

SOUTHERN CALIFORNIA SWIMMING
2012 SHORT COURSE YOUNGER JUNIOR OLYMPIC CHAMPIONSHIPS - February 3-4-5, 2012

Sanctioned by: Southern California Swimming
Sanction No: 12-026
Conduct of Meet: Heats and Finals Meet
Warm Up: 1.5 Hrs before Meet Start All Sessions

Sponsored by: Southern California Swimming
Entries Due: Entries must be received no later than 500 PM Wed., Jan 25, 2012
Meet Start: PRELIMS: 9:00 AM February 4, 5, 6
FINALS: 2 hours after the end of Prelims

POOL: La Mirada Splash Regional Aquatic Center. 13806 La Mirada Blvd. La Mirada California 90638. From the 5 freeway headed south, exit at Valley View and head north, turn right on Alondra, then left on La Mirada Blvd. From the 5 freeway going north, get off at Beach Blvd. Go north to La Mirada Blvd and turn left.

COURSE: 25 yard 10 lanes with a separate warm-up pool. Water depth is 2 meters at the start and turn ends. Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C)

EVENT LIMIT: A swimmer may enter all individual events they are qualified, but SWIMMERS MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY & MAY SWIM NO MORE THAN SIX (6) INDIVIDUAL EVENTS FOR THE MEET. See PART FOUR (Rules for Age Group Swimming) I A-C, II B of the current SWIM GUIDE.

WARM UP RULES: Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of a USA Swimming member coach. There will be NO DIVING into the pool during these times except in the designated sprint lane(s). WARM-UP RULES WILL BE ANNOUNCED AND POSTED.

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this entry form (See 2012 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in THIRTY (30) MINUTES prior to the start of the session. Swimmers must swim in their actual Age Group as determined by age on the first day of the meet. Swim suits for males may not extend above the navel or below the knee and for females may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed, except a waist tie on a brief or jammer; suits must be made of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons

THE NATIONAL FINALS' SCRATCH RULE WILL BE USED FOR CONSOLS AND FINALS (NO POSITIVE CHECK-IN):

A swimmer must scratch or place an intent on event within 30 minutes of the announcement of preliminary results. There will be no check-in prior to the final or consolation final. Finals or Consolation "no-show" (original top 16 places only) except last day = out of meet; last day/or swimmers final entered event = \$50 fine.

PRELIMINARIES WILL BE CONDUCTED IN 10 LANES. CONSOLS & FINALS WILL BE CONDUCTED IN 8 LANES.

CHANGE OF AFFILIATION: Before the meet; a swimmer may change affiliation by submitting a Club Transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACHED by notifying the Admin Referee in writing and paying the appropriate fee. A swimmer may not attach or reattach at the meet.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2012 USA Swimming /SCS REGISTERED WHO HAVE ACHIEVED THE TIME STANDARD(S) LISTED FOR THIS MEET. Registration applications must be received by the meet host or the SCS office prior to the first day of the meet. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2012 SCS Swim Guide, part 1,111, B) if USA Swimming Registration is completed at the meet. **A swimmer turning 13 between February 6, 2012 to February 9, 2012, may swim in younger or older JO's, but not both.**

SUBMITTED TIMES: Times submitted must be BEST RECORDED SHORT COURSE YARD TIMES meeting or exceeding the time standards POSTED FOR THIS MEET. Swimmers qualifying using long course meters times, should enter their best long course times. Non-conforming times will be seeded last. Times must have been achieved on or after Sept 1, 2010, and be verifiable. Do not submit NT (no time) or ET (estimated time). Coaches and swimmers should be prepared to verify all submitted times; discrepancies can lead to financial penalties. This is a proof of time meet. **All submitted times will be verified through the USA Swimming SWIMS database.** An unverified entry time must be proven prior to the beginning of 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 rule & Regulations (207.8.3) Electronic team entry (Hy-tek) or Team Unify) is encouraged (signed hard copy required with payment). **Relays must be entered electronically by team** (signed hard copy required with payment) If used, individual entry cards must be submitted. Entry fee checks **MUST** be mailed within 48 hours of electronic entry. Updates (corrections and additions) must be postmarked or hand delivered by the due date. Deletions will not be refunded.

AWARDS and SCORING: Medals 1st through 8th. Relay medals 1st through 3rd. Certificates 9th through 16th. Team awards 1st through 6th for women, men, and combined. Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-5-4-3-2-1; Relays: double individual points.

ENTRY FEE: **\$4.75 per INDIVIDUAL EVENT, plus \$12.00 surcharge per Individual and/or relay-only swimmer. \$12.00 per relay (pre-entered by teams).** Electronic entry (entry.zipfile) 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 electronic entry must be postmarked with 48 hours of the receipt of the electronic entry. Failure to comply will be referred to the Board of Review. Entry updates (added events or changed times) will be processed when received by the processor by the entry deadline. Added events for entered swimmers must be by hard copy [this includes electronic entry] DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. Individual entry may be on SCS BLUE CONSOLIDATED ENTRY CARD (Both sides must be completed).

ENTRIES CLOSE: Entries are due on or before 5:00 PM Wednesday January 25, 2012. Relays must be pre-entered electronically by teams. Signed hard copy required with payment. To avoid any concern regarding receipt of entry card, enclose a self-addressed, stamped envelope or postcard OR mail form "Return Reply Request" NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone. NOTE: Keep copy of entry form for your records

RELAYS: Relays and relay-only swimmers are pre-entered electronically, and prepaid; scratches submitted by the check- in deadline will receive refunds. 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.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas, or restrooms. 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.

RACING START CERTIFICATION: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race within the water. It is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

MAKE CHECKS PAYABLE TO:

AND MAIL TO:

EMAIL ELECTRONIC ENTRIES TO:

SOUTHERN CALIFORNIA SWIMMING

Bettie Williams - PO Box 83538 Los Angeles, CA 90083-0538

blwswim@earthlink.net

For further information, please contact: Southern California Swimming (805-682-0135) or email office@socialswim.org or Bettie Williams -310 338-8776 or email blwswim@earthlink.net

Confirmation of entry WILL NOT be verified by phone or e-mail.

DECK-ENTERED TIME TRIALS - (Sanction No. 12-027)

DATES: February 3, 4, 5. **TIME:** Following the Preliminary sessions

ENTRY: Deck entry; 3 event limit per day applies (JO meet entries + Time Trials = 3 or less.)

EVENTS: An event may be swum only once as a time trial. Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

ELIGIBILITY: Open to SCS registered swimmers entered in individual and/or relay events at the meet. Participants must provide their own backup timers.

ENTRY FEE: \$11.00 per event (check or cash buys card at Time Trial's desk). No refunds after seeding.

SOUTHERN CALIFORNIA SWIMMING
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Friday, February 3, 2012 9:00 AM

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
1	1:09.80	11-12	100	IM	2	1:10.00
3	1:19.20	5-10	100	IM	4	1:18.80
5	5:50.70	11-12	500	Free	6	5:53.70
7	42.10	5-10	50	Breast	8	42.30
9	36.30	11-12	50	Breast	10	36.60
11	1:20.30	5-10	100	Back	12	1:20.10
13	1:09.90	11-12	100	Back	14	1:10.50
15	31.20	5-10	50	Free	16	31.30
17	27.90	11-12	50	Free	18	27.90
19*	Pre-enter Relays	5-10	200	Free Relay	20*	Pre-enter Relays
21*		11-12	200	Free Relay	22*	

***ALL RELAY ENTRIES MUST BE PROVEN**

A.M. relay swims may be declared, time permitting

Saturday, February 4, 2012 9:00 AM

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
23	2:29.90	5-10	200	Free	24	2:29.60
25	2:11.20	11-12	200	Free	26	2:11.30
27	37.00	5-10	50	Back	28	37.00
29	32.80	11-12	50	Back	30	32.80
31	35.10	5-10	50	Fly	32	35.50
33	31.20	11-12	50	Fly	34	31.00
35	2:49.90	5-10	200	IM	36	2:49.80
37	2:28.80	11-12	200	IM	38	2:29.20
39*	Pre-enter Relays	5-10	200	Medley Relay	40*	Pre-enter Relays
41*		11-12	400	Medley Relay	42*	

***ALL RELAY ENTRIES MUST BE PROVEN**

A.M. relay swims may be declared, time permitting

Sunday, February 5, 2012

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
43	1:00.30	11-12	100	Free	44	1:00.10
45	1:08.70	5-10	100	Free	46	1:08.50
47	1:18.60	11-12	100	Breast	48	1:19.30
49	1:30.10	5-10	100	Breast	50	1:31.20
51	1:08.50	11-12	100	Fly	52	1:08.80
53	1:21.80	5-10	100	Fly	54	1:21.70
55*	Pre-enter Relays	11-12	200	Medley Relay	56*	Pre-enter Relays
57*		11-12	400	Free Relay	58*	

***ALL RELAY ENTRIES MUST BE PROVEN**

A.M. relay swims may be declared, time permitting

All submitted times will be verified through the USA Swimming SWIMS database.

SOUTHERN CALIFORNIA SWIMMING

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12 AND UNDER RELAY INFORMATION FORM — Entries due Wednesday January 25, 2012
RELAYS MUST BE ENTERED ELECTRONICALLY

Email entry file to blwswim@earthlink.net

Mail signed hard copy and fees to:

Bettie Williams - PO Box 83538 Los Angeles, CA 90083

GIRLS' RELAY EVENTS A club may enter one relay in an event meeting the listed "soft standard," provided it enters only one relay. A club entering more than one relay in an event, must meet the listed "hard standard" for each relay entered. ALL relays for each event must be proven.

EVENT #19 5-10 200 YD FREE RELAY TIME STANDARDS	EVENT # 21 11-12 200 YD FREE RELAY TIME STANDARDS	EVENT # 39 5-10 200 YD MED. RELAY TIME STANDARDS	EVENT # 41 11-12 400 YD MED. RELAY TIME STANDARDS	EVENT # 55 11-12 200 YD MED. RELAY TIME STANDARDS	EVENT # 57 11-12 400 YD FREE RELAY TIME STANDARDS
SOFT 2:11.20 HARD 2:08.10	SOFT 1:57.20 HARD 1:54.40	SOFT 2:32.60 HARD 2:29.00	SOFT 4:51.30 HARD 4:44.40	SOFT 2:14.70 HARD 2:11.50	SOFT 4:13.10 HARD 4:07.10

BOYS' RELAY EVENTS A club may enter one relay in an event meeting the listed "soft standard," provided it enters only one relay. A club entering more than one relay in an event, must meet the listed "hard standard" for each relay entered. ALL relays for each event must be proven.

EVENT # 20 5-10 200 YD FREE RELAY TIME STANDARDS	EVENT # 22 11-12 200 YD FREE RELAY TIME STANDARDS	EVENT # 40 5-10 200 YD MED. RELAY TIME STANDARDS	EVENT # 42 11-12 400 YD MED. RELAY TIME STANDARDS	EVENT # 56 11-12 200 YD MED. RELAY TIME STANDARDS	EVENT # 58 11-12 400 YD FREE RELAY TIME STANDARDS
SOFT 2:10.70 HARD 2:07.60	SOFT 1:57.10 HARD 1:54.30	SOFT 2:32.80 HARD 2:29.30	SOFT 4:53.80 HARD 4:46.80	SOFT 2:15.10 HARD 2:11.90	SOFT 4:12.80 HARD 4:06.80

SOUTHERN CALIFORNIA SWIMMING

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A CLUB ENTERING A SINGLE RELAY MUST MEET THE SOFT CUT. TIMES MAY BE PROVED BASED ON THE AGGREGATE OF THE TEAM'S FASTEST 4 SWIMMERS IN THE AGE GROUP OVER THE QUALIFYING PERIOD. A TEAM TIME ACHIEVED DURING THE QUALIFYING PERIOD MAY ALSO BE USED..

Club: _____ USA-Swimming Club Code: _____

Note: A club entering multiple relays must use the aggregate of each listed swimmer's individual best time. 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. Entries must be proved by meeting the aggregate of the hard cut. A club is limited to 3 "relay only" swimmers per age group, gender and event.

Event #		Stroke and Distance								Name of meet		Date of Meet	
A	B	C	D	E	F	G	H						
(Indicate Relay)		ENTRY TIME:											
SWIMMER'S NAME								TIME					
1													
2													
3													
4													
Aggregate Time													

Event #		Stroke and Distance								Name of meet		Date of Meet	
A	B	C	D	E	F	G	H						
(Indicate Relay)		ENTRY TIME:											
SWIMMER'S NAME								TIME					
1													
2													
3													
4													
Aggregate Time													

Event #		Stroke and Distance								Name of meet		Date of Meet	
A	B	C	D	E	F	G	H						
(Indicate Relay)		ENTRY TIME:											
SWIMMER'S NAME								TIME					
1													
2													
3													
4													
Aggregate Time													

Event #		Stroke and Distance								Name of meet		Date of Meet	
A	B	C	D	E	F	G	H						
(Indicate Relay)		ENTRY TIME:											
SWIMMER'S NAME								TIME					
1													
2													
3													
4													
Aggregate Time													

Accommodations Near Splash! La Mirada

When contacting hotels, please ask for the Splash! Rate.

Holiday Inn La Mirada

Address: 14299 Firestone Blvd., La Mirada, CA 90638
Phone: (800) 972-2576 , (714) 739-8500
Website: www.hislamirada.com

Distance from Splash! 2.4 miles

Information: Valley View off of the 5 Fwy. Complimentary shuttle service within 10 miles with reservations. Features pool, whirlpool, and sauna. Fitness Center and Red Robin on site. Complementary parking, daily paper, and in room wireless internet.

Shuttle Service: Yes



Marriott Residence Inn

Address: 14419 Firestone Blvd., La Mirada, CA 90638
Phone: (800) 331-3131 | (714) 523-2800
Website: www.residentsinn.com/snalm

Distance from Splash! 2.5 miles

Information: All suite property with fully equipped kitchens. Complimentary Hot Breakfast Buffet, daily; Evening Reception, M-Th. Features Pool, Jacuzzi, Fitness Center, Free Parking, Newspaper, and WIFI.

Shuttle Service: Yes



Extended Stay America

Address: 14775 Firestone Blvd., La Mirada, CA 90638
Phone: (714) 670-8579
Website: www.extendedstayhotels.com

Distance from Splash! 2.5 miles

Information: Off Valley View and Trojan. Just off the 5fwy. Rooms with fully equipped kitchens. Amenities include furnished comfortable and spacious studio suites, fully equipped kitchens, including all dining and cooking utensils, over size work desk, personalized voice mail.

Shuttle Service: No



Local Airports

AIRPORT

Long Beach
John Wayne (Orange County)
Los Angeles Airport (LAX)
Burbank
Ontario

DISTANCE FROM SPLASH! LA MIRADA

15 miles
24 miles
27 miles
32 miles
33 miles

