



PACIFIC  
SWIMMING



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

July 16, 17, 18, & 19, 2009  
Thursday, Friday, Saturday and Sunday

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **0689**

**LOCATION:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord. Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell.

**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. 9 lanes will be used for finals.

**TIME:** Thursday through Sunday, **Trials** will begin at 9:00 a.m. The competition course will be open for **warm-ups** from 7:30 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

**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 and 1500 Freestyle events. Swimmers may compete in up to **three (3) individual events per day and maximum of nine (9) individual events**, plus relays for the entire 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 are prohibited in all areas of the meet venue during the meet. Only coach's tents are allowed on the perimeter of the pool deck.

**Coaches, team, or parent canopies are NOT allowed to set up on Wednesday.** Tents may be set up Thursday AM only. Coaches, parents, siblings and officials may not use the pool. All shelters must be properly secured. Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area.

**ELIGIBILITY:** **This meet is open to swimmers who are members of PACIFIC SWIMMING LSC only.** Swimmers must be current members of USA-S and enter their name and Registration number on the 2009 Consolidated Entry Form. 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 or non-conforming short course meter or short course yard time standard 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 8, 2009). If the time can not be proven prior to the meet, the swimmer will be 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 swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**SEEDING:** Seeding will be in the following order: conforming long course meters, non-conforming short course meters, non-conforming short course yards - USA Swimming rules 207.12.7B. Preliminary heats will be swum slowest to fastest. 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 rule Section 3.5.b 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 and 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 (#201/202) and 800 (#205 & 206) meter freestyle will be swum in combined age groups 11-18. These events will be scored and awarded by age group. These events may be swum 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 8, 2009) with the entry time listed and a check for relay entry fee. **Relays may NOT be entered Online.** There will be no refunds 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.

**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 8, 2009 at Midnight**

*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: 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, July 6, 2009, Postmarked by Midnight.**

Entry forms must be completely filled out, including the 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. Entries (individual & relay) and fees must be postmarked by midnight **Monday, July 6, 2009.** 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 Wednesday, July 8, 2009 midnight. **No late entries via mail, fax, email or phone will be accepted.** No refunds will be made.

**ENTRY FEES:** \$5.00 per individual event, \$5.00 participation fee per swimmer, and \$16.00 per Relay. Relay only swimmers DO NOT pay the \$5.00 participation fee. All entry fees MUST be included with entry.

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**

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

**OFFICIALS:**

Head Referee:	Frank Suchomei
Head Starter:	Owen Melroy
Head Meet Marshal:	Kathy Egan
Meet Director:	Carol Moreno <a href="mailto:terameetdirector@gmail.com">terameetdirector@gmail.com</a> 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 2009 Meet Schedule page on the Pacific Swimming web site.

**2009 USA Facilities Standards:** 103.18 AUTOMATIC OFFICIATING EQUIPMENT .2 /M/ Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

**SCORING:**

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>	9 <sup>th</sup>
Individual events	10	8	7	6	5	4	3	2	1
Relay events	20	16	14	12	10	8	6	4	2

**AWARDS:**

Individual Events:	Medals 1 <sup>st</sup> – 3 <sup>rd</sup> , Ribbons 4 <sup>th</sup> – 9 <sup>th</sup>
Team Awards:	Distinctive Awards 1 <sup>st</sup> – 3 <sup>rd</sup>
Relay Events:	1 <sup>st</sup> – 9 <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:** Lunch, dinner and refreshments will be provided for working officials and coaches. Snacks & beverages will be provided for timers throughout the meet.
- SNACK BAR:** A nutritious snack bar will be available during the meet.
- ADMISSION:** Admission is free. A four-day program will be available at a reasonable cost.
- PARKING:** Public parking is very limited. Additional parking is available at El Monte Elementary School (MAP at [terrapsinwim.com](http://terrapsinwim.com)). 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 available. Overnight and/or day use **RV parking is not allowed** in the pool parking lot. Use additional parking at the school for RV parking.

**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 in September 2009, the exact dates of the camp will be made available at JO's. To apply, the athlete must compete at the Adam Szmids Memorial Pacific Swimming Junior Olympics Championship Meet in Concord California on July 16-19, 2009.

**Hotels:** Ask for the special "Junior Olympics" rate at these participating area hotels:

The **Hilton Concord** is the Official Host Hotel for the 2009 Pacific Swimming Junior Olympics.  
Hotel website links at [terrapsinwim.com](http://terrapsinwim.com)



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



**Courtyard Pleasant Hill**  
**Double \$94**  
 925 691-1444  
 800 321-2121



**Crowne Plaza Concord**  
**Double \$89**  
 45 John Glenn Ave. Concord  
 925 825-7700 x 3777  
 877-276-4600 x 3777

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## MEET EVENT SUMMARY

*Thursday, July 16, 2009*

10 & under	11-12	13-14	15-16	17-18
100 Breast	400 IM	400 IM	400 IM	400 IM
100 Free	100 Breast	100 Breast	100 Breast	100 Breast
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)
<b>Friday, July 17, 2009</b>				
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 - Girls	800 Free - Girls	800 Free - Girls
XXXXXXXXXXXXXXXXXX	800 Free – Girls	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
200 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay (15-18)	800 Free Relay (15-18)
<b>Saturday, July 18, 2009</b>				
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 – Boys	800 Free – Boys	800 Free - Boys
XXXXXXXXXXXXXXXXXX	800 Free – Boys	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
200 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay (15-18)	400 Medley Relay (15-18)
<b>Sunday, July 19, 2009</b>				
10 & under	11-12	13-14	15-16	17-18
100 Back	400 Free	400 Free	400 Free	400 Free
200 IM	100 Back	100 Back	100 Back	100 Back
50 Fly	200 IM	200 IM	200 IM	200 IM
XXXXXXXXXXXXXXXXXX	50 Fly	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXX(XXXXXXX
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 16, 2009**

**2009 JUNIOR OLYMPICS LONG COURSE  
TIME STANDARDS Pages 7-8**

Girls Event Number	Event Age Group and Description	Boys Event Number
1	11-12 400 IM	2
3	13-14 400 IM	4
5	15-16 400 IM	6
7	17-18 400 IM	8
9	11-12 100 Breast	10
11	13-14 100 Breast	12
13	15-16 100 Breast	14
15	17-18 100 Breast	16
17	10 & UN 100 Breast	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
201	13-14 1500 Free**	202
201	15-16 1500 Free**	202
201	17-18 1500 Free**	202
29	13-14 800 Free Relay***	30
31	15-18 800 Free Relay ***	32

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

**FR IDAY JULY 17, 2009**

Girls Event Number	Event Age Group and Description	Boys 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 Girls* *	XXXX
205	13-14 800 Free Girls* *	XXXXXXXX
	15-16 800 Free Girls* *	
	17-18 800 Free Girls* *	
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.**

**SATURDAY JULY 18, 2009**

Girls Event Number	Event Age Group and Description	Boys 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	11-12 200 Fly	94
95	10 & UN 50 Free	96
97	13-14 50 Free	98
99	15-16 50 Free	100
101	17-18 50 Free	102
103	11-12 50 Free	104
XXXXXXXXXX	11-12 800 Free Boys* *	206
XXXXXXXXXX	13-14 800 Free Boys* *	206
	15-16 800 Free Boys* *	
	17-18 800 Free Boys* *	
105	10 & UN 200 Medley Relay***	106
107	11-12 400 Medley Relay***	108
109	13-14 400 Medley Relay***	110
111	15-18 400 Medley Relay***	112

**SUNDAY JULY 19, 2009    \*\*See special rules 800 Freestyle\*\*\*Relay events are swum in Finals session**

Girls Event Number	Event Age Group and Description	Boys Event Number
113	11-12 200 Medley Relay***	114
115	13-14 200 Medley Relay***	116
117	15-18 200 Medley Relay***	118
119	11-12 400 Free	120
121	13-14 400 Free	122
123	15-16 400 Free	124
125	17-18 400 Free	126
127	10 & UN 100 Back	128
129	11-12 100 Back	130
131	13-14 100 Back	132
133	15-16 100 Back	134
135	17-18 100 Back	136
137	10 & UN 200 IM	138
139	11-12 200 IM	140
141	13-14 200 IM	142
143	15-16 200 IM	144
145	17-18 200 IM	146
147	11-12 50 Fly	148
149	10 & UN 50 Fly	150
151	11-12 200 Free Relay***	152
153	13-14 200 Free Relay***	154
155	15-18 200 Free Relay***	156

## 2009 "JO" TIME STANDARDS

SCY	GIRLS		LCM	LCM	BOYS	
	SCM	LCM			SCM	SCY
<b>10/Under</b>						
32.19	35.49	36.49	<b>50 Free</b>	36.79	35.09	31.89
1:12.49	1:19.79	1:21.99	<b>100 Free</b>	1:20.09	1:17.49	1:10.39
2:36.49	2:52.19	2:56.19	<b>200 Free</b>	2:55.79	2:51.49	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	43.49	44.49	<b>50 Back</b>	44.39	42.79	38.89
1:25.09	1:33.59	1:35.99	<b>100 Back</b>	1:32.99	1:31.19	1:22.89
43.09	47.39	48.39	<b>50 Breast</b>	48.69	47.39	43.09
1:35.19	1:44.79	1:47.79	<b>100 Breast</b>	1:46.69	1:42.89	1:33.49
36.39	40.09	41.09	<b>50 Fly</b>	41.29	39.39	35.79
1:26.09	1:34.69	1:37.29	<b>100 Fly</b>	1:35.89	1:34.49	1:26.29
1:22.99	1:31.29	--	<b>100 I.M.</b>	--	1:29.59	1:21.39
2:58.49	3:16.39	3:20.39	<b>200 I.M.</b>	3:20.59	3:15.59	2:57.79

<b>11/12</b>						
28.89	31.99	32.79	<b>50 Free</b>	32.59	31.59	28.69
1:02.99	1:10.09	1:11.69	<b>100 Free</b>	1:11.59	1:09.59	1:03.19
2:16.49	2:30.99	2:34.19	<b>200 Free</b>	2:34.39	2:30.39	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
34.09	43.19	39.09	<b>50 Back</b>	38.69	37.69	34.19
1:13.39	1:20.79	1:24.49	<b>100 Back</b>	1:23.39	1:20.89	1:13.49
2:36.09	2:53.49	2:55.89	<b>200 Back</b>	2:57.09	2:46.79	2:31.59
37.79	41.59	42.59	<b>50 Breast</b>	43.09	41.59	37.79
1:22.99	1:32.09	1:34.09	<b>100 Breast</b>	1:31.29	1:28.99	1:20.89
2:58.19	3:16.59	3:20.59	<b>200 Breast</b>	3:17.49	3:12.79	2:55.19
32.09	35.59	36.29	<b>50 Fly</b>	36.49	35.49	32.19
1:12.49	1:20.39	1:21.79	<b>100 Fly</b>	1:22.79	1:20.29	1:12.99
2:37.79	2:57.19	2:59.99	<b>200 Fly</b>	2:59.99	2:52.19	2:36.49
1:12.49	1:20.59	--	<b>100 I.M.</b>	--	1:20.89	1:13.49
2:36.49	2:53.39	2:56.59	<b>200 I.M.</b>	2:56.59	2:52.29	2:36.59
5:30.29	6:03.99	6:10.39	<b>400 I.M.</b>	6:10.89	6:03.39	5:30.29

<b>13/14</b>						
27.19	29.09	30.49	<b>50 Free</b>	28.69	28.49	25.89
58.59	1:04.49	1:06.39	<b>100 Free</b>	1:03.69	1:01.59	55.99
2:07.79	2:20.59	2:24.59	<b>200 Free</b>	2:17.99	2:13.19	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
1:08.29	1:15.19	1:18.29	<b>100 Back</b>	1:15.49	1:13.99	1:07.19
2:24.59	2:39.09	2:46.79	<b>200 Back</b>	2:40.39	2:41.39	2:26.69
1:17.19	1:24.19	1:28.39	<b>100 Breast</b>	1:23.49	1:20.89	1:13.49
2:43.39	2:59.79	3:11.99	<b>200 Breast</b>	3:01.89	2:57.89	2:41.69
1:07.59	1:14.39	1:16.29	<b>100 Fly</b>	1:12.09	1:09.99	1:03.59
2:32.29	2:47.59	2:51.59	<b>200 Fly</b>	2:43.69	2:40.49	2:25.89
2:24.39	2:38.89	2:43.29	<b>200 I.M.</b>	2:34.19	2:34.99	2:20.89
5:12.69	5:43.99	5:49.79	<b>400 I.M.</b>	5:42.99	5:34.99	5:04.49

## 2009 "JO" TIME STANDARDS

SCY	<u>GIRLS</u>		LCM	LCM	<u>BOYS</u>	
	SCM	LCM			SCM	SCY
			<b>15/16</b>			
27.29	30.09	30.79	50 Free	27.89	26.99	24.49
59.39	1:05.39	1:07.29	100 Free	1:00.79	58.89	53.49
2:08.09	2:20.89	2:23.89	200 Free	2:12.29	2:08.29	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	1:16.89	1:18.89	100 Back	1:12.09	1:10.09	1:03.69
2:29.09	2:43.99	2:48.09	200 Back	2:36.49	2:32.49	2:18.59
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.29	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	1:12.89	1:14.89	100 Fly	1:07.19	1:05.29	59.29
2:28.59	2:43.49	2:47.49	200 Fly	2:32.59	2:28.59	2:15.09
2:24.89	2:39.39	2:43.39	200 I.M.	2:30.29	2:26.29	2:12.99
5:14.99	5:46.49	5:45.19	400 I.M.	5:30.29	5:22.29	4:52.99

			<b>17/18</b>			
28.09	30.89	31.89	50 Free	27.89	26.99	24.49
1:00.09	1:06.09	1:08.09	100 Free	1:00.19	58.29	52.99
2:12.09	2:25.29	2:29.29	200 Free	2:12.29	2:08.29	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	1:19.99	1:21.89	100 Back	1:11.89	1:09.89	1:03.49
2:39.59	2:55.59	2:59.59	200 Back	2:42.99	2:38.99	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 Breast	2:57.29	2:53.29	2:37.49
1:07.19	1:13.99	1:15.99	100 Fly	1:07.89	1:05.89	59.89
2:36.49	2:52.19	2:56.19	200 Fly	2:38.79	2:34.79	2:20.69
2:30.89	2:45.99	2:49.89	200 I.M.	2:30.79	2:26.79	2:13.39
5:28.69	6:01.59	6:09.59	400 I.M.	5:36.09	5:28.09	4:58.19

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2009 Pacific Swimming Long Course Junior Olympics**  
**July 16, 17, 18, 19, 2009**

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

Last Name			First Name			MI
LSC CODE ( PC)		Club Abbr	Club Name			
Age	Age Group	Gender M    F	Date of Birth	USA -S Registration Number		
Event #	Distance/Stroke		Entry Time		* <b>PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2.	
			LCM, SCY, SCM			
					Swimmer must have met the listed Junior Olympic - Pacific Swimming time standard in any course for each event entered.  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.  <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>	
Swimmer's Coach			Total Entries _____ x \$5.00		\$	
Swimmer's Address		Swimmer's Email address			\$ 5.00 (Participation fee)	
Swimmer's Phone		Total Due - Checks payable to: <b>Terrapins Swim Team</b>			\$	

**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: [terameetdirector@gmail.com](mailto:terameetdirector@gmail.com)

Mail deadline postmarked: **Monday, July 6, 2009, Midnight**  
Hand delivered/overnight mail received by: **Wed. July 8, 2009 Midnight**  
Online entry: **Wednesday, July 8, 2009 at Midnight**

Events Entered	Total Due \$5.00 Fee Included
1	\$10.00
2	\$15.00
3	\$20.00
4	\$25.00
5	\$30.00
6	\$35.00
7	\$40.00
8	\$45.00
9	\$50.00
10	\$55.00
11	\$60.00



**Team Relay Entry Form\***  
**2009 Pacific Swimming Long Course Junior Olympics**

**\*To be submitted by Team**

<b>Team Name</b>		<b>LSC</b>	<b>Team Abbr</b>
<b>Coach</b>	<b>Contact Phone and Email</b>		<b>Amount Enclosed</b>
			<b>\$</b>

**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>105</b>	<b>Girls 200 Medley</b>			
<b>106</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>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>151</b>	<b>Girls 200 Free</b>			
<b>152</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>109</b>	<b>Girls 400 Medley</b>			
<b>110</b>	<b>Boys 400 Medley</b>			
<b>115</b>	<b>Girls 200 Medley</b>			
<b>116</b>	<b>Boys 200 Medley</b>			
<b>153</b>	<b>Girls 200 Free</b>			
<b>154</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			
111	Girls 400 Medley			
112	Boys 400 Medley			
117	Girls 200 Medley			
118	Boys 200 Medley			
155	Girls 200 Free			
156	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.

Relays are \$16.00 per relay team entered.

**RELAYS MAY NOT BE ENTERED ONLINE**

Must be mailed or hand delivered

Mail deadline: **Monday, July 6, 2009, Midnight PDT.**

Hand delivered/overnight package received by: **Wednesday, July 8, 2009 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

Questions: [terameetdirector@gmail.com](mailto:terameetdirector@gmail.com)