

SCS and GOLDEN WEST SWIM CLUB 2009 SHORT COURSE OLDER JUNIOR OLYMPIC CHAMPIONSHIPS

Sanctioned by: Southern California Swimming
Sanction No: 09-016
Conduct of Meet: "Heats and Finals" Meet
Warm Up: 1.5 Hrs Before Meet Start All Sessions

Sponsored by: Golden West Swim Club
Huntington Beach, CA
Entries Due: Tuesday, January 20, 2009
Meet Start Time: PRELIMS: 9:00 AM Feb. 6, 7, 8
FINALS: 3:00 PM Feb 5, 2009 (1000 free and 800 free relay)
5:00 PM Feb. 6-8 OR 2 hours after the end of prelims (whichever is later)

POOL: 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. Parking Permits will be available for \$8 per day.

COURSE: 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.

EVENT LIMIT: 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.

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 2009 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 worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend further down each leg than the top of the kneecap (patella). Swim suits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post manufacturing logos and decorations.

POSITIVE CHECK-IN FOR CONSOLS AND FINALS: Each swimmer in the top 16 in prelims must report to the Admin Desk within 30 min after announcement of qualifying results to affirm his/her swim the evening session. All other swimmers wishing to be considered as alternates must also check in. Empty lanes in consols will be filled only with swimmers checked in for the evening session of that event. 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.

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 UNATTACH 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 2009 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 2008 SCS Swim Guide, part 1, III, B) if USA Swimming Registration is completed at the meet. **A swimmer turning 13 on or after January 31, 2009, 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, 2007, 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) Blue entry card must be submitted indicating meets and dates of submitted times. Hy-tec disk entries with signed hard copy is encouraged. 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: \$4.25 per INDIVIDUAL EVENT, plus \$14.00 surcharge per individual and/or relay only swimmer. Enter on the SCS BLUE CONSOLIDATED ENTRY CARD. (Both sides must be completed.) \$10.00 per relay (pre-entered by coaches on JO relay form). E-mail 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 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.

ENTRIES CLOSE: Entries are due on or before January 20, 2009. Relays must be pre-entered by coaches on separate form. 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 21 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." **NO certified, registered or special delivery mail will be accepted.** Receipt of entry will not be verified by phone. NOTE: Keep entry form for your records. There is a \$1.00 processing fee if a swimmer submits an update or correction of entry card before the meet entry deadline. As a reminder: no updated times will be accepted after the meet entry deadline.

RELAYS: 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

DISTANCE EVENTS: 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. The remaining heats will be swum in prelims, fastest to slowest alternating girls and boys. 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. **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.** Fastest heats of the girls' and boys' 1650 will be swum, respectively, after events 156 and 160 in finals.

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

For further information, please call: Pat Gillespie 714/536-6636 or email pgillespie@socal.rr.com

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

DECK-ENTERED TIME TRIALS - 09-017

DATES: Feb. 6-7

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 2009 Short Course Junior Olympic Championship
OLDERS**

Thursday, February 5, 2009 – 3:00 P.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
101	11:27.40	13-14	1000	Free	102	11:09.20
103	11:06.80	15-18	1000	Free	105	10:32.30
105*	Pre-enter	13-14	800	Free Relay	106*	Pre-enter
107*	Relays on Form	15-18	800	Free Relay	108*	Relays on Form

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

Friday, February 6, 2009 – 9:00 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
109	2:19.50	13-14	200	IM	110	2:14.10
111	2:17.40	15-18	200	IM	112	2:05.70
113	5:29.40	13-14	500	Free	114	5:18.00
115	5:20.00	15-18	500	Free	116	5:00.20
117	1:13.30	13-14	100	Breast	118	1:10.70
119	1:12.90	15-18	100	Breast	120	1:04.80
121	2:20.70	13-14	200	Back	122	2:16.50
123	2:18.40	15-18	200	Back	124	2:08.90
125	26.40	13-14	50	Free	126	25.10
127	25.80	15-18	50	Free	128	23.10

Saturday, February 7, 2009 – 9:00 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
129	1:05.30	13-14	100	Back	130	1:02.70
131	1:04.10	15-18	100	Back	132	58.70
133	2:03.10	13-14	200	Free	134	1:58.00
135	1:59.90	15-18	200	Free	136	1:48.80
137	1:04.10	13-14	100	Fly	138	1:01.30
139	1:01.20	15-18	100	Fly	140	55.50
141	4:57.60	13-14	400	IM	142	4:49.40
143	4:50.30	15-18	400	IM	144	4:30.50
145*	Pre-	13-14	200	Free Relay	146*	Pre-
147*	Enter	15-18	200	Free Relay	148*	Enter
149*	Relays on	13-14	400	Medley Relay	150*	Relays on
151*	Form	15-18	400	Medley Relay	152*	Form

***ALL RELAY ENTRIES MUST BE PROVEN**

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

**SCS And Golden West Swim Club 2009 Short Course Junior Olympic Championship
OLDERS**

Sunday, February 8, 2009 – 9:00 A.M.

Girls	Minimum	Age	Distance	Stroke	Boys	Minimum
153	57.00	13-14	100	Free	154	53.60
155	55.10	15-18	100	Free	156	50.20
157	2:36.50	13-14	200	Breast	158	2:33.40
159	2:36.90	15-18	200	Breast	160	2:24.10
161	2:23.90	13-14	200	Fly	162	2:19.30
163	2:17.30	15-18	200	Fly	164	2:06.90
165	19:14.10	13-14	1650	Free	166	18:46.40
167	18:57.90	15-18	1650	Free	168	18:02.40
169*	Pre-enter	13-14	200	Medley Relay	170*	Pre-enter
171*	Relays	15-18	200	Medley Relay	172*	Relays
173*	on	13-14	400	Free Relay	174*	on
175*	Form	15-18	400	Free Relay	176*	Form

***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

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

**SOUTHERN CALIFORNIA SWIMMING AND GOLDEN WEST SWIM CLUB
2009 SHORT COURSE OLDER JUNIOR OLYMPICS**

13 AND UP RELAY ENTRY FORM – Entries due Tuesday, January 20, 2009

Team Name: _____ SCS Code: _____
 Coach _____ Phone (day) _____ (night) _____ (email) _____

Total number relays entered: _____ X \$10.00 = \$ _____ Mail entries and fees to:
 Total number relay-only swimmers entered _____ X \$14.00 = \$ _____ Lynda Julson
 TOTAL = \$ _____ 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. Hy-tek entries do not have to use this entry form.

	EVENT # 105 13-14 800 YD FREE RELAY	EVENT # 107 15-18 800 YD FREE RELAY	EVENT # 145 13-14 200 YD FREE RELAY	EVENT # 147 15-18 200 YD FREE RELAY	EVENT # 149 13-14 400 YD MED. RELAY	EVENT # 151 15-18 400 YD MED. RELAY	EVENT # 169 13-14 200 YD MED. RELAY	EVENT # 171 15-18 200 YD MED. RELAY	EVENT # 173 13-14 400 YD FREE RELAY	EVENT # 175 15-18 400 YD FREE RELAY
	TIME STANDARDS SOFT 8:25.80 HARD 8:23.50	TIME STANDARDS SOFT 8:24.90 HARD 8:12.90	TIME STANDARDS SOFT 1:50.50 HARD 1:47.90	TIME STANDARDS SOFT 1:48.40 HARD 1:45.80	TIME STANDARDS SOFT 4:32.00 HARD 4:25.50	TIME STANDARDS SOFT 4:27.30 HARD 4:20.90	TIME STANDARDS SOFT 4:32.00* HARD 4:25.50*	TIME STANDARDS SOFT 4:27.30* HARD 4:20.90*	TIME STANDARDS SOFT 3:58.80 HARD 3:53.10	TIME STANDARDS SOFT 3:51.90 HARD 3:46.40
A										
B										
C										
D										
E										
F										
G										
H										

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. Hy-tek entries do not have to use this entry form.

	EVENT # 106 13-14 800 YD FREE RELAY	EVENT # 108 15-18 800 YD FREE RELAY	EVENT # 146 13-14 200 YD FREE RELAY	EVENT # 148 15-18 200 YD FREE RELAY	EVENT # 150 13-14 400 YD MED. RELAY	EVENT # 152 15-18 400 YD MED. RELAY	EVENT # 170 13-14 200 YD MED. RELAY	EVENT # 172 15-18 200 YD MED. RELAY	EVENT # 174 13-14 400 YD FREE RELAY	EVENT # 176 15-18 400 YD FREE RELAY
	TIME STANDARDS SOFT 8:08.30 HARD 7:56.70	TIME STANDARDS SOFT 7:39.30 HARD 7:28.40	TIME STANDARDS SOFT 1:45.00 HARD 1:42.50	TIME STANDARDS SOFT 1:37.30 HARD 1:35.00	TIME STANDARDS SOFT 4:20.40 HARD 4:14.20	TIME STANDARDS SOFT 4:01.40 HARD 3:55.70	TIME STANDARDS SOFT 4:20.40* HARD 4:14.20*	TIME STANDARDS SOFT 4:01.40* HARD 3:55.70*	TIME STANDARDS SOFT 3:45.20 HARD 3:39.80	TIME STANDARDS SOFT 3:31.10 HARD 3:26.10
A										
B										
C										
D										
E										
F										
G										
H										

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

SOUTHERN CALIFORNIA SWIMMING AND GOLDEN WEST SWIM CLUB 2009 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.

HOTEL INFORMATION

TBA