

# SCS and GOLDEN WEST SWIM CLUB 2010 OLDER SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

<b>Sanctioned by:</b>	Southern California Swimming	<b>Sponsored by:</b>	Golden West Swim Club
<b>Sanction No:</b>	10-018		Huntington Beach, CA
<b>Conduct of Meet:</b>	"Heats and Finals" Meet	<b>Entries Due:</b>	Monday, January 25, 2010
<b>Warm Up:</b>	1.5 Hrs Before Meet Start All Sessions	<b>Meet Start Time:</b>	PRELIMS: 8:30 AM Feb. 4, 5, 6, 7, FINALS: 5:00 PM <b>OR 2 hours after the end of prelims</b> (whichever is later)
<b>POOL:</b>	BELMONT PLAZA OLYMPIC POOL: Located at 4000 Olympic Plaza Drive at the foot of Termino Avenue just south of Ocean Blvd. on the beach in Long Beach (Belmont Shore), CA (90803). Metered parking strictly enforced. A limited number of Parking Permits will be available at \$10/day. Metered parking takes quarters and is \$1/hour.		
<b>COURSE:</b>	Indoor, 8-lane, 50 meter pool with bulkhead dividing warm-up lanes from deep water 25 yard competition course. Colorado Timing System will be used. Competition course has been certified in accordance with 104.2.2 © and will be verified for records. Pool depth: Start end 18' to 8' from lane 1-8; Turn end 8'.		
<b>EVENT LIMIT:</b>	SWIMMERS MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY and 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.		
<b>WARM UP RULES:</b>	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.		
<b>MEET REFEREE:</b>	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.		
<b>RULES:</b>	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 2010 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. <b>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). And athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.</b>		
<b>CHANGE OF AFFILIATION:</b>	THE NATIONAL FINALS' SCRATCH RULE WILL BE USED FOR CONSOLS AND FINALS ( <b>NO POSITIVE CHECK-IN</b> ): 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 consols "no-show" (original top 16 places only-) except last day = out of meet; last day/or swimmer's final entered event = \$50 fine. 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 UNATTACH by notifying the Admin Referee in writing and paying the appropriate fee. A swimmer may not attach or reattach at the meet.		
<b>ELIGIBILITY:</b>	OPEN TO ATHLETES WHO ARE 2010 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 2010 SCS Swim Guide, part 1, III, B) if USA Swimming Registration is completed at the meet.		
<b>SUBMITTED TIMES:</b>	Times submitted must be BEST RECORDED SHORT COURSE YARD TIMES meeting or exceeding the time standards POSTED FOR THIS MEET. <b>Swimmers qualifying using long course meters times, should enter their best long course times. Non-conforming times will be seeded last.</b> Times must have been achieved on or after Sept 1, 2008, 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. <b>All submitted times will be verified through the USA Swimming SWIMS database.</b> 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). <b>Relays must be entered electronically by team</b> (signed hard copy required with payment) If used, individual blue cards must be submitted with proof of time completed. <b>Entry fee checks MUST be mailed within 48 hours of electronic entry.</b> Updates (corrections and additions) must be postmarked or hand delivered by the due date. Deletions will not be refunded.		
<b>AWARDS and SCORING:</b>	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.		
<b>ENTRY FEE:</b>	\$4.75 per INDIVIDUAL EVENT, plus \$14.00 surcharge per individual and/or relay only swimmer. \$10.00 per relay (pre-entered by teams). E-mail 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 entry must be postmarked with 48 hours of the receipt of the e-mail 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 [this includes e-mail ONLY] - entered swimmers may be by hard copy. New swimmers accepted SPACE AVAILABLE> DO NOT SEND 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).		
<b>ENTRIES CLOSE:</b>	Entries are due on or before January 25, 2010. Relays must be pre-entered by electronically by teams. Entry forms bearing a postmark LATER THAN 12:00 MIDNIGHT on the due date of entry from WILL BE REJECTED. Entries will be accepted if delivered to the address below up to 8:00 P.M. on Wed January 27 following due date. NOTICE: Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be rejected). To avoid any concern regarding receipt of entry card, enclose a self-addressed, stamped envelope or postcard OR mail form "Return Reply Request." <b>NO certified, registered or special delivery mail will be accepted.</b> Receipt of entry will not be verified by phone. NOTE: Keep entry form for your records.		
<b>RELAYS:</b>	Relays and relay-only swimmers are pre-entered 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 sex		
<b>DISTANCE EVENTS:</b>	The 1000 and 1650 Freestyle events are timed finals, seeded by entered time. Fastest heat of the girls and boys 1650 will be swum at finals <b>after events 138 and 140.</b> 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; however, they will be seeded in the slowest heat. Swimmers entered in the 1000 or 1650 must provide a timer for three heats of the 1000 and/or the 1650. <b>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 9:30 AM on Sunday, February 10.</b>		

<b>MAKE CHECKS PAYABLE TO:</b>	SOUTHERN CALIFORNIA SWIMMING
<b>AND MAIL TO:</b>	Lynda Julson, 25552 Loganberry Lane, Lake Forest, CA 92630
<b>EMAIL ELECTRONIC ENTRIES TO:</b>	julsonll@aol.com

For further information, please call: Pat Gillespie 714/536-6636 or email [pgillespie@socal.rr.co](mailto:pgillespie@socal.rr.co)

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

**DECK-ENTERED TIME TRIALS - (Sanction No. 10-020)**

**DATES:** Feb. 4, 5, 6 **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:** \$10.00 per event (check or cash buys card at Time Trial's desk). No refunds after seeding.

**SCS And Golden West Swim Club 2010 Short Course Junior Olympic Championship  
OLDERS**

All prelim events will be combined and swum by age, with two heats per age group in finals.

Thursday, February 4, 2010 – 5:00 P.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
101	11:27.90	13-14	1000	Free	102	11:06.60
101	11:06.80	15-18	1000	Free	102	10:27.90
103*	Pre-enter	13-14	800	Free Relay	104*	Pre-enter
105*	Relays	15-18	800	Free Relay	106*	Relays

**\*ALL RELAY ENTRIES MUST BE PROVEN.**

Friday, February 5, 2010 – 8:30 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
107	2:19.10	13-14	200	IM	108	2:14.10
107	2:17.40	15-18	200	IM	108	2:05.60
109	5:29.40	13-14	500	Free	110	5:19.70
109	5:20.00	15-18	500	Free	110	4:59.40
111	1:13.20	13-14	100	Breast	112	1:10.30
111	1:12.60	15-18	100	Breast	112	1:04.80
113	2:20.30	13-14	200	Back	114	2:16.60
113	2:18.00	15-18	200	Back	114	2:07.60
115	26.40	13-14	50	Free	116	25.00
115	25.80	15-18	50	Free	116	23.10
117*	Pre-enter	13-14	400	Medley Relay	118*	Pre-enter
119*	Relays	15-18	400	Medley Relay	120*	Relays

**\*ALL RELAY ENTRIES MUST BE PROVEN.**

Saturday, February 6, 2010 – 8:30 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
121	1:05.10	13-14	100	Back	122	1:02.80
121	1:03.80	15-18	100	Back	122	58.30
123	2:02.90	13-14	200	Free	124	1:57.80
123	1:59.90	15-18	200	Free	124	1:49.10
125	1:04.00	13-14	100	Fly	126	1:01.20
125	1:01.20	15-18	100	Fly	126	55.50
127	4:56.90	13-14	400	IM	128	4:49.00
127	4:49.50	15-18	400	IM	128	4:30.50
129*	Pre-enter	13-14	200	Free Relay	130*	Pre-enter
131*	Relays	15-18	200	Free Relay	132*	Relays
133*	Pre-enter	13-14	200	Medley Relay	134*	Pre-enter
135*	Relays	15-18	200	Medley Relay	136*	Relays

**\*ALL RELAY ENTRIES MUST BE PROVEN**

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

Sunday, February 7, 2010 – 8:30 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
137	56.90	13-14	100	Free	138	53.80
137	55.10	15-18	100	Free	138	50.20
139	2:37.20	13-14	200	Breast	140	2:32.70
139	2:36.00	15-18	200	Breast	140	2:24.10
141	2:23.00	13-14	200	Fly	142	2:18.90
141	2:16.80	15-18	200	Fly	142	2:06.00
143	19:11.80	13-14	1650	Free	144	18:42.00
143	18:37.90	15-18	1650	Free	144	17:10.40
145*		13-14	400	Free Relay	146*	
147*		15-18	400	Free Relay	148*	

**\*ALL RELAY ENTRIES MUST BE PROVEN-200 medley relay times are entered,  
using 400 medley relay qualifying times**

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

**SOUTHERN CALIFORNIA SWIMMING AND GOLDEN WEST SWIM CLUB  
2010 SHORT COURSE JUNIOR OLYMPICS**

13 AND UP RELAY INFORMATION FORM – Entries due **Monday, January 25, 2010**

**Email electronic entries to: JULSONLL@aol.com**

Mail signed hard copy and fees to:  
Lynda Julson  
25552 Loganberry Lane, Lake Forest, Ca. 92630

**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.**

**\*13 & UP 200 medley relay times are entered using qualifying 400 medley relay times.**

EVENT # 103 13-14 800 YD FREE RELAY	EVENT # 105 15-18 800 YD FREE RELAY	EVENT # 117 13-14 400 YD MED. RELAY	EVENT # 119 15-18 400 YD MED. RELAY	EVENT # 129 13-14 200 YD FREE RELAY	EVENT # 131 15-18 200 YD FREE RELAY	EVENT # 133 13-14 200 YD MED. RELAY	EVENT # 135 15-18 200 YD MED. RELAY	EVENT # 145 13-14 400 YD FREE RELAY	EVENT # 147 15-18 400 YD FREE RELAY
TIME STANDARDS SOFT 8:36.00 HARD 8:23.70	TIME STANDARDS SOFT 8:24.50 HARD 8:12.40	TIME STANDARDS SOFT 4:32.10 HARD 4:25.60	TIME STANDARDS SOFT 4:26.60 HARD 4:20.30	TIME STANDARDS SOFT 1:50.70 HARD 1:48.10	TIME STANDARDS SOFT 1:48.40 HARD 1:45.80	TIME STANDARDS SOFT 4:32.10* HARD 4:25.60*	TIME STANDARDS SOFT 4:26.60* HARD 4:20.30*	TIME STANDARDS SOFT 3:58.90 HARD 3:53.20	TIME STANDARDS SOFT 3:51.80 HARD 3:46.30

**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.**

**\*13 & UP 200 medley relay times are entered using qualifying 400 medley relay times.**

EVENT # 104 13-14 800 YD FREE RELAY	EVENT # 106 15-18 800 YD FREE RELAY	EVENT # 118 13-14 400 YD MED. RELAY	EVENT # 120 15-18 400 YD MED. RELAY	EVENT # 130 13-14 200 YD FREE RELAY	EVENT # 132 15-18 200 YD FREE RELAY	EVENT # 134 13-14 200 YD MED. RELAY	EVENT # 136 15-18 200 YD MED. RELAY	EVENT # 146 13-14 400 YD FREE RELAY	EVENT # 148 15-18 400 YD FREE RELAY
TIME STANDARDS SOFT 8:10.50 HARD 7:58.80	TIME STANDARDS SOFT 7:39.00 HARD 7:28.10	TIME STANDARDS SOFT 4:20.50 HARD 4:14.30	TIME STANDARDS SOFT 4:01.10 HARD 3:55.40	TIME STANDARDS SOFT 1:45.00 HARD 1:42.50	TIME STANDARDS SOFT 1:37.30 HARD 1:35.00	TIME STANDARDS SOFT 4:20.50* HARD 4:14.30*	TIME STANDARDS SOFT 4:01.10* HARD 3:55.40*	TIME STANDARDS SOFT 3:45.50 HARD 3:40.10	TIME STANDARDS SOFT 3:31.10 HARD 3:26.10

# SOUTHERN CALIFORNIA SWIMMING AND GOLDEN WEST SWIM CLUB 2010 SHORT COURSE JUNIOR OLYMPICS

## Relay Proof of Time

**IF MORE THAN ONE RELAY IS ENTERED IN AN EVENT, ALL RELAYS FOR THAT EVENT MUST MEET THE "HARD STANDARD." ALL RELAYS MUST BE PROVEN.**

Club: \_\_\_\_\_ USA-Swimming Club Code: \_\_\_\_\_

Note: For each relay team listed, **list the qualifying time that can be proven for that team, team time or aggregate time, and the swimmers.** The named swimmers need not be in this meet. A swimmer may be listed **once** per relay event. Any swimmer listed on the Official Team Entry may compete on any entered relay team. An aggregate relay entry time must include the individual times of 4 swimmers.

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

**NOTE: Four swimmers and provable time (team time) or four swimmers with individual provable times (aggregate time) MUST be listed.**

**SCS 2010 SCY JUNIOR OLYMPIC CHAMPIONSHIPS  
Hotel Information**

<b>OLDER JUNIOR OLYMPIC CHAMPIONSHIPS 2/4/2010-2/7/2010 Rates</b>		<b>Distance from</b>	<b>Reservation Phone #</b>
<b>Hotels</b>		<b>SGL/DBL</b>	<b>Belmont Plaza Pool</b>
Courtyard	\$109/\$109	5-10 minutes	866 440-3390
Hotel Maya	\$109/\$109	10 minutes	562 483-3903
Hilton	\$122/\$122	5-10 minutes	562 983-3400 800-HILTONS
Residence Inn Downtown	\$129/\$139	10 minutes	800 331-3131
Westin	\$135/\$135	5- 10 minutes	562 436-3000 800 Westin1
Hotel Current	\$72/\$72	10 minutes	800 990-9991