

2012 SOUTHERN CALIFORNIA SWIMMING
SPRING "OLDER" SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

hosted by the **Santa Barbara Swim Club**

East Los Angeles College, Monterey Park. Feb 9th through Feb 12th, 2012

SANCTION # 12-015

ELECTRONIC ENTRY VIA THE INTERNET (E-MAIL) IS ENCOURAGED. THE E-MAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE AND A PDF FILE OF THE ELECTRONIC ENTRY SIGNED BY THE COACH, ENTRY CHECK TO BE POSTMARKED WITHIN 48 HOURS. ELECTRONIC ENTRY ACCOMPANIED BY SIGNED HARD COPY AND A SINGLE TEAM CHECK, AND INDIVIDUAL ENTRY CARDS WILL BE ACCEPTED.

- ELIGIBILITY:** OPEN ONLY TO 2012 SOUTHERN CALIFORNIA SWIMMING, USA Swimming REGISTERED SWIMMERS, who have met the SCS Spring JO time standard in each event entered. USA Swimming registration application must be received by the SCS Office by Monday, Feb 6, 2012. There are substantial penalties for swimmer and club (2012 Swim Guide, Part One, III, B) if USA Swimming registration is completed after Monday, Feb 6, 2012. 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:** 1301 Avenida Cesar Chavez, Monterey Park, CA. From the Pomona (60) freeway, exit Atlantic Blvd, head north two blocks on Atlantic. Turn left onto Avenida Cesar Chavez. The college is one block down on the right hand side. Use parking structure #3; the pool facility is north/behind the parking facility.
- COURSE:** Competition pool is an indoor 25-yard pool with 8 lanes available for the competition. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 9 feet, at turn end: 13 feet. A separate 25-yard shallow depth pool will be available for warm-up/ warm-down during competition.
- WARM UP:** The competition pool will be available for warm up at 7:00am each day of the competition. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervisor of a USA Swimming member coach. There will be NO DIVING into the pool during these times except in the designated sprint lane(s). SCS warm up policy will be enforced.
- RULES:** USA Swimming Rules will govern the conduct of this meet. Current SCS procedures 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 an event is closed a swimmer may not check-in or scratch. Swimmers must compete in their age group; age as of Feb 9, 2012 determines the age for the meet. Events on Thursday will be swum fast to slow. Events on Friday through Sunday will be swum slow to fast, with the exception of the 1650 Freestyle.
- SWIMSUITS:** Swimsuits for men may not extend above the navel or below the knee and for women 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 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.
- 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.
- MEET REFEREE/ OFFICIALS:** **The Meet Referee is in charge of the conduct of the meet. The SCS Officials Chairman will appoint deck officials.**
- MEET START TIMES:** Preliminaries will begin at 8:30am (Friday-Sunday). Finals sessions will begin at 5:00pm or 2 hours after the completion of the final heat of the preliminary session (whichever is less). Warm-up will start 1.5 hours before the meet starts, all sessions. 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 1000 and 1650 freestyle are 'timed finals' with all age groups combined and standard seeding. Fastest heat of the girls and boys 1650 will be swum at finals after events 30 and 32, respectively. The remaining heats will be swum in prelims, fastest to slowest alternating girls and boys. If there are too many prelim heats, they may be swum on Friday and/or Saturday, during the break. Those swimmers qualifying to swim in the final session may declare to swim during prelims. Swimmers entered in the 1000 and/or 1650 are requested to provide a timer for three heats. Check-in to be seeded for swimmers in the 1650 closes at the start of Saturday's final session. Check-in to swim closes at 9:30AM on Sunday, Feb. 12.
- EVENT LIMIT:** You may enter all events that meet qualifying time standards. Swimmers may swim a **MAXIMUM of Three (3)** individual events per day, and 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 (including relays). FINALS will be swum, scored, and awarded by age group.

SUBMITTED TIMES: 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". METER TIMES WILL BE SEEDED AFTER YARD QUALIFIERS. If using an entry card, time on front of card must be clearly marked with either "Y" or "L" with proof of time yards/meters on the back of the card. If entering electronically, "Y" or "L" must be indicated on proof of time sheet. (See 2012 SCS Swim Guide or www.socalswim.org for LONG COURSE METER time standards.) Time standards must have been achieved on or after Sept. 1st, 2010, and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2012 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 yard event, if her/his 100 yard entry time qualifies for the 200 yard event; likewise a 400/500 yard event if her/his 200 yard time qualifies for the 400/500 yard 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, Feb 1. 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.

FINALS: A consolation and championship final (16 swimmers) will be offered for 13-14 events and 15-18 events. Relays, 1000 and 1650 free are timed finals. **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 16 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. 19 and up swimmers will be considered for finals, space available only.

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: 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.

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 9/1/2010). 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.

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.

Hotel Information: See www.sbswim.org for hotel and meet information.

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.

TIME TRIALS

Sanction #12-016

Will be swum, time permitting, on Friday and Saturday only following the preliminary sessions. 3 events per day limit applies (JO events + Time Trials = 3 events per day or less). Deck Entered. Entry fee is \$11.00 per event, no refunds after seeding. Open only to 2012 SCS swimmers who are entered in at least 1 individual event or relay in the JO's. Participants must provide their own backup timers. An event may be swum only once as a time trial. The Administrative Referee will determine the order of events.

MAKE CHECKS PAYABLE TO **SOUTHERN CALIFORNIA SWIMMING** AND MAIL TO:

**Older JO's
Beverly Pierson
935 Calle Collado
Thousand Oaks, CA 91360
(805) 376-3042
Beverly.pierson@gmail.com**

NO REFUNDS.

RETURNED CHECKS will incur a service fee per SCS policy.

SOUTHERN CALIFORNIA SWIMMING
SPRING 2012 "OLDER" SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS
ORDER OF EVENTS

THURSDAY, FEB 9th. 3:00PM START. Warm up – 1:30PM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
1	11:27.90	13-14	1000 Free*	11:04.80	2
	11:05.30	15 & UP	1000 Free*	10:24.20	
3	8:24.00	13-14	800 Free Rly	8:02.30	4
	8:09.60	15 & UP	800 Free Rly	7:25.70	

All events on Thursday will be swum fast to slow. The 1000 free will be combined by age, and will be swum alternating girls and boys. The 1000 Freestyle will be placed and scored by age group. Swimmers in the 1000 Freestyle are requested to provide one (1) timer for three (3) heats, and must provide their own lap counters.

FRIDAY, FEB 10th. 8:30AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
5	2:19.20	13-14	200 IM	2:13.70	6
	2:16.30	15 & UP	200 IM	2:03.90	
7	5:29.40	13-14	500 Free	5:19.00	8
	5:18.80	15 & UP	500 Free	4:57.60	
9	1:13.40	13-14	100 Brst	1:10.30	10
	1:11.70	15 & UP	100 Brst	1:04.60	
11	2:20.70	13-14	200 Back	2:15.90	12
	2:16.90	15 & UP	200 Back	2:05.50	
13	26.30	13-14	50 Free	25.00	14
	25.30	15 & UP	50 Free	23.00	
15	4:25.90	13-14	400 Med Rly	4:14.10	16
	4:18.10	15 & UP	400 Med Rly	3:53.60	

SATURDAY, FEB 11th. 8:30AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
17	1:05.10	13-14	100 Back	1:02.60	18
	1:02.50	15 & UP	100 Back	57.20	
19	2:02.90	13-14	200 Free	1:57.90	20
	1:58.70	15 & UP	200 Free	1:48.30	
21	1:04.00	13-14	100 Fly	1:00.70	22
	1:01.10	15 & UP	100 Fly	55.00	
23	4:56.40	13-14	400 IM	4:46.80	24
	4:47.10	15 & UP	400 IM	4:27.20	
25	1:48.20	13-14	200 Free Rly	1:42.70	26
	1:44.90	15 & UP	200 Free Rly	1:34.80	
27	4:25.90	13-14	200 Med Rly	4:14.10	28
	4:18.10	15 & UP	200 Med Rly	3:53.60	

SUNDAY, FEB 12th. 8:30AM START. Warm up – 7:00 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
29	56.80	13-14	100 Free	53.90	30
	54.80	15 & UP	100 Free	49.80	
31	2:34.70	13-14	200 Breast	2:31.70	32
	2:34.00	15 & UP	200 Breast	2:21.90	
33	2:22.70	13-14	200 Fly	2:17.20	34
	2:15.10	15 & UP	200 Fly	2:03.60	
35	19:10.40	13-14	1650 Free	18:33.30	36
	18:41.70	15 & UP	1650 Free	17:10.40	
37	3:53.20	13-14	400 Free Rly	3:40.50	38
	3:45.40	15 & UP	400 Free Rly	3:25.20	

All relay times listed are **hard cut** standards. Relay **soft cut** standards as well as long course qualifying times are in the Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section. All relay entries must be proven – 200 medley relay times are entered using 400 medley relay qualifying times. AM relay swims may be declared, time permitting.

**** NOTE:** The 1650 Freestyle (timed final) will be combined, swum fastest to slowest, alternating girls and boys. The fastest heat of girls and boys swimming the 1650 Freestyle will be swum during the Finals session after events #30 and #32, respectively. The 1650 swimmers are requested to provide one (1) timer for three (3) heats, and must provide their own lap counters. **1650 FREE will close for seeding by time at 5:00pm Saturday; swimmers checking in after that will be seeded in the slowest heats regardless of entry times. The event will be closed to swim at 9:30am Sunday.**