



PACIFIC
SWIMMING



ADAM SZMIDT MEMORIAL - PACIFIC SWIMMING
LONG COURSE JUNIOR OLYMPICS – hosted by Orinda Aquatics
July 15 – 18, 2010

<http://ome.swimconnection.com/pc/oapb20100715>

SANCTION: Held under USA/Pacific Swimming Sanction Number: 10-076

LOCATION: SODA AQUATIC CENTER, Campolindo High School, Moraga: 300 Moraga Road, Moraga CA. Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr.

Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr.

Do not park where no parking signs are posted. You will be ticketed or towed.

COURSE: Outdoor 50-meter competition pool with 8 lanes with electronic touch pad timing system. Prelims will run two 8-lane courses starting at opposite ends (16 lanes total). A Separate warm-up pool will be available.

The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has not been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Thursday through Sunday, Trials will begin at 9:00 a.m. The competition course will be open for warm-ups from 7:15 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 can enter as many events for which they qualify but may only compete in up to three (3) individual events per day and maximum of seven (7) 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. Coaches, parents, siblings and officials may not use the pool. Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area.

TEAM/INDIVIDUAL SET-UP: Camping/set-up in the posted/designated areas only. There will be no camping/set-up allowed anywhere within the pool facility. Tarps of any kind are not allowed on any grass areas. Adequate bleachers will be provided for spectator viewing.

COACHES: Adequate shade coverage and tables will be provided on the west side of the pool for coaches. The bleacher side will be for spectators only (No coach's tents allowed on bleacher side of pool).

Absolutely no set-up will be allowed prior to 7:00 am on Thursday, July 15th

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 2010 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 7, 2010). 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, and 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: The Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.

Preliminary Events: Any swimmer who has checked in for an individual preliminary event and fails to swim that event will be barred from competing in the next individual preliminary race in which the swimmer is entered. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure to compete was caused by illness, injury or other circumstances beyond the control of the swimmer. This rule does not apply to Timed Final events.

Final Events: A swimmer shall be barred from competing for the remainder of the meet if he/she fails to compete in the final event that he/she originally qualified for, unless properly scratched. This rule includes a \$25 fine when the missed final is the swimmer's last race of the meet.

SPECIAL RULES:

All 400 Meter Events: Swimmers in 400 meter events must provide their own timers.

800/1500 Freestyles: Check-in for the 800/1500 meter freestyles will close at 10:00 a.m. on the day of event. All 800/1500's will be timed finals and will swim fastest to slowest alternating heats of women and men. All distance events will run as combined age groups 11-14 or 15-18 but will be scored and awarded by age group. These events may be swam 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. Any break between end of prelims and beginning of the distance is at the discretion of the referee. All swimmers in the 800 and 1500 meter freestyles must provide timers and lap counters.

RELAYS: All relay entries must be received by the entry deadline (Wednesday July 7, 2010) 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: Deadline by midnight, Wednesday, July 7, 2010. Enter online at:

<http://ome.swimconnection.com/pc/oapb20100715> 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 the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the process is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming. "No Entry Times" will not be accepted.

Option 2: Surface Mail Entries: 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 5, 2010. 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 7, 2010 by 6:00 pm. 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: Orinda Aquatics and mail with entries to:

OAPB Meet Entries
1454 Allman Street
Oakland, CA 94602

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

OFFICIALS:

Head Referee: Kent Yoshiwara
Head Starter: Darwin Takaki
Head Marshal: Audrey Tormey
Meet Director: Liz Jones mlj2@astound.net (925) 686-5545
(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 2010 Meet Schedule page on the Pacific Swimming web site.

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

AWARDS: Individual Events: Medals 1st – 8th

Relay Events:	Medals 1 st – 8 th (15/18 relays awarded as one age group)
Team Awards:	Distinctive Awards 1 st – 3 rd
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. Carpooling is encouraged. 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!

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 2010, the exact dates of the camp will be made available at JO's. To apply, the athlete must compete at the Adam Szmidt Memorial Pacific Swimming Junior Olympics Championship Meet in Moraga California on July 15-18, 2010.

DONATIONS FOR SWAZILAND SWIMMING:

Orinda Aquatics is supporting the swimming community of Swaziland, Africa by collecting 1,000 suits and goggles for the young swimmers of Swaziland. We will have barrels available on deck during Junior Olympics for donations of new and used suit or goggles. This is a very worthy cause and relevant to the sport we all enjoy as many of these children cannot afford to buy a swim suit. Thank you for your consideration.

For more information on Head Coach Don Heidarys' visit to Swaziland, visit our website at www.orindaaquatics.org and read the complete Story.

Hotel Information:



Embassy Suites
1345 Treat Boulevard *Walnut Creek, CA 94597
Visit us at www.eswcca.com

\$104 plus tax, per suite, up to 4 guests per room,
\$5.00 parking per day.

Come enjoy our spacious two room suites, each suite includes two 42" HD Televisions,
refrigerator & microwave.

Rate Includes:

- Complimentary Cooked to Order Breakfast daily
- Complimentary beverages and appetizers each evening from 5:30pm – 7:30pm
- Complimentary shuttle within 5 miles, including the dining and shopping area of Downtown Walnut Creek
- Complimentary fitness center *Indoor Heated Swimming Pool
- On-site restaurant: The Embassy Grill & Lounge

For reservations:

Call 1-800-Embassy and request the Junior Olympics Swimming Rate in Walnut Creek, CA.

Or email your reservation to
john.aliamus@hilton.com



The Walnut Creek Marriott
Welcomes
2010 Pacific Swim Junior Olympic Championship
2355 North Main Street
Walnut Cree, CA 94596
1-800-266-9432

For Special \$99 JO rate, click below or paste to your browser
https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=2508781

- Complimentary full breakfast buffet for up to (4)
- Complimentary self-parking onsite
- 2 blocks from BART
- Complimentary Shuttle with a 3-mile radius
- Marriott rewards points
- Full service restaurant
- Outdoor pool/24-hour renovated fitness center



2730 North Main Street
Walnut Creek, CA 94597
Phone: (925) 932-3332
FAX (925)256-7672
www.hiewalnutcreekhotel.com

Ask for the Special \$89 Junior Olympic Rate



2805 Jones Road
Walnut Creek, CA 94597
Phone: (925) 942-6373
FAX: (925) 942-6348

Ask for the Special \$99 Junior Olympic Pacific Swim Rate

ADAM SZMIDT MEMORIAL- PACIFIC SWIMMING JUNIOR OLYMPICS

MEET EVENT SUMMARY

Thursday, July 15, 2010				
10 & under	11-12	13-14	15-16	17-18
100 Fly	100 Fly	100 Fly	200 Fly	200 Fly
100 Free	100 Free	100 Free	100 Free	100 Free
200 IM	50 Fly	200 IM	400 IM	400 IM
	200 IM	1500 Free*		
	1500 Free*			
		200 Medley Relay	15-18 200 Medley Relay	
	200 Medley Relay	800 Free Relay		

Friday, July 16, 2010				
10 & under	11-12	13-14	15-16	17-18
100 Back	200 Back	200 Back	100 Back	100 Back
50 Breast	100 Breast	100 Breast	100 Breast	100 Breast
400 Free	50 Back	400 Free	200 Free	200 Free
	400 Free		1500 Free*	1500 Free*
			15-18 200 Free Relay	
	200 Free Relay	200 Free Relay	15-18 800 Free Relay	

Saturday, July 17, 2010				
10 & under	11-12	13-14	15-16	17-18
100 Breast	200 Free	200 Free	200 Breast	200 Breast
50 Fly	200 Fly	200 Fly	100 Fly	100 Fly
	50 Breast	400 IM	200 IM	200 IM
	400 IM		800 Free*	800 Free*
200 Medley Relay	400 Medley Relay	400 Medley Relay	15-18 400 Medley Relay	

Sunday, July 18, 2010				
10 & under	11-12	13-14	15-16	17-18
200 Free	200 Breast	200 Breast	200 Back	200 Back
50 Back	100 Back	100 Back	50 Free	50 Free
50 Free	50 Free	50 Free	400 Free	400 Free
	800 Free*	800 Free*		
200 Free Relay	400 Free Relay	400 Free Relay	15-18 400 Free Relay	

*See Special Rules regarding 800 and 1500 Freestyle events.
Relay events are swum during the finals session only.

2010 JUNIOR OLYMPICS LONG COURSE
THURSDAY JULY 15, 2010

Girls Event Number	Event Age Group and Description	Boys Event Number
1	11-12 100 Fly	2
3	13-14 100 Fly	4
5	10 & Un 100 Fly	6
7	15-16 200 Fly	8
9	17-18 200 Fly	10
11	11-12 100 Free	12
13	13-14 100 Free	14
15	10 & Un 100 Free	16
17	15-16 100 Free	18
19	17-18 100 Free	20
21	11-12 50 Fly	22
23	10 & Un 200 IM	24
25	13-14 200 IM	26
27	11-12 200 IM	28
29	15-16 400 IM	30
31	17-18 400 IM	32
201*	11-12 1500 Free	202*
	13-14 1500 Free	
33	13-14 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	15-18 200 Medley Relay	38
39	13-14 800 Free Relay	40

FRIDAY JULY 16, 2010

Girls Event Number	Event Age Group and Description	Boys Event Number
41	11-12 200 Back	42
43	13-14 200 Back	44
45	15-16 100 Back	46
47	17-18 100 Back	48
49	10 & Un 100 Back	50
51	11-12 100 Breast	52
53	13-14 100 Breast	54
55	15-16 100 Breast	56
57	17-18 100 Breast	58
59	10 & Un 50 Breast	60
61	11-12 50 Back	62
63	15-16 200 Free	64
65	17-18 200 Free	66
67	10 & Un 400 Free	68
69	11-12 400 Free	70
71	13-14 400 Free	72
203*	15-16 1500 Free	204*
	17-18 1500 Free	
73	15-18 200 Free Relay	74
75	11-12 200 Free Relay	76
77	13-14 200 Free Relay	78
79	15-18 800 Free Relay	80

*See special rules 800/1500 Free Relay events swim in finals session only.

SATURDAY JULY 17, 2010

Girls Event Number	Event Age Group and Description	Boys Event Number
81	11-12 200 Free	82
83	13-14 200 Free	84
85	15-16 200 Breast	86
87	17-18 200 Breast	88
89	10 & Un 100 Breast	90
91	11-12 200 Fly	92
93	13-14 200 Fly	94
95	15-16 100 Fly	96
97	17-18 100 Fly	98
99	10 & Un 50 Fly	100
101	11-12 50 Breast	102
103	15-16 200 IM	104
105	17-18 200 IM	106
107	11-12 400 IM	108
109	13-14 400 IM	110
205*	15-16 800 Free Boys	206*
	17-18 800 Free Boys	
111	10 & Un 200 Medley Relay	112
113	15-18 400 Medley Relay	114
115	11-12 400 Medley Relay	116
117	13-14 400 Medley Relay	118

SUNDAY JULY 18, 2010

Girls Event Number	Event Age Group and Description	Boys Event Number
119	11-12 200 Breast	120
121	13-14 200 Breast	122
123	10 & Un 200 Free	124
125	15-16 200 Back	126
127	17-18 200 Back	128
129	11-12 100 Back	130
131	13-14 100 Back	132
133	10 & Un 50 Back	134
135	15-16 50 Free	136
137	17-18 50 Free	138
139	11-12 50 Free	140
141	13-14 50 Free	142
143	10 & Un 50 Free	144
145	15-16 400 Free	146
147	17-18 400 Free	148
207*	11-12 800 Free	208*
	13-14 800 Free	
149	10 & Un 200 Free Relay	150
151	11-12 400 Free Relay	152
153	13-14 400 Free Relay	154
155	15-18 400 Free Relay	156

*See special rules 800/1500 Free Relay events swim in finals session only.

2010 Junior Olympic Time Standards

SCY	<u>GIRLS</u>			LCM	<u>BOYS</u>	
	SCM	LCM			SCM	SCY
10/Under						
32.19	35.49	36.49	50 Free	36.79	35.09	31.89
1:12.49	1:19.79	1:21.99	100 Free	1:20.09	1:17.49	1:10.39
2:36.49	2:52.19	2:56.19	200 Free	2:55.79	2:51.49	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	5:53.59	6:29.79
39.49	43.49	44.49	50 Back	44.39	42.79	38.89
1:25.09	1:33.59	1:35.99	100 Back	1:32.99	1:31.19	1:22.89
43.09	47.39	48.39	50 Breast	48.69	47.39	43.09
1:35.19	1:44.79	1:47.79	100 Breast	1:46.69	1:42.89	1:33.49
36.39	40.09	41.09	50 Fly	41.29	39.39	35.79
1:26.09	1:34.69	1:37.29	100 Fly	1:35.89	1:34.49	1:26.29
1:22.99	1:31.29	--	100 I.M.	--	1:29.59	1:21.39
2:58.49	3:16.39	3:20.39	200 I.M.	3:20.59	3:15.59	2:57.79
11/12						
28.89	31.99	32.79	50 Free	32.59	31.59	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:09.59	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:30.39	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	10:45.69	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	20:51.99	21:34.39
34.09	43.19	39.09	50 Back	38.69	37.69	34.19
1:13.39	1:20.79	1:24.49	100 Back	1:23.39	1:20.89	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:46.79	2:31.59
37.79	41.59	42.59	50 Breast	43.09	41.59	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:28.99	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	3:12.79	2:55.19
32.09	35.59	36.29	50 Fly	36.49	35.49	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:20.29	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:52.19	2:36.49
1:12.49	1:20.59	--	100 I.M.	--	1:20.89	1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:52.29	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	6:03.39	5:30.29
13/14						
27.19	29.09	30.49	50 Free	28.69	28.49	25.89
58.59	1:04.49	1:06.39	100 Free	1:03.69	1:01.59	55.99
2:07.79	2:20.59	2:24.59	200 Free	2:17.99	2:13.19	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	4:49.89	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	10:03.79	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:05.99	19:35.99
1:08.29	1:15.19	1:18.29	100 Back	1:15.49	1:13.99	1:07.19
2:24.59	2:39.09	2:46.79	200 Back	2:40.39	2:41.39	2:26.69
1:17.19	1:24.19	1:28.39	100 Breast	1:23.49	1:20.89	1:13.49
2:43.39	2:59.79	3:11.99	200 Breast	3:01.89	2:57.89	2:41.69
1:07.59	1:14.39	1:16.29	100 Fly	1:12.09	1:09.99	1:03.59
2:32.29	2:47.59	2:51.59	200 Fly	2:43.69	2:40.49	2:25.89
2:24.39	2:38.89	2:43.29	200 I.M.	2:34.19	2:34.99	2:20.89
5:12.69	5:43.99	5:49.79	400 I.M.	5:42.99	5:34.99	5:04.49

2009 "JO" TIME STANDARDS

SCY	<u>GIRLS</u>			<u>BOYS</u>		
	SCM	LCM		LCM	SCM	SCY
			15/16			
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

			17/18			
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 15, 16, 17, 18, 2010
 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		*PROOF OF TIME: Proof of time is required per Pacific Swimming rule Section 4.C.2. 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. 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.	
			LCM, SCY, SCM			
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: Orinda Aquatics			\$	

MAIL ENTRIES TO: OAPB Meet Entries
 1454 Allman Street
 Oakland, CA 94602

Entry questions: cccfunai@comcast.net

Mail deadline postmarked: Monday, July 5, 2010, Midnight
 Hand delivered/overnight mail received by: Wed. July 7, 2010 6:00 pm
 Online entry: Wednesday, July 7, 2010 at Midnight
LATE ENTRIES WILL NOT BE ACCEPTED

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*
2010 Pacific Swimming Long Course Junior Olympics

*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
113	Girls 200 Medley			
114	Boys 200 Medley			
149	Girls 200 Free			
150	Boys 200 Free			

11-12 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
35	Girls 200 Medley			
36	Boys 200 Medley			
75	Girls 200 Free			
76	Boys 200 Free			
117	Girls 400 Medley			
118	Boys 400 Medley			
151	Girls 400 Free			
152	Boys 400 Free			

13-14 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
33	Girls 200 Medley			
34	Boys 200 Medley			
39	Girls 800 Free			
40	Boys 800 Free			
77	Girls 200 Free			
78	Boys 200 Free			
119	Girls 400 Medley			
120	Boys 400 Medley			
153	Girls 400 Free			
154	Boys 400 Free			

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
37	Girls 200 Medley			
38	Boys 200 Medley			
73	Girls 200 Free			
74	Boys 200 Free			
79	Girls 800 Free			
80	Boys 800 Free			
115	Girls 400 Medley			
116	Boys 400 Medley			
155	Girls 400 Free			
156	Boys 400 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 5, 2010, Midnight PDT.

Hand delivered/overnight package received by: Wednesday, July 7, 2010 6:00 pm.

Checks payable to: Orinda Aquatics

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

Please enclose team check and send to:

OAPB Meet Entries
1454 Allman Street
Oakland, CA 94602

Entry Questions: ccfunai@comcast.net