

# Pacific Swimming Short Course Junior Olympic Trials and Finals Meet

Hosted by SAN RAMON VALLEY LIVERMORE AQUATICS

March 16-17-18, 2007

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **0437**

**LOCATION:** SAN RAMON OLYMPIC POOL AND AQUATIC PARK 9900 Broadmoor Drive, San Ramon, CA 94583  
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. **DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!!**  
*Parking between pool main entrance and tennis courts is for coaches and officials only.*

**COURSE:** Outdoor heated pool with anti-turbulent lane lines. Up to sixteen (16), 25-yard competition lanes available, with additional lanes for warm up. Electronic timing system will be used.

**TIME:** The competition pool will be available for warm ups on Friday, March 16 from 4:00 pm to 4:45 pm, the meet will start at 5:00 pm. Friday's events will be timed finals. The competition pool will be available for pre-meet warm ups on Saturday, March 17 and Sunday, March 18 from 7:30 am to 8:45 am, the meet will start at 9:00 am. Finals will begin no sooner than one and one half hours after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day.

**RULES:** Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course. All events are trials and finals except for Friday's events and the 1000 and 1650 Freestyle Events. Swimmers may compete in three (3) events per day, (including the long distance Freestyle Events). Entries will be accepted until the number of splashes exceeds the estimated time line, per the eight hour rule, based on the swimmers age and gender. **Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the "Junior Olympic" time standard must be proved on the day of competition.** All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**RESTRICTIONS:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass bottles and containers of any kind are not permitted in the pool area. Propane heaters or similar type devices are not permitted.

**ELIGIBILITY:** Swimmers must 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 swimmer with the registration and times database. The meet host must check all swimmer 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy. Meet is open to all qualified swimmers with "JO" times or better. **All 1000 and 1650 free swimmers must provide their own timers and lap counters.**

**DISTANCE:** The 1000 Freestyle (events 65/66 11-UP) will begin 10 minutes after the conclusion of the Trials for event 64 on Saturday. The 1650 Freestyle (events 117/118 11-UP) will begin 10 minutes after the conclusion of Trials for event 116 on Sunday. If there are more heats than there is time to swim them between Trials and Finals then slower heats will be swum after Finals. The 1000 and 1650 yard freestyle events are timed finals. The 1000 and 1650 freestyle will be swum fastest to slowest alternating girls and boys. Swimmers in the 1000 and 1650 free must provide their own timers and counters.

**CHECK IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event with the exception of the 1000s and 1650s. Check-in for the 1000s and 1650s will close by 10:30am of the day of the event. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course desk. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. These rules include a provision **that any swimmer originally qualifying for a final who fails to compete in that final will be barred from further competition for the remainder of the meet. If the failure to compete occurs on the last day the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00.** Exceptions to that fine are only under the conditions stated in the Pacific Swimming scratch rules.

**ENTRIES:**

**Option 1: Online Meet Entries:**

Enter at: <http://swimconnection.com/pc/meet/srvl> to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted through 11:59 PM on Thursday, March 8<sup>th</sup>.

**Option 2: Surface Mailed Entries:**

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best time for each event. .
2. Mail entry forms and correct payment to the address below.

ENTRIES MUST BE COMPLETELY FILLED OUT, INCLUDING BEST SHORT COURSE TIME FOR EACH EVENT. Entered times must be submitted in yards (SCY) or non-conforming long course meters (LCM) / short course meters (SCM). **Entries with "NO Time" or the omission of a time or a time slower than a "Junior Olympic" time will not be accepted. All swimmers must provide on the entry form, the date and name of meet where they achieved each qualifying entry time. Only times from sanctioned, approved, or observed meets will be acceptable. Entries must be entered through the online entry system no later than 11:59 PM on THURSDAY, March 8th or mailed with postmark by MIDNIGHT, MONDAY, March 5, 2007 or hand delivered no later than 7:00 PM ON THURSDAY, March 8th to San Ramon Olympic Pool and Aquatic Park and placed in the "SRVLA Meet Entry Box" FROM 8:30 A.M. to 7:00 PM. No late entries will be accepted. **NO REFUNDS** will be made except for mandatory scratch downs. No fax entries will be accepted. For confirmation of mailed entries, include a self-addressed, stamped envelope or post card. No Phone calls.**

Entry forms must be completely filled out, including best conforming short course time, or non conforming long/short course meter time for each event. All entries shall be noted by (SCY); (LCM); or (SCM) to the right of the entry time.

[ SCY=short course yards; LCM = long course meters; SCM = short course meters]

**DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.**

**ENTRY FEES:** \$ 4.00 per entry. \$ 5.00 participation fee per swimmer.

**If mailing entries, make check payable to "SRVLA" and mail with paper entry form to:**

**SRVLA Attention: Meet Entries  
San Ramon Olympic Pool and Aquatic Park  
9900 Broadmoor Drive  
San Ramon, CA 94583**

**SRVLA Email (for entry questions): [rschmidt@rossmcdonald.com](mailto:rschmidt@rossmcdonald.com)**

**AWARDS:** Distinctive awards will be awarded for 1st-3rd; ribbons for 4th-8th place. All awards must be picked up at the meet. They will not be mailed. **Pick up awards shortly after results have been posted to avoid a long wait at end of the day.** Events that are combined age groups will be awarded per each age group.



**\*\*\*\*SEE PAGES SIX (6) AND SEVEN (7) OF THIS MEET SHEET FOR  
THE 2007 "JO" TIME STANDARDS\*\*\*\***

**SCHEDULE OF EVENTS**

**FRIDAY, MARCH 16, 2007**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
1	2	10-UN	200 FREE
3	4	11-12	500 FREE
5	6	13-14	500 FREE
		15-16	500 FREE
		17-18	500 FREE
7	8	10-UN	500 FREE
9	10	11-12	400 I.M.
11	12	13-14	400 I.M.
		15-16	400 I.M.
		17-18	400 I.M.

All events swum on Friday are timed finals.

**SATURDAY, MARCH 17, 2007**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
13	14	10-UN	100 I.M.
15	16	11-12	100 I.M.
17	18	13-14	100 FLY
19	20	15-16	100 FLY
21	22	17-18	100 FLY
23	24	10-UN	50 FLY
25	26	11-12	100 BREAST
27	28	13-14	200 BREAST
29	30	15-16	200 BREAST
31	32	17-18	200 BREAST
33	34	10-UN	100 BREAST
35	36	11-12	50 FREE
37	38	13-14	50 FREE
39	40	15-16	50 FREE
41	42	17-18	50 FREE
43	44	10-UN	50 FREE
45	46	11-12	100 BACK
47	48	13-14	200 BACK
49	50	15-16	200 BACK
51	52	17-18	200 BACK
53	54	11-12	50 FLY
55	56	10-UN	100 BACK
57	58	11-12	200 FREE
59	60	13-14	100 FREE
61	62	15-16	100 FREE
63	64	17-18	100 FREE
65	66	11-12	*1000 FREE
		13-14	*1000FREE
		15-16	*1000 FREE
		17-18	*1000 FREE

**\*1000 free swimmers must provide their own timers and lap counters.**

**The 1000 free will be run after the last Trials event and before Finals as a timed final event.**

**\*\*\*\*SEE PAGES SIX (6) AND SEVEN (7) OF THIS MEET SHEET FOR  
THE 2007 "JO" TIME STANDARDS\*\*\*\***

**SCHEDULE OF EVENTS**  
**SUNDAY, MARCH 18, 2007**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
67	68	11-12	200 I.M.
69	70	10-UN	200 I.M.
71	72	13-14	200 I.M.
73	74	15-16	200 I.M.
75	76	17-18	200 I.M.
77	78	11-12	50 BREAST
79	80	10-UN	50 BREAST
81	82	13-14	100 BREAST
83	84	15-16	100 BREAST
85	86	17-18	100 BREAST
87	88	11-12	100 FREE
89	90	10-UN	100 FREE
91	92	13-14	200 FREE
93	94	15-16	200 FREE
95	96	17-18	200 FREE
97	98	11-12	50 BACK
99	100	10-UN	50 BACK
101	102	13-14	100 BACK
103	104	15-16	100 BACK
105	106	17-18	100 BACK
107	108	11-12	100 FLY
109	110	10-UN	100 FLY
111	112	13-14	200 FLY
113	114	15-16	200 FLY
115	116	17-18	200 FLY
117	118	11-12	*1650 FREE
		13-14	*1650 FREE
		15-16	*1650 FREE
		17-18	*1650 FREE

**\*1650 free swimmers must provide their own timers and lap counters.  
The 1650 will be run after the last Trials event and before Finals as a timed final event.**

## 2007 "JO" TIME STANDARDS

	GIRLS				BOYS	
SCY	SCM	LCM		LCM	SCM	SCY
			<b>10/Under</b>			
32.19	35.69	36.49	<b>50 Free</b>	37.09	36.29	31.89
1:12.49	1:20.39	1:21.99	<b>100 Free</b>	1:20.09	1:18.49	1:10.39
2:36.49	2:52.99	2:56.19	<b>200 Free</b>	2:55.79	2:52.59	2:35.89
6:52.29	5:45.99	5:52.39	<b>400/500 Free</b>	5:59.99	5:53.59	6:29.79
39.49	43.89	44.49	<b>50 Back</b>	44.39	43.79	38.89
1:25.09	1:34.79	1:35.99	<b>100 Back</b>	1:32.99	1:31.79	1:22.89
43.09	47.39	48.39	<b>50 Breast</b>	48.69	47.69	43.09
1:35.19	1:45.79	1:47.79	<b>100 Breast</b>	1:46.69	1:44.69	1:33.49
36:39	40.39	41.09	<b>50 Fly</b>	41.29	40.59	35.79
1:26.09	1:35.89	1:37.29	<b>100 Fly</b>	1:35.89	1:34.49	1:26.29
1:22.99	--	--	<b>100 I.M.</b>	--	--	1:21.39
2:58.49	3:17.19	3:20.39	<b>200 I.M.</b>	3:21.59	3:18.39	2:57.79
			<b>11/12</b>			
28.89	31.99	32.79	<b>50 Free</b>	32.59	31.79	28.69
1:02.99	1:10.09	1:11.69	<b>100 Free</b>	1:11.59	1:09.99	1:03.19
2:16.49	2:30.99	2:34.19	<b>200 Free</b>	2:34.39	2:31.19	2:16.69
6:05.39	5:23.19	5:29.59	<b>400/500 Free</b>	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	<b>800/1000 Free</b>	10:58.49	10:45.69	12:20.49
22:33.39	20:56.99	21:20.99	<b>1500/1650 Free</b>	21:15.99	20:51.99	21:34.39
34.59	38.49	39.09	<b>50 Back</b>	38.69	38.09	34.19
1:14.59	1:23.29	1:24.49	<b>100 Back</b>	1:23.39	1:22.19	1:13.49
2:36.09	2:53.49	2:55.89	<b>200 Back</b>	2:57.09	2:54.69	2:31.59
37.79	41.59	42.59	<b>50 Breast</b>	43.09	42.09	37.79
1:22.99	1:32.09	1:34.09	<b>100 Breast</b>	1:31.29	1:29.29	1:20.89
2:58.19	3:16.59	3:20.59	<b>200 Breast</b>	3:17.49	3:13.49	2:55.19
32.09	35.59	36.29	<b>50 Fly</b>	36.49	35.79	32.19
1:12.49	1:20.39	1:21.79	<b>100 Fly</b>	1:22.79	1:21.39	1:12.99
2:37.79	2:57.19	2:59.99	<b>200 Fly</b>	2:59.99	2:57.19	2:36.49
1:12.49	--	--	<b>100 I.M.</b>	--	--	1:13.49
2:36.49	2:53.39	2:56.59	<b>200 I.M.</b>	2:56.59	2:53.39	2:36.59
5:30.29	6:03.99	6:10.39	<b>400 I.M.</b>	6:10.89	6:04.49	5:30.29
			<b>13/14</b>			
27.69	30.69	31.29	<b>50 Free</b>	29.69	28.89	25.89
59.79	1:06.19	1:07.59	<b>100 Free</b>	1:03.69	1:02.09	55.99
2:09.29	2:23.59	2:25.99	<b>200 Free</b>	2:17.99	2:14.79	2:01.09
5:42.29	5:02.89	5:09.29	<b>400/500 Free</b>	4:56.29	4:49.89	5:28.09
11:53.99	10:31.59	10:44.39	<b>800/1000 Free</b>	10:16.59	10:03.79	11:24.49
19:35.99	19:41.99	20:05.99	<b>1500/1650 Free</b>	19:29.99	19:05.99	19:35.99
1:09.29	1:17.09	1:18.29	<b>100 Back</b>	1:16.19	1:14.99	1:07.19
2:28.09	2:44.59	2:46.99	<b>200 Back</b>	2:45.29	2:43.29	2:26.69
1:18.69	1:26.59	1:28.59	<b>100 Breast</b>	1:23.49	1:21.49	1:13.49
2:49.29	3:08.39	3:11.99	<b>200 Breast</b>	3:01.89	2:57.89	2:41.69
1:07.59	1:14.99	1:16.39	<b>100 Fly</b>	1:12.09	1:10.69	1:03.59
2:32.29	2:48.79	2:51.59	<b>200 Fly</b>	2:43.69	2:40.89	2:25.89
2:26.79	2:43.69	2:46.09	<b>200 I.M.</b>	2:38.49	2:35.29	2:20.89
5:14.99	5:48.09	5:54.49	<b>400 I.M.</b>	5:42.99	5:36.59	5:04.49

## 2007 "JO" TIME STANDARDS

	GIRLS			BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			<b>15/16</b>			
27.29	30.29	31.09	<b>50 Free</b>	27.89	27.09	24.49
59.39	1:05.79	1:07.39	<b>100 Free</b>	1:00.79	59.19	53.49
2:08.09	2:21.69	2:24.89	<b>200 Free</b>	2:12.29	2:09.09	1:56.59
5:38.09	4:59.19	5:05.59	<b>400/500 Free</b>	4:45.19	4:38.79	5:14.99
11:43.39	10:22.29	10:35.09	<b>800/1000 Free</b>	10:07.39	9:54.59	11:11.99
19:46.49	19:58.49	20:22.49	<b>1500/1650 Free</b>	19:23.99	18:59.99	18:53.99
1:09.89	1:17.69	1:18.89	<b>100 Back</b>	1:12.09	1:10.89	1:03.69
2:29.09	2:45.69	2:48.09	<b>200 Back</b>	2:36.49	3:34.09	2:18.59
1:18.69	1:26.59	1:28.59	<b>100 Breast</b>	1:18.69	1:16.69	1:09.29
2:51.79	3:08.99	3:12.99	<b>200 Breast</b>	2:53.89	2:49.89	2:34.39
1:06.19	1:13.49	1:14.89	<b>100 Fly</b>	1:07.19	1:05.79	59.29
2:28.59	2:44.69	2:47.49	<b>200 Fly</b>	2:32.59	2:29.79	2:15.09
2:24.89	2:40.19	2:43.39	<b>200 I.M.</b>	2:30.29	2:27.09	2:12.99
5:14.99	5:38.79	5:45.19	<b>400 I.M.</b>	5:30.29	5:23.89	4:52.99
			<b>17/18</b>			
28.09	31.09	31.89	<b>50 Free</b>	27.89	27.09	24.49
1:00.09	1:06.49	1:08.09	<b>100 Free</b>	1:00.19	58:59	52.99
2:12.09	2:26.09	2:29.29	<b>200 Free</b>	2:12.29	2:09.09	1:56.59
5:51.79	5:11.19	5:17.59	<b>400/500 Free</b>	4:50.99	4:44.59	5:21.49
12:14.99	10:50.79	11:03.59	<b>800/1000 Free</b>	10:07.39	9:54.59	11:13.99
20:17.89	20:23.89	20:47.89	<b>1500/1650 Free</b>	19:23.99	18:59.99	18:55.99
1:12.69	1:20.69	1:21.89	<b>100 Back</b>	1:11.89	1:10.69	1:03.49
2:39.59	2:57.19	2:59.59	<b>200 Back</b>	2:42.99	2:40.59	2:24.49
1:21.09	1:29.19	1:31.19	<b>100 Breast</b>	1:19.49	1:17.49	1:10.39
2:55.39	3:12.99	3:16.99	<b>200 Breast</b>	2:57.29	2:53.29	2:37.49
1:07.19	1:14.59	1:15.99	<b>100 Fly</b>	1:07.89	1:06.49	59.89
2:36.49	2:53.39	2:56.19	<b>200 Fly</b>	2:38.79	2:35.99	2:20.69
2:30.89	2:46.69	2:49.89	<b>200 I.M.</b>	2:30.79	2:27.59	2:13.39
5:28.69	6:03.19	6:09.59	<b>400 I.M.</b>	5:36.09	5:29.69	4:58.19

# 2007 Pacific Swimming Short Course Junior Olympic T&F Individual Entry Form

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

Swimmers 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 (If entering unattached, enter club name and abbr. you want results listed in your team's summary report.)	
Age	Age Group	USA Swimming Registration Number – <i>Bring your card if not Pacific Swimming registered swimmer</i>	Gender M F
Event Number	Qualifying Entry Time	(SCY / LCM / SCM)	Distance/Stroke
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
Swimmer's Address:		Total Entries _____ X 4.00 US Dollars =====>	\$
Swimmer's Phone # ( )		\$5.00 US Dollars Participation Fee =====>	\$ 5.00
Swimmer's/ parent's email:		-----	-----
Swimmer's Coach:		Total Due- make check payable to SRVLA) =====>	\$

- NO ENTRY TIME will be automatically disqualified from the event, no refunds
- Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the “Junior Olympic” time standard must be proved on the day of competition.

**IMPORTANT!**  
 Please print clearly. Be sure to include all information. All entry times must be at least “Junior Olympic” time standard for each event. Entries with “NO Time” or the omission of a time or a time slower than a “Junior Olympic” time will not be accepted. All teams will be assigned at least one lane for timing throughout the meet. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. So, Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.