



# SAN DIEGO - IMPERIAL SWIMMING LONG COURSE JUNIOR OLYMPICS AUGUST 19 – 22, 2010



Girls				Boys				
LCM	SCY	AGE	EVENT	SCY	LCM			
<b>Warmup 4:00pm</b>				<b>Thursday, August 19, 2010</b>				<b>Meet Starts 5:00pm</b>
SWUM FASTEST TO SLOWEST, ALTERNATING FEMALE/MALE HEATS								
EVENTS MAY BE SWUM TOGETHER DEPENDING ON THE NUMBER OF ENTRIES								
1	20:35.89	20:10.89	13-14	1500 FREE	19:43.99	20:24.99	2	
3	20:19.99	19:47.89	15-18	1500 FREE	18:33.19	19:19.99	4	
<b>Warmup 7:00am</b>				<b>Friday, August 20, 2010</b>				<b>Meet Starts 9:00am</b>
5	1:50.59	1:37.39	10/U	100 BRST	1:43.59	1:54.19	6	
7	1:36.19	1:23.59	11-12	100 BRST	1:27.79	1:40.89	8	
9	1:30.19	1:17.89	13-14	100 BRST	1:16.49	1:29.69	10	
11	1:26.29	1:14.89	15/O*	100 BRST	1:09.59	1:20.99	12	
13	2:59.49	2:41.59	10/U	200 FREE	2:48.99	3:02.49	14	
15	2:35.19	2:17.89	11-12	200 FREE	2:22.99	2:40.49	16	
17	2:26.99	2:07.79	13-14	200 FREE	2:06.79	2:23.89	18	
19	2:20.59	2:02.89	15/O*	200 FREE	1:54.89	2:11.49	20	
21	1:44.49	1:29.09	10/U	100 FLY	1:38.89	1:53.19	22	
23	1:24.09	1:13.29	11-12	100 FLY	1:18.39	1:29.09	24	
25	1:17.39	1:07.99	13-14	100 FLY	1:07.09	1:15.59	26	
27	1:13.39	1:04.79	15/O*	100 FLY	59.49	1:07.69	28	
29	3:24.69	3:03.19	10/U	200 IM	3:13.49	3:29.19	30	
31	2:55.89	2:36.39	11-12	200 IM	2:44.39	3:03.19	32	
33	2:46.79	2:27.99	13-14	200 IM	2:26.09	2:44.99	34	
35	2:40.09	2:19.09	15/O*	200 IM	2:10.19	2:30.19	36	
===== FINALS IN ABOVE ORDER =====								
37	10:25.99	9:10.99	13-14	800 F REL	9:02.79	10:20.79	38	
39	10:12.99	---	15-18	800 F REL	---	9:39.99	40	
<b>Warmup 7:00am</b>				<b>Saturday, August 21, 2010</b>				<b>Meet Starts 9:00am</b>
41	6:02.39	5:10.99	13-14	400 IM	5:21.09	6:07.49	42	
43	5:50.49	5:02.99	15/O*	400 IM	4:48.99	5:42.99	44	
45	36.99	33.59	10/U	50 FREE	34.39	37.89	46	
47	32.29	28.99	11-12	50 FREE	30.09	33.39	48	
49	31.09	27.59	13-14	50 FREE	26.39	29.99	50	
51	29.99	26.39	15/O*	50 FREE	23.79	27.29	52	
53	50.29	44.49	10/U	50 BRST	46.89	52.59	54	
55	43.29	38.79	11-12	50 BRST	39.89	45.99	56	
57	3:13.39	2:48.79	13-14	200 BRST	2:48.09	3:15.39	58	
59	3:07.79	2:42.99	15/O*	200 BRST	2:33.99	2:58.19	60	
61	1:38.39	1:26.59	10/U	100 BACK	1:31.59	1:42.69	62	
63	1:24.79	1:13.59	11-12	100 BACK	1:17.89	1:27.99	64	
65	1:19.99	1:08.99	13-14	100 BACK	1:08.49	1:18.79	66	
67	1:16.19	1:05.79	15/O*	100 BACK	1:01.39	1:13.09	68	
69	5:24.69	6:02.99	11-12	400 FREE	6:22.39	5:45.79	70	
71	5:12.39	5:44.99	13-14	400 FREE	5:48.29	5:10.79	72	
73	4:58.29	5:29.99	15/O*	400 FREE	5:16.09	4:46.99	74	
===== FINALS IN ABOVE ORDER =====								
75	3:08.29	2:45.29	10/U	200 M REL	2:49.79	3:12.29	76	
77	2:40.79	2:19.69	11-12	200 M REL	2:24.49	2:44.19	78	
79	5:25.99	4:43.19	13-14	400 M REL	4:37.99	5:17.19	80	
81	5:19.99	-	15-18	400 M REL	-	4:55.99	82	

SUNDAY EVENTS ON NEXT PAGE

	Girls				Boys		
	LCM	SCY	AGE	EVENT	SCY	LCM	
<b>Warmup 7:00am</b>							
<b>Sunday, August 22, 2010</b>							
<b>Meet Starts 9:00am</b>							
83	2:45.99	2:22.99	15/O*	200 BACK	2:15.59	2:37.99	84
85	2:51.29	2:27.99	13-14	200 BACK	2:29.59	2:51.49	86
87	39.39	34.19	11-12	50 BACK	35.79	40.89	88
89	45.39	39.69	10/U	50 BACK	41.39	47.59	90
91	1:04.69	56.99	15/O*	100 FREE	51.99	59.19	92
93	1:07.39	59.69	13-14	100 FREE	58.29	1:05.49	94
95	1:11.09	1:02.59	11-12	100 FREE	1:04.59	1:12.99	96
97	1:22.29	1:14.59	10/U	100 FREE	1:15.99	1:25.29	98
99	2:50.99	2:25.99	15/O*	200 FLY	2:19.79	2:41.59	100
101	3:02.99	2:33.59	13-14	200 FLY	2:31.99	2:51.99	102
103	36.09	32.89	11-12	50 FLY	34.29	38.19	104
105	43.79	38.99	10/U	50 FLY	41.19	44.69	106

800 FREE - FASTEST HEATS IN FINALS - SWUM TOGETHER, AWARDED SEPARATELY

107	10:39.89	11:31.69	13-14	800 FREE	11:34.19	10:44.99	108
109	10:32.99	11:15.99	15-18	800 FREE	10:55.39	10:02.99	110

===== FINALS IN ABOVE ORDER =====

111	2:41.09	2:21.59	10/U	200 F REL	2:20.79	2:40.79	112
113	2:19.99	2:01.79	11-12	200 F REL	2:03.99	2:21.19	114
115	4:44.29	4:11.39	13-14	400 F REL	4:08.79	4:44.89	116
117	4:35.99	-	15-18	400 F REL	-	4:16.99	118

- Age 19 & over swimmers may swim in preliminary individual events only; they may not swim in finals or relays. They will be entered as exhibition swimmers.

### MEET CONDUCT

**CHECK IN:** This meet will be deck seeded. CHECK IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim. Check in time for the events at the beginning of each session are listed below. Check in for all remaining events in a session will close at the session start time.

DAY	EVENTS	EVENT CLOSING TIMES	SESSION START TIME
THU	1-4	4:30 PM	5:00 PM
FRI	5-12	8:30 AM	9:00 AM
SAT	41-52	8:30 AM	9:00 AM
SUN	83-90	8:30 AM	9:00 AM

#### SCRATCH PROCEDURES:

**PRELIMS: DECLARATION OF EVENTS:** At the first check in for each day, a swimmer with more than 3 entered events for that day must select which 3 he/she wishes to swim that day and scratch the remainder. ALL SCRATCHES ARE FINAL - a swimmer may not re-enter a scratched event.

**FINALS:** A swimmer wishing to declare their intent to scratch from finals must sign the official scratch sheet within 30 minutes from the announcement of the preliminary results.

**LATE WITHDRAWAL FROM FINALS:** A swimmer who qualifies for the finals heat and did not scratch and wishes to withdraw from the event may do so without a No Show penalty only if: the swimmer involved notifies the referee, in person, 30 minutes before finals start, of his/her desire to withdraw and allow a re-seeding of the finals heat and is present for the finals at the time of the event involved.

**BREAK BETWEEN HEATS AND FINALS:** The length of the break will be determined by the referee; but in any event will not be less than 90 minutes.

**FINALS:** The top 8 qualifiers from the preliminary heats will swim in finals. (9<sup>th</sup> – 16<sup>th</sup> places are determined on preliminary heats).

# SAN DIEGO - IMPERIAL SWIMMING LONG COURSE JUNIOR OLYMPICS AUGUST 19 – 22, 2010

**MEET COORDINATOR:** Mary Redmond (760) 728-9244, email: seanmary@aol.com

**SANCTION:** This meet is sanctioned by USA and San Diego-Imperial Swimming #SI-10-25.

**FACILITY:** Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6<sup>th</sup> Street, Coronado CA 92118. Phone (619) 437-0227. 8 lane, 25 yard x 50 meter pool with separate 6 lane 25 yard warmup pool. Colorado timing and large scoreboard will be in use. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full snack bar available.

**DIRECTIONS:** I-5 to Coronado Bridge (CA-75) exit, turn left at the first stoplight onto Orange Ave, turn right at 6<sup>th</sup> Street. Pool two blocks down on your left. Parking on streets surrounding schools.

**RULES:** Current SI Swimming and USA Swimming rules will govern the conduct of the meet, and will take precedence over errors/omissions on this meet announcement.

- a. In all events the swimmer **MUST** swim the qualifying time in the meet to score.
- b. Swimmers may enter any number of events for which they are qualified. No swimmer may compete in more than 3 individual events per day and in no more than 6 individual events for the meet.
- c. Each club may enter up to 2 relay teams in each relay event. To score, the time swum in the event must equal or be faster than the qualifying time.

**ELIGIBILITY:** This is a closed SI meet. All swimmers must be SI swimmers with a 2010 USA swimming card issued not later than Thursday, August 12, 2010. To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or 2 meets in the qualifying year (the swim season starting September 1, 2009).

**QUALIFICATION TIMES:** The qualification times are listed in this announcement. To enter, a swimmer must have met or bettered the qualifying times for each event: stroke and distance.

- a. **Swimmers who have met the short course yard time standard and not the long course time standard must enter their short course yard time. Swimmers who have met the long course time standard must enter their long course time. Swimmers will be seeded by long course time first, then short course yard time.**
- b. All qualification times must have been achieved since the first day of the preceding Long Course Championship Meet - August 13, 2009 .
- c. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.

**VERIFICATION:** All entry times will be verified using the SWIMS database prior to the start of the meet. Coaches/teams that have provided an e-mail address will be notified of times not meeting the time standard. Swimmers not meeting the time standard for an event will be removed from the event.

Entry Fees for JO's: All entry checks are made out to NCA. Surcharge of \$15.00 (includes NCA surcharge) plus \$6.00 per event. All relay fees (\$4.00/relay) will be collected before the meet after relay teams are selected. Relays are subject to change.

**If you are unavailable for any relay, I need to know this in writing on a separate sheet of paper with your entry.** Please attach a separate note with your entry card stating that you are unavailable. If for any reason, you cannot swim relays, you need to let me know in writing with your entry. Please remember this is a team effort meet and we need all of you available to participate!!!

Please put your t shirt size on the back of your entry card. No sizes are my guess!

Entries are due Tuesday July 27<sup>th</sup>. Please do not mail them. Put them in the team mailboxes by Tuesday July 27<sup>th</sup>. If you plan on swimming the Summer Wrap up meet to try to get additional JO times, you need to still turn in your card with your other events on it by the 27<sup>th</sup>. Anyone who attends the wrap up meet and gets JO times at that meet will be requested to fill out a consolidated card at the meet and give the completed card and check to the NCA coach on deck. That is the absolute final meet to get JO cuts for the LC season.

Warm-up times: Thur: 4 pm. This is for swimmers in the Thur night events only! Check in first. Fri, Sat and Sun 13/O 7-8 am, 12/U 8:00-8:40. 13/O can check in after warm-ups and 12/U need to check in before warm-up. 12/U be behind the blocks at 7:55 am ready to go. We will have a team meeting promptly at 8:45 am.

This is a TEAM EFFORT meet. We need everyone who is qualified to swim at JO's. If you qualify with short course times, you may enter the meet with your short course time. Please clear your weekend for our championship meet! Thanks!

Parents: We will also be responsible for timing at this meet plus one other job. Thanks in advance for your help!

Parking is a bit of a challenge on Coronado. Be prepared.

Reminder: NCA tarps are for swimmers only. Parents and siblings are encouraged to "camp-out" close by but not under the tarps. Please remember our team timing responsibilities and sign up at the tarps. Thank you! All timers are entered into our end of LC season raffle for 3 free months of swimming! The raffle is coming up!

**RELAYS:** All relays are swum in event order in the finals. Relay cards will be due: Fri, Sat & Sun: 11:00 am. Relay cards received after 11:00 am will be seeded last.

**DISTANCE EVENTS:** The 800 Free and 1500 Free will be conducted as timed finals. Swimmers must provide their own timers and lap counters for the 800 Free and the 1500 Free.

- **1500 Freestyle:** These events will be seeded fastest to slowest in event order, alternating women and men. Events 1-4 may be combined based on the number of entries. They will be scored separately
- **800 Freestyle:** These events will be swum in event order. The fastest heat of each event will be swum in finals before the relays. The fastest heat will be determined by entered times.

**SCORING:** In all events the swimmers **MUST** swim the qualifying time in the meet to score. Scoring for the top 16 places shall be in the following manner:

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

**WARM UP TIMES AND ASSIGNMENTS:**

Thursday	4:00 PM	Warm-up is only for swimmers in Thursday events
Fri, Sat & Sun	7:00 – 8:00 am	13/O All Teams
Fri, Sat & Sun	8:00 – 8:45 am	12/U All Teams

