGAC, CCAT, CARP, CIA, GAA, PATH, PVST, CPSU/SLO, SMSC
Metro: ARSC, BAC, BSC, CAA, CERR, COMM, DWNY, DUCK, FROG, GLBY, HGS, KSST, LACT, LBSH, LDST, LKWD, MAX, MPMR, MSAC, NSST, RORA, REV, SGSG, TRID, WAC, WPA
Orange: AZOT, CMAC, DA, EAST, FAST, GSC, GWSC, JCCW, RAYS, SCAL, SPLA, STOP
Pacific: ALPH, BAY, HOLY, JCA, LMST, MASI, MBD, PAC, PVAC, ROSE, RYL, SEAL, SGAC, SOBA, SPS, SURF, TCS, TSFA, TSM, VISN, WYO, ZAP
- ELIGIBILITY:** OPEN ONLY TO 2019 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.
- As of June 23, 2019: All athletes 18 years and older must complete the free online ATHLETE PROTECTION TRAINING course to be cleared to compete.**
- DIRECTIONS:** JANET EVANS SWIM COMPLEX, 801 W. Valencia Drive, Fullerton, CA. From the 91 Freeway take the Euclid Avenue Exit. Go North on Euclid to Valencia and turn right on Valencia. The Swim Complex is located on the left.
- COURSE:** JANET EVANS SWIM COMPLEX is an outdoor heated 8 lane 50 meter competition course, with 6 separate 25 yard warm-up lanes in our small pool, plus 3 x 25 yard lanes in the dive well adjacent to the 50 meter competition course. All 9 lanes are available throughout the competition. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start End Lane 1 – 10 = 7'- 10', 4' at turn end. All starts will be at the deep end except the 200 free and 200 IM relays, which will require 2 of the 4 swimmers to start on the 4' side.
- WARM UP:** The competition pool will be available for assigned warm up at 7:00 am each day of the competition. 6 separate 25 yard warm-up lanes in our small pool, plus 3 x 25 yard lanes in the dive well adjacent to the 50 meter competition course will be available throughout the competition. SCS warm up policy will be enforced. All swimmers must use Three- point, slide in entries into the pool for warm up, no jumping or diving.
- 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 24, 2019, determines age for the meet. All prelims and timed finals events will be swum fast to slow.
- All coaches on deck must complete the CDC or NFHS Concussion course.**
- 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 NOT permitted for 5-10 swimmers.
- DECK CHANGES:** Deck changes are prohibited.

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.

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.

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.

MEET REFEREE: **The Meet Referee is in charge of the conduct of the meet.**
Meet Referees are Joyce Phelps, email: joycephelps@gmail.com and Mark Ames, email: markames136@gmail.com

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 1500-meter freestyle (all age groups combined) is a "timed final" event 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 800 Freestyle must check in by 5 p.m. on Friday to be swim in the event on Saturday.** Coaches may check swimmers in for the 800. 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. The fastest heat 800 of will be swum in the evening finals on Saturday.

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 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 USA Swimming sanctioned competition, (b) a USA Swimming observed competition, © a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only Proof of entered 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 2019 SCS Swim Guide or www.socalswim.org for SHORT COURSE YARD time standards.) Time standards must have been achieved on or after Sept.1, 2017, and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2019 SCS Swim Guide.)

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

ENTRY PROCEDURE:

Team Electronic Entry: Team Electronic Entry is highly preferred.
Team 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 with 48 hours of the email entry. Failure to comply will be referred to the SCS Board of Review. If monies are not received by the start of the meet, the swimmers will not be allowed to compete.**

Individual entry: Submit a completed individual entry form together with payment, either hand-delivered or mailed.
Individual entry form is available at
[https://www.socalswim.org/Forms/Files/ENTRY_CARD - White.pdf](https://www.socalswim.org/Forms/Files/ENTRY_CARD_-_White.pdf)

Individual entries submitted via email, scan, or text will NOT be accepted.

LAST DITCH – LATE QUALIFICATION:

Swimmers achieving a NEW event for the first time from the due date of the Summer JO entry to the Sunday prior to the Meet (July 18-21), may enter the meet by submission of an additional team entry using the entry file under the title of “Last Ditch Entries 2019 SCS Summer JOs-FAST”. The instructions and the meet event file will be on the SCS website on Thursday morning, July 18th. These entries must be submitted no later than 11:59pm on Monday, July 22, 2019. 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 swimmer not previously entered using the New Qualifying Swims entry file and submitting it to the Administrative Referee, Patty Garcia, at xpgarciaj@cox.net on or before 11:59 pm on Monday, July 22, 2019.

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 17, 2019**. **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 are available ONLY by request
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 28, 2019. A \$21.00 fee must accompany all relay entries. Relays must be pre-entered with provable times included on the relay entry form. Entry deadline for the relay entry form is **5 p.m. Wednesday, July 17, 2019**. RELAY ONLY swimmers must pay the \$14.00 surcharge per swimmer. **Changes/Adds for Relay Only swimmers DUE NO later than 6pm, Friday, July 26.** 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). Teams may enter a maximum of three relays per event (A, B, C).

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, teams must use their 400 Medley Relay proof of time.

ENTRY FEES:

\$6.50 per individual event. **\$14.00** surcharge per swimmer.
\$21.00 per relay event. **\$14.00** 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:

FAST JOs EMAIL ENTRIES TO: xpgarcia@cox.net
c/o Patty Garcia
2046 Azure Cove Unit 2
Chula Vista, CA 91915

Hand delivered to:

5405 West Slauson Avenue, Los Angeles, CA 90056

FOR INFORMATION: Contact Teresa Wilson, FAST Manager:
e-mail: meetmanager@fastswimming.net

TIME TRIALS: Sanction #S19-224

Time Trials may be offered 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 \$15.00 per event, no refunds after seeding. Open only to 2019 SCS swimmers who are entered in at least 1 individual event or a relay in the JO's. The Administrative Referee will determine the order of events. **NO Time Trials will be held on relay day - Sunday, July 28.**

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.



2019 SOUTHERN CALIFORNIA SWIMMING SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS

July 24 through July 28, 2019

Assigned Team Warm Up Sessions & Lanes

ORDER OF EVENTS

WEDNESDAY, JULY 24. 9 AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
1	01:22.00	11-12	100 M Back	01:22.50	2
3	02:46.70	13-14	200 M Back	02:40.50	4
	02:42.80	15 & UP	200 M Back	02:31.70	
5	01:20.50	11-12	100 M Fly	01:21.00	6
7	02:55.40	13-14	200 M Fly	02:48.30	8
	02:47.20	15 & UP	200 M Fly	02:32.00	
9	01:10.00	11-12	100 M Free	01:09.70	10
11	01:06.00	13-14	100 M Free	01:02.50	12
	01:04.30	15 & UP	100 M Free	58.10	
13	20:25.30	13-14	1500 M Free*	19:48.40	14
	20:09.10	15 & UP	1500 M Free*	18:56.10	

NOTE: The 1500 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 1500 M Freestyle will be placed and scored by Age Group. Swimmers in the 1500 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **1500 FREE will be closed to swim one hour prior to the event swimming.**

THURSDAY, JULY 25. 9 AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
15	01:38.30	5-10	100 M Fly	01:38.70	16
17	02:24.20	13-14	200 M Free	02:17.00	18
	02:19.20	15 & UP	200 M Free	02:07.70	
19	02:54.90	5-10	200 M Free	02:55.20	20
21	02:32.30	11-12	200 M Free	02:31.10	22
23	01:33.90	5-10	100 M Back	01:34.90	24
25	05:49.50	13-14	400 M IM	05:34.50	26
	05:43.20	15 & UP	400 M IM	05:18.70	
27	49.10	5-10	50 M Breast	50.00	28
29	42.70	11-12	50 M Breast	42.90	30
31	01:27.60	13-14	100 M Breast	01:22.60	32
	01:25.20	15 & UP	100 M Breast	01:16.60	

FRIDAY, JULY 26. 9 AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
33	01:20.10	5-10	100 M Free	01:20.30	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	04:31.10	
39	41.20	5-10	50 M Fly	41.50	40
41	35.40	11-12	50 M Fly	35.50	42
43	01:14.40	13-14	100 M Fly	01:10.40	44
	01:11.70	15 & UP	100 M Fly	01:04.00	
45	03:17.10	5-10	200 M IM	03:17.30	46
47	02:52.00	11-12	200 M IM	02:52.60	48
49	02:43.40	13-14	200 M IM	02:35.10	50
	02:38.90	15 & UP	200 M IM	02:25.30	

SATURDAY, JULY 27. 9 AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
51	01:46.40	5-10	100 M Breast	01:48.30	52
53	01:32.40	11-12	100 M Breast	01:33.00	54
55	03:08.80	13-14	200 M Breast	03:00.20	56
	03:06.60	15 & UP	200 M Breast	02:49.50	
57	43.30	5-10	50 M Back	43.60	58
59	38.10	11-12	50 M Back	38.20	60
61	1:16.80	13-14	100 M Back	01:13.70	62
	1:14.90	15 & UP	100 M Back	01:08.20	
63	36.20	5-10	50 M Free	36.00	64
65	32.10	11-12	50 M Free	31.90	66
67	30.40	13-14	50 M Free	28.60	68
	29.60	15 & UP	50 M Free	26.60	
69	10:36.80	13-14	800 M Free*	10:12.20	70
	10:20.60	15 & UP	800 M Free*	9:42.60	

* NOTE: The 800 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys. **The fastest Heat of Girls and Boys swimming the 800 M Freestyle will be during the Finals session after events #56 and #62,** respectively. Swimmers in the 800 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **800 FREE will close for check in at 5:00pm Friday. Coaches may check swimmers in for the 800.**

SUNDAY, JULY 28 – RELAY DAY. 9 AM START. Warm up – 7:00 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) Teams must enter a 400M Medley Relay proven time.

Soft cut relay SCY/LCM standards as well as short course yard individual times are in the 2019 Southern California Swimming Swim Guide, -or- at <http://www.socalswim.org/> in the Time Standards section. Short course meter individual times are on <http://www.socalswim.org/> in the Times Standards section.

HOTELS NEAR FULLERTON/JANET EVANS SWIM COMPLEX:

The Hotel Fullerton Anaheim, 866-925-8676

1500 S. Raymond Avenue, Fullerton, CA, 92831; 2.5 miles to JESC

Central hotel with outdoor pool, connected to the convention center, near MUZEO

Free hot/cold buffet breakfast, free WiFi, and free parking.

Days Inn & Suites by Wyndham Fullerton, 855-238-1590

333 E. Imperial Hwy, Fullerton, CA, 92835; 2.5 miles to JESC

Fullerton hotel with outdoor pool, 24-hour fitness, free continental breakfast, free WiFi, and free parking, free cancellation.

Fullerton Marriott at California State University, Fullerton, 855-239-9485

2701 Nutwood Ave, Fullerton, CA, 92831; 3 miles to JESC

Suburban hotel with outdoor pool, near California State University Fullerton.

Embassy Suites by Hilton Brea - North Orange County; 855-239-9397

900 East Birch Street, Brea, CA, 92821; 4.5 miles to JESC

Outdoor pool, near Brea Mall, free cooked-to-order breakfast, free parking, free cancellation.

PARKING AT INDEPENDENCE PARK/JANET EVANS SWIM COMPLEX:

Parking for Summer JOs at FAST will be available: (1) in the lots located within Independence Park, (2) on Valencia Drive and the surrounding residential streets south of Valencia, and (3) on Sunday, July 28, at the DMV located on the corner of Valencia Drive and Euclid Avenue, adjacent to the pool.

Swimmer drop-off will be available in the main pool lot (enter from Valencia Drive, one-way loop, then exit back to Valencia Drive). Parents are encouraged to also use the back lot in the park near the skate park and rear pool entrance (enter from Valencia Drive at the east end of park) as an alternate drop off point for swimmers, tents and gear.

As a reminder, **only team tents** will be set up on the pool deck in designated areas. Personal tents will be required to set up in the adjacent Independence Park area, just outside of the pool.