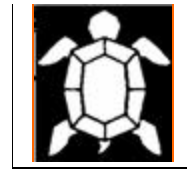


## **ADAM SZMIDT MEMORIAL PACIFIC SWIMMING** **LONG COURSE JUNIOR OLYMPICS**

July 10,11,12,13 2008

Hosted by: **Terrapins Swim Team**

Enter this meet online at: <http://swimconnection.com/pc/meet/tera>



**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **0718**

**LOCATION:** Concord Community Park Pool, 3501 Cowell Rd., Concord. From Highway 680 North, take the Treat Blvd. exit and turn right onto Treat Blvd. (From Highway 680 South, take the Treat/Geary exit, make a left at the end of the ramp and another left onto Treat Blvd.) Continue on Treat Blvd. for about 4 miles. Make a left onto Cowell. Go approximately 1 mile and the pool will be on your right.

**COURSE:** Outdoor, heated pool: Up to nine 50 meter competition lanes with electronic touch pad timing system. Warm up lanes are available throughout the duration of the meet. Up to 9 lanes will be used for finals.

**TIME:** Thursday through Sunday, the meet will begin at 9:00 a.m. The competition course will be open for **warm-ups** from 7:00 to 8:45 a.m. **Finals** will begin no sooner than 1 hour after the conclusion of trials. The exact time will be determined by the referee and announced as early as practical each day. See **Special Rules** for 800 Freestyle, 1500 Freestyle events. Only those swimmers entered in the meet may use the pool for warm-ups. Coaches, parents, siblings and officials may not use the pool.

**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 individual events are trials and finals, except for the 800 and 1500 meter freestyle events. Relays are timed finals. See **Special Rules** for 800 Freestyle, 1500 Freestyle events. Swimmers may compete in up to three **(3) individual events per day** plus relays, with a **maximum of (9) individual events** plus relays for the whole meet. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**RESTRICTIONS:** Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet. Glass bottles and containers of any kind are not permitted in the pool area. Only coaches tents are allowed around the pool deck. All shelters must be properly secured. Only host team/authorized persons allowed within pool area during meet set up. No pets allowed in the pool area.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and Registration Number on the 2008 Consolidated Entry Form attached for your convenience 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. **Swimmers must have met the Pacific Swimming Junior Olympic conforming long course meters (JO time) or non-conforming short course yards (JO time) or short course meter time standard (JO time) for each event entered.** Swimmers 19 years of age and over may participate in events for the 17-18 age group provided they have met the time standards for the 17-18 age group; they will not be eligible to swim in finals or receive awards. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

**PROOF OF TIME:** Proof of time will 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. Entry times must have been achieved prior to the closing date of entries for the meet (July 2, 2008). If the time can not 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. When possible the coaches will be notified of their swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven. Swimmers from foreign swim federations must prove all their times before being allowed to check-in. Converted times are not to be used.

**SEEDING:** Seeding will be in the following order: qualifying long course meters, qualifying short course meters and then qualifying short course yards conforming with USA Swimming rules 207.12.11B. See Special Rules for distance events seeding.

**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, **see special rules for the 800 and 1500 meter freestyle events.** Swimmers who do not check-in will not be allowed to compete in that event.

**SCRATCHES:** Pacific Swimming scratch rules will be enforced. These rules include a provision that any swimmer originally qualifying for a final who fails to compete in that final will be barred from the remainder of the meet, or if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. Exceptions to the No Show penalty are made only under the conditions stated in the Pacific Swimming Scratch Rule. A copy of the Pacific Swimming Scratch Rule will be posted at the Scratch Desk.

**SPECIAL RULES:** Check-in for the 1500 and 800 meter freestyle will close at 11:00 a.m. on the day of event. The 800 and 1500 meter freestyles will be swum fastest to slowest as timed finals. The 1500 meter freestyles will be swum alternating heats of women and men. All swimmers in the 800 and 1500 meter freestyles must provide timers and lap counters. The 1500 (#203/204) and 800 (#207 & 208) meter freestyle will be swum in combined age groups 13-18. These events will be scored and awarded by age group. These events may swim with two swimmers per lane starting at opposing ends at the discretion of the Head Referee and dependent upon the number of entries and the estimated timeline. There will be a 15 minute break between the end of the trials session and the beginning of the 800 & 1500 free.

**RELAYS:** All relay entries must be received by the entry deadline (Wednesday July 2, 2008) with the entry time listed and a team check covering the relay entry fee. **Relays may NOT be entered Online.** There will be no refund for relays not swum. Any relay swimmer who is not entered in an individual event or is not listed on the "Relay Only Swimmers Entry List" will not be allowed to swim in a relay. Relay swimmers must swim in their appropriate age group (no "swimming up"). **No deck entered relays or relay swimmers.** All relays will be swum as Timed Finals during the finals session. **Please note: There are no 15/16, 17/18 relays offered at this meet. 15/18 relays are offered and will be awarded as one age group.**

### **ENTRIES:**

#### **Option 1: Online Meet Entries:**

1. Swimmers & coaches making team entries follow the same online entry method
2. Using your browser go to: <http://swimconnection.com/pc/meet/tera>
3. Follow entry instructions:
  - a. Enter all swimmers (or coaches may enter their complete team) at the same time.
  - b. Make online credit card payment for meet entries at our secure site.
  - c. **You will receive confirmation of acceptance into the meet at time of payment. This will be your only proof of entry and should be brought to the meet.**
  - d. **Online entries will close Wednesday, July 2, 2008 at Midnight PDT**

*Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fee are paid to Swim Connection, LLC. Entry via the online system is not required.*

#### **Option 2: Surface Mailed Entries:**

1. Fill out provided Consolidated Entry Form completely for each of your swimmers.
2. Mail entry forms and correct payment to address below.
3. **Mail deadline - Monday, June 30, 2008, Postmarked by Midnight PDT.**

Entry forms must be completely filled out, including best conforming long course meter (JO time) or non-conforming short course yard (JO time) or short course meter time (JO time) for each event. All entry times shall be noted by LCM, SCY and SCM to the right of the entry time. **DO NOT CONVERT TIMES.** Entries (individual & relay) and fees (US Dollars only) must be postmarked by midnight PDT **Monday, June 30, 2008.** Entries (individual and relay) that are hand delivered or sent via an overnight delivery service will be accepted if they are received with appropriate fees no later than midnight PDT on Wednesday, July 2, 2008, to the address below. **No late entries via mail, fax, email or telephone, will be accepted.** No refunds will be made. No fax entries will be accepted. If you would like to confirm entry, please include a self addressed stamped envelope or post card or use email.

**ENTRY FEES:** **\$4.00** per individual event, **\$5.00** participation fee per swimmer, and **\$12.00** per Relay. Relay only swimmers DO NOT pay the \$5.00 participation fee. Entry Fees MUST be included with entry. If mailing entries, Make check payable to: **Terrapins Swim Team** and mail with entries to:

**Carol Moreno  
JO Entries  
157 N. 5<sup>th</sup> St.  
Rio Vista, CA 94571**

For questions regarding entries: [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)

\*If sending via Express/Overnight Delivery.....**WAIVE THE SIGNATURE\***

**OFFICIALS:** Head Referee: Teri May  
 Head Starter: Frank Suchomel  
 Head Meet Marshal: Karen Capozzo  
 Meet Director: Carol Moreno [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)  
 925-250-7561 (please, no calls after 8pm)

**CERTIFICATION MEET:** This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals.

For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid. The application form can be downloaded from the 2008 Meet Schedule page on the Pacific Swimming web site [http://www.pacswim.org/page/meet\\_schedule08.html](http://www.pacswim.org/page/meet_schedule08.html) at the same location where you can download a copy of this meet sheet.

<b><u>SCORING:</u></b>	Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
	Individual events	9	7	6	5	4	3	2	1
	Relay events	18	14	12	10	8	6	4	2

Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing an LSC or a federation out of the United States. Individual swimmers can score points towards high point awards, but such teams will not be in contention for team awards. "All-Star" relays can win awards but will not score points. Team points will be awarded only for places actually achieved.

**AWARDS:** Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
 Team Awards: Distinctive Awards 1<sup>st</sup> – 3<sup>rd</sup>  
 Relay Events: 1<sup>st</sup> – 8<sup>th</sup> (15/18 relays are awarded as one age group)  
 Individual High Point Distinctive Award for each age group

All awards must be picked up by the swimmers at the end of the meet on Sunday. Awards will not be mailed

**HOSPITALITY:** Meals and refreshments will be provided for working officials and coaches. Healthy snacks & beverages will be provided for timers.

**SNACK BAR:** A snack bar will be available during trials, finals and the break in between.

**ADMISSION:** Admission is free. A four-day program will be available at a reasonable cost.

**PARKING:** Public parking is very limited. Carpooling is encouraged. Parking is available in the limited time zone along Cowell Road, directly in front of the park. Do not park on side streets, in driveways and red zones. Cars will be ticketed and/or towed for illegal parking. Limited, reserved parking for Coaches and working Officials will be in the lot by the tennis courts. Additional parking will be available behind the pool at El Monte Elementary School (maps will be provided). Overnight and/or day use **RV parking is not available** within the park/pool parking lot.

**HOTEL:** See page 9 for complete hotel information.

**Pacific Swimming Junior Leadership Camp: CAMP SELECTION-** Sixty swimmers will be selected to attend Pacific Swimming's Junior Leadership camp. Participants must be 13- 18 years old as of the final day of competition at the selection meet. The Camp will be held in San Jose, California on Sept 12-14, 2008. To apply, the athlete must compete at the Adam Szmidt Memorial Pacific Swimming Junior Olympics Championship Meet in Concord California on July 10 thru 13.

# ADAM SZMIDT MEMORIAL - PACIFIC SWIMMING JUNIOR OLYMPICS

## MEET EVENT SUMMARY

**Thursday, July 10, 2008**

10 & under	11-12	13-14	15-16	17-18
100 Breast	100 Breast	100 Breast	100 Breast	100 Breast
100 Free	400 IM	400 IM	400 IM	400 IM
XXXXXXXXXXXXXXXXXX	100 Free	100 Free	100 Free	100 Free
XXXXXXXXXXXXXXXXXX	1500 Free	1500 Free	1500 Free	1500 free
XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXX	800 Free Relay	800 Free Relay (15-18)	800 Free Relay (15-18)

**Friday, July 11, 2008**

10 & under	11-12	13-14	15-16	17-18
200 Free	200 Free	200 Free	200 Free	200 Free
100 Fly	100 Fly	100 Fly	100 Fly	100 Fly
50 Back	200 Breast	200 Breast	200 Breast	200 Breast
XXXXXXXXXXXXXXXXXX	50 Back	800 Free - Women	800 Free - Women	800 Free - Women
XXXXXXXXXXXXXXXXXX	800 Free – Women	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
200 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay (15-18)	800 Free Relay (15-18)

**Saturday, July 12, 2008**

10 & under	11-12	13-14	15-16	17-18
400 Free	200 Back	200 Back	200 Back	200 Back
50 Breast	50 Breast	200 Fly	200 Fly	200 Fly
50 Free	200 Fly	50 Free	50 Free	50 Free
XXXXXXXXXXXXXXXXXX	50 Free	800 Free – Men	800 Free – Men	800 Free - Men
XXXXXXXXXXXXXXXXXX	800 Free – Men	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
200 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay (15-18)	400 Medley Relay (15-18)

**Sunday, July 13, 2008**

10 & under	11-12	13-14	15-16	17-18
100 Back	100 Back	100 Back	100 Back	100 Back
200 IM	400 Free	400 Free	400 Free	400 Free
50 Fly	200 IM	200 IM	200 IM	200 IM
XXXXXXXXXXXXXXXXXX	50 Fly	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXX(XXXXXXXXXX
XXXXXXXXXXXXXXXXXX	200 Medley Relay	200 Medley Relay	200 Medley Relay (15-18)	200 Medley Relay (15-18)
XXXXXXXXXXXXXXXXXX	200 Free Relay	200 Free Relay	200 Free Relay (15-18)	200 Free Relay (15-18)

\*\*See Special Rules regarding 800 and 1500 Freestyle events.

\*\*\*Relay events are swum during the finals session only.

Enter this meet online at: <http://swimconnection.com/pc/meet/tera>

**SCHEDULE OF EVENTS  
THURSDAY JULY 10, 2008**

**2008 JUNIOR OLYMPICS LONG COURSE  
TIME STANDARDS (pages 8 & 9)**

Girl Event Number	Event Age Group and Description	Boy Event Number
1	11-12 100 Breast	2
3	13-14 100 Breast	4
5	15-16 100 Breast	6
7	17-18 100 Breast	8
9	10 & UN 100 Breast	10
11	11-12 400 IM	12
13	13-14 400 IM	14
15	15-16 400 IM	16
17	17-18 400 IM	18
19	11-12 100 Free	20
21	13-14 100 Free	22
23	15-16 100 Free	24
25	17-18 100 Free	26
27	10 & UN 100 Free	28
201	11-12 1500 Free**	202
203	13-14 1500 Free**	204
203	15-16 1500 Free**	204
203	17-18 1500 Free**	204
29	13-14 800 Free Relay***	30
31	15-18 800 Free Relay ***	32

**\*\*See special rules regarding 1500 Freestyle**

**FRIDAY JULY 11, 2008**

Girl Event Number	Event Age Group and Description	Boy Event Number
33	11-12 200 Free	34
35	13-14 200 Free	36
37	15-16 200 Free	38
39	17-18 200 Free	40
41	10 & UN 200 Free	42
43	11-12 100 Fly	44
45	13-14 100 Fly	46
47	15-16 100 Fly	48
49	17-18 100 Fly	50
51	10 & UN 100 Fly	52
53	11-12 200 Breast	54
55	13-14 200 Breast	56
57	15-16 200 Breast	58
59	17-18 200 Breast	60
61	10 & UN 50 Back	62
63	11-12 50 Back	64
205	11-12 800 Free Women**	XXXX
207	13-14 800 Free Women **	XXXXXXXXXX
	15-16 800 Free Women **	
	17-18 800 Free Women **	
65	10 & UN 200 Free Relay***	66
67	11-12 400 Free Relay***	68
69	13-14 400 Free Relay***	70
71	15-18 400 Free Relay ***	72

**\*\*See special rules regarding 800 Freestyle**

**\*\*\*Relay events are swum during the finals session only.**

**SCHEDULE OF EVENTS**

**2008 JUNIOR OLYMPICS LONG COURSE  
TIME STANDARDS (pages 8 & 9)**

**SATURDAY JULY 12, 2008**

Girl Event Number	Event Age Group and Description	Boy Event Number
73	10 & UN 400 Free	74
75	11-12 200 Back	76
77	13-14 200 Back	78
79	15-16 200 Back	80
81	17-18 200 Back	82
83	10 & UN 50 Breast	84
85	11-12 50 Breast	86
87	13-14-200 Fly	88
89	15-16 200 Fly	90
91	17-18 200 Fly	92
93	10 & UN 50 Free	94
95	13-14 50 Free	96
97	15-16 50 Free	98
99	17-18 50 Free	100
101	11-12 50 Free	102
XXXXXXXXXXXX	11-12 800 Free Men**	206
XXXXXXXXXXXX	13-14 800 Free Men**	208
	15-16 800 Free Men**	
	17-18 800 Free Men**	
103	10 & UN 200 Medley Relay***	104
105	11-12 400 Medley Relay***	106
107	13-14 400 Medley Relay***	108
109	15-18 400 Medley Relay***	110

**\*\*See special rules regarding 800 Freestyle**

**\*\*\*Relay events are swum during the finals session only.**

**SCHEDULE OF EVENTS**

**2008 JUNIOR OLYMPICS LONG COURSE  
TIME STANDARDS (pages 8 & 9)**

**SUNDAY JULY 13, 2008**

Girl Event Number	Event Age Group and Description	Boy Event Number
111	11-12 200 Medley Relay***	112
113	13-14 200 Medley Relay***	114
115	15-18 200 Medley Relay***	116
117	11-12 100 Back	118
119	13-14 100 Back	120
121	15-16 100 Back	122
123	17-18 100 Back	124
125	10 & UN 100 Back	126
127	11-12 400 Free	128
129	13-14 400 Free	130
131	15-16 400 Free	132
133	17-18 400 Free	134
135	10 & UN 200 IM	136
137	11-12 200 IM	138
139	13-14 200 IM	140
141	15-16 200 IM	142
143	17-18 200 IM	144
145	10 & UN 50 Fly	146
147	11-12 50 Fly	148
149	13-14 200 Free Relay***	150
151	15-18 200 Free Relay***	152
153	11-12 200 Free Relay***	154

\*\*\*Relay events are swum during the finals session only.

## 2008 "JO" TIME STANDARDS

SCY	<b>GIRLS</b>		LCM	LCM	<b>BOYS</b>	
	SCM	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	1:32.19	--	<b>100 I.M.</b>	--	1:30.39	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

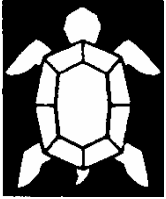
<b>11/12</b>						
28.89	31.99	32.79	<b>50 Free</b>	32.59	31.79	28.69
1:02.99	1:10.09	1:11.69	<b>100 Free</b>	1:11.59	1:09.99	1:03.19
2:16.49	2:30.99	2:34.19	<b>200 Free</b>	2:34.39	2:31.19	2:16.69
6:05.39	5:23.19	5:29.59	<b>400/500 Free</b>	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	<b>800/1000 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	1:20.59	--	<b>100 I.M.</b>	--	1:21.69	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	30.49	31.29	<b>50 Free</b>	29.69	28.89	25.89
59.79	1:05.99	1:07.59	<b>100 Free</b>	1:03.69	1:02.09	55.99
2:09.29	2:22.79	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	2:42.89	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	3:07.99	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	2:42.89	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

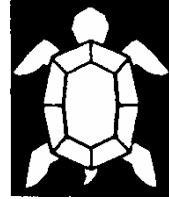
## 2008 "JO" TIME STANDARDS

SCY	<u>GIRLS</u>		LCM	LCM	<u>BOYS</u>	
	SCM	LCM			SCM	SCY
			<b>15/16</b>			
27.29	30.29	31.09	50 Free	27.89	27.09	24.49
59.39	1:05.79	1:07.39	100 Free	1:00.79	59.19	53.49
2:08.09	2:21.69	2:24.89	200 Free	2:12.29	2:09.09	1:56.59
5:38.09	4:59.19	5:05.59	400/500 Free	4:45.19	4:38.79	5:14.99
11:43.39	10:22.29	10:35.09	800/1000 Free	10:07.39	9:54.59	11:11.99
19:46.49	19:58.49	20:22.49	1500 /1650 Free	19:23.99	18:59.99	18:53.99
1:09.89	1:17.69	1:18.89	100 Back	1:12.09	1:10.89	1:03.69
2:29.09	2:45.69	2:48.09	200 Back	2:36.49	2:34.09	2:18.59
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.69	1:09.29
2:51.79	3:08.99	3:12.99	200 Breast	2:53.89	2:49.89	2:34.39
1:06.19	1:13.49	1:14.89	100 Fly	1:07.19	1:05.79	59.29
2:28.59	2:44.69	2:47.49	200 Fly	2:32.59	2:29.79	2:15.09
2:24.89	2:40.19	2:43.39	200 I.M.	2:30.29	2:27.09	2:12.99
5:14.99	5:38.79	5:45.19	400 I.M.	5:30.29	5:23.89	4:52.99

			<b>17/18</b>			
28.09	31.09	31.89	50 Free	27.89	27.09	24.49
1:00.09	1:06.49	1:08.09	100 Free	1:00.19	58.59	52.99
2:12.09	2:26.09	2:29.29	200 Free	2:12.29	2:09.09	1:56.59
5:51.79	5:11.19	5:17.59	400/500 Free	4:50.99	4:44.59	5:21.49
12:14.99	10:50.79	11:03.59	800 /1000 Free	10:07.39	9:54.59	11:13.99
20:17.89	20:23.89	20:47.89	1500 /1650 Free	19:23.99	18:59.99	18:55.99
1:12.69	1:20.69	1:21.89	100 Back	1:11.89	1:10.69	1:03.49
2:39.59	2:57.19	2:59.59	200 Back	2:42.99	2:40.59	2:24.49
1:21.09	1:29.19	1:31.19	100 Breast	1:19.49	1:17.49	1:10.39
2:55.39	3:12.99	3:16.99	200 Brea st	2:57.29	2:53.29	2:37.49
1:07.19	1:14.59	1:15.99	100 Fly	1:07.89	1:06.49	59.89
2:36.49	2:53.39	2:56.19	200 Fly	2:38.79	2:35.99	2:20.69
2:30.89	2:46.69	2:49.89	200 I.M.	2:30.79	2:27.59	2:13.39
5:28.69	6:03.19	6:09.59	400 I.M.	5:36.09	5:29.69	4:58.19



**Pacific Swimming  
Adam Szmidt Memorial  
Junior Olympics  
July 10-13-2008**



Ask for the special "Junior Olympic" rate at these participating area hotels:

The [Hilton Concord](#) is the Official Host Hotel for the 2008 Pacific Swimming Junior Olympics.



**Hilton Concord**  
Double Double \$99  
1970 Diamond Blvd., Concord  
800 826-2644



**EMBASSY SUITES  
HOTELS®**

**Embassy Suites – Walnut Creek**  
Two Double Bed Suite \$139  
1345 Treat Blvd., Walnut Creek  
925 934-2500 or 800-EMBASSY



**Crowne Plaza Concord**  
Double \$99  
45 John Glenn Ave., Concord  
925 825-7700 or 877 276-4600

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2008 Pacific Swimming Long Course Junior Olympics**  
**July 10-13, 2008**

To be accepted, all entry information must be completely filled out

Last Name			First Name			MI
LSC CODE (PC, SN)		Club Abbr	Club Name			
Age	Age Group	Gender M F	Date of Birth	USA -S Registration Number		
Event #	Distance/Stroke	Entry Time LCM, SCY, SCM		* <b>PROOF OF TIME:</b> Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2.		
				<p>Swimmer must have met the <u>listed</u> Far Western Pacific Swimming time standard in any course for each event entered.</p> <p>All entry times will be verified against the USA Swimming SWIMS database. If the time can not 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.</p> <p>Swimmers from foreign swim federations must prove <u>ALL</u> their times before being allowed to check-in.</p> <p><b>MARK ALL ENTRY TIMES WITH LCM (long course meters), SCY (short course yards), OR SCM (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.</b></p>		
Swimmer's Coach		Total Entries _____ x \$4.00		\$		
Swimmer's Address		Swimmer's Email address		\$ 5.00 (Participation fee)		
Swimmer's Phone		Total Due - Checks payable to: <b>Terrapins Swim Team</b>		\$ (US DOLLARS)		

**MAIL ENTRIES TO:** Carol Moreno  
 Junior Olympics Entries  
 157 N. 5<sup>th</sup> St.  
 Rio Vista, CA 94571

**LATE ENTRIES WILL NOT BE ACCEPTED**

Entry questions: [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)

Mail deadline: **Monday, June 30, 2008, Midnight PDT.**  
 Hand delivered/overnight mail: **Wed. July 2, 2008 Midnight PDT.**  
 Online entry: **Wednesday, July 2, 2008 at Midnight PDT.**

**Relay entries must be submitted on Relay Team Entry Form and be accompanied by team check and Relay Only Swimmers Pre-Entry Form\***

Events Entered	Total Due \$5.00 Fee Included
1	\$9.00
2	\$13.00
3	\$17.00
4	\$21.00
5	\$25.00
6	\$29.00
7	\$33.00
8	\$37.00
9	\$41.00
10	\$45.00
11	\$49.00



## Team Relay Entry Form\*

2008 Pacific Swimming Long Course Junior Olympics – July 10-13, 2008

\*To be submitted by Team

Team Name		LSC	Team Abbr
Coach	Contact Phone and Email		Amount Enclosed
			\$

### 10 & Under Age Group Relays

Event #	Event	Team Entry Time		
		A	B	C
<b>65</b>	<b>Girls 200 Free</b>			
<b>66</b>	<b>Boys 200 Free</b>			
<b>103</b>	<b>Girls 200 Medley</b>			
<b>104</b>	<b>Boys 200 Medley</b>			

### 11-12 Age Group Relays

Event #	Event	Team Entry Time		
		A	B	C
<b>67</b>	<b>Girls 400 Free</b>			
<b>68</b>	<b>Boys 400 Free</b>			
<b>105</b>	<b>Girls 400 Medley</b>			
<b>106</b>	<b>Boys 400 Medley</b>			
<b>111</b>	<b>Girls 200 Medley</b>			
<b>112</b>	<b>Boys 200 Medley</b>			
<b>153</b>	<b>Girls 200 Free</b>			
<b>154</b>	<b>Boys 200 Free</b>			

### 13-14 Age Group Relays

Event #	Event	Team Entry Time		
		A	B	C
<b>29</b>	<b>Girls 800 Free</b>			
<b>30</b>	<b>Boys 800 Free</b>			
<b>69</b>	<b>Girls 400 Free</b>			
<b>70</b>	<b>Boys 400 Free</b>			
<b>107</b>	<b>Girls 400 Medley</b>			
<b>108</b>	<b>Boys 400 Medley</b>			
<b>113</b>	<b>Girls 200 Medley</b>			
<b>114</b>	<b>Boys 200 Medley</b>			
<b>149</b>	<b>Girls 200 Free</b>			
<b>150</b>	<b>Boys 200 Free</b>			

**Please note: There are no 15-16, 17-18 relays offered at this meet. 15-18 relays are offered and will be awarded as one age group.**

15-18 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
31	Girls 800 Free			
32	Boys 800 Free			
71	Girls 400 Free			
72	Boys 400 Free			
107	Girls 400 Medley			
108	Boys 400 Medley			
115	Girls 200 Medley			
116	Boys 200 Medley			
151	Girls 200 Free			
152	Boys 200 Free			

MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards), OR "SCM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME. Relay swimmers must swim in their appropriate age group (no "swimming up").

Relays are \$12.00 per Relay team entered.

**RELAYS MAY NOT BE ENTERED ONLINE**

Must be mailed or hand delivered

Mail deadline: **Monday, June 30, 2008, Midnight PDT.**  
 Hand delivered/overnight mail: **Wednesday, July 2, 2008 Midnight PDT.**  
 Online entry: **Wednesday, July 2, 2008 at Midnight PDT.**

**No late entries** will be accepted. No fax entries will be accepted.

Please enclose team check and send to:

Carol Moreno  
 Junior Olympics Entries  
 157 N. 5<sup>th</sup> Street  
 Rio Vista, CA 94571

Any questions: [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)  
 925-250-7561