

**Pacific Swimming Short Course Junior Olympic Trials and Finals Meet
Hosted by San Ramon Valley Livermore Aquatics**

March 16 – 18, 2012

URL for Swimconnection: <http://ome.swimconnection.com/pc/srvl20120316>

SANCTION: Held under USA/Pacific Swimming Sanction No.: **12-035**

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 VIDEO: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, and rest rooms or locker rooms.

OFFICIALS:

Meet Referee:	<i>Jim Nachtigal</i>
Head Starter:	<i>Jim Morefield</i>
Meet Marshal:	<i>Jill Matherson</i>
Meet Director:	<i>Becca Burke – contact via email is preferred: becca.burke@us.nestle.com, 510-329-3275 leave message</i>

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. Personal equipment drop off will be allowed only at the South end of the pool by the High School entrance, not in front of the main pool entrance. Only Officials and Coaches will be allowed to enter that area with a vehicle.

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. The minimum water depth, measured in accordance with Article 103.2.3, is 4 ft. at the start end and 4 ft. 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: 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 hour after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day. Finals will be run on both courses.

RULES: Current U.S.A. 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-Course. All events on Saturday and Sunday are trials and finals except the 1000 and 1650 Freestyle events. **Swimmers may enter as many events as they have met or exceeded the listed time standards up to a maximum of seven (7) events. If a swimmer enters more than seven events, he or she will be required to scratch down to the seven event limit – no refunds will be given. Swimmers are further restricted to swimming no more than three (3) events in any single day. This restriction includes distance events.** The 15-18 will swim as one age group but be awarded separately. There will be two heats of finals in each event. Finals will be swum on two courses-Boys on one and Girls on the other. All swimmers in the 1000 and 1650 freestyle events must provide their own timers and lap counters. All swimmers in the 500 freestyle must provide their own lap counters. See special rules for distance events. Preliminary Events (trials) will be swum slowest to fastest starting with non-conforming long course meter “JO” time (LCM), then non-conforming short course meter “JO” time and then conforming short course yard “JO” times (SCY), except where noted for distance events. Entry time submitted will be checked against the USA computer database and may be changed in accordance with the Pacific Swimming entry time Verification Procedure.

All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches and deck official packets will only be given to those displaying their cards.

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

PROOF OF TIME: Proof of time will be required in advance for all swimmers in this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times must have been achieved prior to the closing date for entries to the meet (March 7, 2012). If a time cannot be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

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 shown on their Registration Card. All swimmer registration will be checked against the SWIMS database. If a swimmer is 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. The meet is open to all qualified swimmers with "JO" times or better time standards. All times must be achieved between September 1, 2010 and the entry deadline.

UNACCOMPANIED SWIMMERS: Any USAS athlete-member competing at the meet must 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISTANCE: The 1000 Freestyle will begin 10 minutes after the conclusion of the Trials on Saturday. The 1650 Freestyle will begin 10 minutes after the conclusion of Trials 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 and may alternate girls and boys. **Swimmers in the 1000 and 1650 free must provide their own timers and counters.** The Meet Referee may decide to swim two swimmers per lane.

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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event. 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. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from rest of his/her events that day. **Any swimmer who qualifies for the championship or consolation final, must declare his or her intention to swim the championship OR consolation final by checking in AT THE CLERK OF THE COURSE within 30 minutes of the announcement of the finalists. A swimmer who fails to compete in that final will be subject to disqualification from the remainder of the meet.** 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 an individual event in the

meet, and if 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/srvl20120316> 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.

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 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 time and date or mailed with postmark by MIDNIGHT, MONDAY, March 5, 2012 or hand delivered no later than 11:59 PM ON Wednesday, March 7, 2012 to the address below. 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 and/or hand delivered entries, include a self-addressed, stamped envelope or post card. No phone calls or emails for this request.

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) to the right of the entry time.

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

DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.

ENTRY FEES: \$ 5.50 per entry and \$8.00 participation fee per swimmer.

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

Patrick Hancock
Attention: Meet Entries
1213 Shoreline Loop
San Ramon, CA 94583

Email (for entry questions): becca.burke@us.nestle.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.**

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Snacks and drinks will be provided to timers. Full Snack Bar will be available.

ADMISSION: Admission is free. A three-day program will be available for a reasonable cost.

See the Host Website for hotel information. www.srvlaswimteam.org

MEET SUMMARY
FRIDAY, MARCH 16, 2012

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
		15-18	500 FREE
7	8	10-UN	500 FREE
9	10	11-12	400 I.M.
11	12	13-14	400 I.M.
		15-18	400 I.M.

MEET SUMMARY

Saturday, March 17, 2012

Sunday, March 18, 2012

EVENT NUMBER		AGE GROUP	EVENT	EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS			GIRLS	BOYS		
13	14	10-UN	100 I.M.	59	60	11-12	200 I.M.
15	16	11-12	100 I.M.	61	62	10-UN	200 I.M.
17	18	13-14	100 FLY	63	64	13-14	200 I.M.
19	20	15-18	100 FLY	65	66	15-18	200 I.M.
21	22	10-UN	50 FLY	67	68	11-12	50 BREAST
23	24	11-12	100 BREAST	69	70	10-UN	50 BREAST
25	26	13-14	200 BREAST	71	72	11-12	200 BREAST
27	28	15-18	200 BREAST	73	74	13-14	100 BREAST
29	30	11-12	200 FLY	75	76	15-18	100 BREAST
31	32	10-UN	100 BREAST	77	78	11-12	100 FREE
33	34	11-12	50 FREE	79	80	10-UN	100 FREE
35	36	13-14	50 FREE	81	82	13-14	200 FREE
37	38	15-18	50 FREE	83	84	15-18	200 FREE
39	40	10-UN	50 FREE	85	86	11-12	50 BACK
41	42	11-12	100 BACK	87	88	10-UN	50 BACK
43	44	13-14	200 BACK	89	90	11-12	200 BACK
45	46	15-18	200 BACK	91	92	13-14	100 BACK
47	48	11-12	50 FLY	93	94	15-18	100 BACK
49	50	10-UN	100 BACK	95	96	11-12	100 FLY
51	52	11-12	200 FREE	97	98	10-UN	100 FLY
53	54	13-14	100 FREE	99	100	13-14	200 FLY
55	56	15-18	100 FREE	101	102	15-18	200 FLY
57	58	11-12	*1000 FREE	103	104	11-12	*1650 FREE
		13-14	*1000FREE			13-14	*1650 FREE
		15-18	*1000 FREE			15-18	*1650 FREE

*1000 Free Swimmers must provide their own timers and lap counters. The 1000 Free will be swum after the last trials event and before finals. 15-18 events will be combined for Prelims.

*1650 Free Swimmers must provide their own timers and lap counters. The 1650 Free will be swum after the last trials event and before finals. 15-18 events will be combined for prelims.

Time standards are listed http://www.pacswim.org/page/times_standards.shtml

2012 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	Date of Birth
Event Number	Qualifying Entry Time	(SCY / LCM	Distance/Stroke	
		()		
		()		
		()		
		()		
		()		
		()		
		()		
		()		
Swimmer's Address:		Total Entries _____ x \$5.50 US Dollars =====>	\$	
Swimmer's Phone # ()		\$8.00 US Dollars Participation Fee =====>	\$ 8.00	
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.

