

SPEEDO SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by SAN RAMON VALLEY AQUATICS

co-sponsored by Pacific Swimming

March 11 – 13, 2016

Enter Online: <http://ome.swimconnection.com/pc/SRVA20160311>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-044**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:

Meet Referee: Debbi Tucker	Head Starter: Susi Jackson
Meet Marshal: Jayne Riley	Admin Official: Marie Lin
Meet Director: Becca Burke (510-329-3275 or beccaburke@yahoo.com – email preferred)	

LOCATION: San Ramon Olympic Pool & Aquatic Park, 9900 Broadmoor Dr., San Ramon, CA 94583

DIRECTIONS: Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available BEHIND the school in the south parking lot, and on some neighborhood streets. Permit parking only on Broadmoor Drive from 9871-9897 and on Weymouth Court 7 days a week. Other surrounding streets have additional parking restrictions.

Parking spaces between front of pool entrance and tennis courts is for Coaches and Officials ONLY. PLEASE READ SIGNS CAREFULLY AND DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!

SPECIAL NOTE REGARDING FRIDAY ARRIVAL: DO NOT arrive before 4:00 pm on Friday. This is a High School and we are not permitted to enter the grounds until 4:00pm. Pool staff will direct you off campus until 4:00pm.

COURSE: Outdoor, heated 25 yard pool, with up to 16 lanes available for competition. An additional 10 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 4'0" feet at the start end and 4'0" at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of the certification is on file with USA Swimming.

TIME: **Friday:** Competition will begin at 5:00pm with warm ups from 4:00-4:45 pm. All events will be timed finals.

Saturday & Sunday: Preliminary competition will begin at 9:00am with warm ups from 7:30-8:45am. Finals shall begin no sooner than one hour after the completion of preliminaries. The exact time shall be determined by the Meet Referee and announced as early as possible each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events on Saturday and Sunday are preliminaries and finals except the 1000y and 1650y Freestyle events.
- All events on Friday are timed finals.
- All preliminary events shall swim fast to slow, with the fastest three heats circle seeded. All timed final events, including distance, shall swim fast to slow.
- There shall be two (2) heats of finals, with the Top 8 athletes from preliminaries qualifying for the Championship Final, and the next 8 athletes qualifying for the Consolation Final.

- Athletes may enter as many events as they have met or exceeded the listed time standards; however, they may only compete in a maximum *three (3) events in any single day*, including distance events. If an athlete enters more than three (3) events, he or she shall be required to scratch down to the *three (3) event limit* – no refunds shall be given. Athletes are further restricted to seven (7) events for the entire meet. This includes distance events.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- **All coaches and deck officials shall wear their USA Swimming membership cards in a visible manner.**
- All athletes in the 500y, 1000y, and 1650y freestyle events shall provide their own timers and lap counters. All athletes in the 400y IM and 10 & Under 200y freestyle shall provide their own timers.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA-S athlete-member competing at the meet shall be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters shall be properly secured.
- All personal items shall be removed from the lawn areas each day with the exception of pop-up frames. **FRAMES ONLY** may be left overnight on lawn areas. **ALL OTHER PERSONAL ITEMS** (chairs, coolers, towels, tarps etc.) shall be removed from lawn areas. Leave items at your own risk. Pool staff will remove and dispose of any items left on lawn areas overnight.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Do not set up shelters in restricted areas or where meet staff advise is not allowed
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

ELIGIBILITY:

- Athletes shall be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes shall have met the "Junior Olympics" time standard in every event entered. Entries with "NO TIME" shall be rejected.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes shall have met time standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times shall have been achieved after **September 1, 2014** and prior to the closing date of entries for the meet **Wednesday, March 2, 2016**. If the time cannot be proven prior to the meet, the athlete will not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

ENTRY FEES: \$7.50 per individual event, \$8.00 participation fee per athlete. All entry fees SHALL be included with entry. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/SRVA20160311> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, March 2, 2016**.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Monday, February 29, 2016** or hand delivered by 6:30 p.m. **Wednesday, March 2, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: San Ramon Valley Aquatics
Mail/Hand-deliver entries to: Becca Burke, Meet Director
7598 Interlachen Ave
San Ramon, CA 94583

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B.

CHECK-IN: The meet shall be deck seeded. Athletes shall check in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

SCRATCHES:

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the Clerk of Course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete in the event unless they notify the Clerk of Course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event in which the athlete is entered on that day or the next meet day, whichever is first.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.
- If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

AWARDS: Custom SPEEDO medals will be awarded to the top 8 finalists in all age groups 13-14 and below. **NO AWARDS FOR 15-18 YEAR OLD SWIMMERS.** All awards must be picked up at the meet. They will not be mailed.

ADMISSION: Free. A three-day meet program will be available for a fee.

SNACK BAR: Full Snack Bar will be available with options for breakfast, lunch and dinner.

VENDORS: Swim equipment vendor will be on deck Saturday and Sunday. Junior Olympic event logo gear (t-shirts, sweatshirts, sweatpants etc.) will be on deck throughout the meet.

HOSPITALITY: Lunches, dinner and refreshments will be provided for officials and coaches who show their current registration card. Snacks and drinks will be provided to timers.

MISCELLANEOUS: See host website for local hotel information.

EVENT SUMMARY:

	10-Un	11-12	13 -14	15-18
FRIDAY	200 Free	500 Free	500 Free	500 Free
	500 Free	400 IM	400 IM	400 IM
SATURDAY	100 IM	100 IM	100 Fly	100 Fly
	50 Fly	100 Breast	200 Breast	200 Breast
	100 Breast	200 Fly	50 Free	50 Free
	50 Free	50 Free	200 Back	200 Back
	100 Back	100 Back	100 Free	100 Free
		50 Fly	1000 Free	1000 Free
		200 Free		
		1000 Free		
SUNDAY	200 IM	200 IM	200 IM	200 IM
	50 Breast	50 Breast	100 Breast	100 Breast
	100 Free	100 Fly	200 Free	200 Free
	50 Back	100 Free	100 Back	100 Back
	100 Fly	50 Back	200 Fly	200 Fly
		200 Breast	1650 Free	1650 Free
		200 Back		
		1650 Free		

ORDER OF EVENTS

FRIDAY, 3/11/16		
Girls Event #	Event Age Group & Description	Boys Event #
1	10-Un 200 Free	2
3	11-12 500 Free	4
5	13-14 500 Free*	6
	15-18 500 Free*	
7	10-Un 500 Free	8
9	11-12 400 IM	10
11	13-14 400 IM*	12
	15-18 400 IM*	

SATURDAY, 3/12/16		
Girls Event #	Event Age Group & Description	Boys Event #
13	10-Un 100 IM	14
15	11-12 100 IM	16
17	13-14 100 Fly	18
19	15-18 100 Fly	20
21	10-Un 50 Fly	22
23	11-12 100 Breast	24
25	13-14 200 Breast	26
27	15-18 200 Breast	28
29	11-12 200 Fly	30
31	10-Un 100 Breast	32
33	11-12 50 Free	34
35	13-14 50 Free	36
37	15-18 50 Free	38
39	10-Un 50 Free	40
41	11-12 100 Back	42
43	13-14 200 Back	44
45	15-18 200 Back	46
47	11-12 50 Fly	48
49	10-Un 100 Back	50
51	11-12 200 Free	52
53	13-14 100 Free	54
55	15-18 100 Free	56
57	11-12 1000 Free*+	58
	13-14 1000 Free*+	
	15-18 1000 Free*+	

SUNDAY, 3/13/16		
Girls Event #	Event Age Group & Description	Boys Event #
59	11-12 200 IM	60
61	10-Un 200 IM	62
63	13-14 200 IM	64
65	15-18 200 IM	66
67	11-12 50 Breast	68
69	10-Un 50 Breast	70
71	11-12 100 Fly	72
73	13-14 100 Breast	74
75	15-18 100 Breast	76
77	11-12 100 Free	78
79	10-Un 100 Free	80
81	13-14 200 Free	82
83	15-18 200 Free	84
85	11-12 50 Back	86
87	10-Un 50 Back	88
89	11-12 200 Breast	90
91	13-14 100 Back	92
93	15-18 100 Back	94
95	11-12 200 Back	96
97	10-Un 100 Fly	98
99	13-14 200 Fly	100
101	15-18 200 Fly	102
103	11-12 1650 Free*+	104
	13-14 1650 Free*+	
	15-18 1650 Free*+	

***Event will swim together, but be awarded separately.**

+ 1000y & 1650y Freestyle events will swim after the conclusion of the last preliminary event and before the starts of the finals session each day. Athletes in these events shall provide their own times and lap counters.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

2016 SPEEDO JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIP

Hosted by SAN RAMON VALLEY AQUATICS

MARCH 11-13, 2016

To be accepted, all entry information shall be completely filled out. Please print!

Athletes from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name			First Name		Init .
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number	Gender M F	Date of Birth	
Event Number	Qualifying Entry Time	(LCM /SCY) Distance/Stroke			
Athlete's Address:			Total Entries _____ x \$7.50 US Dollars		\$
Athlete's Phone #			Participation Fee		\$ 8.00
Athlete's/ parent's email:			----- -----		----- -
Athlete's Coach:			Total Due		\$

IMPORTANT!

Please PRINT clearly. Be sure to include all information. All entry times shall be at least "Junior Olympic" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "Junior Olympic" time will not be accepted.

All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events, (500y, 1000y, and 1650y Free) require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.