

Pacific Swimming Junior Olympics Championships

Hosted by Pacifica Sea Lions Aquatics Club

At Oceana High School, Pacifica, California

Friday, Saturday and Sunday, December 1-3, 2006

Held under USA Swimming/Pacific Swimming Sanction #: **6171**

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

Location: Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044. **Directions:** Hwy 101 to Hwy 280 to Hwy 1 (towards Pacifica). Take the Paloma Ave./Francisco Blvd exit. Left at Stop Sign (Paloma). Pool is on the left hand side. **Alternate Directions from South of Pacifica:** From Hwy 280 take CA-35 (Skyline Blvd) exit. Turn left onto Sharp Park Rd (about 2 ¾ miles). Go all the way down the hill. Turn left onto Lundy Way. Immediately take Hwy 1 North ramp. Take 1st exit Clarendon Rd/Oceana Blvd exit. Stay straight to go onto Oceana Blvd. Turn right on Paloma Ave. Pool is on left.

Course: 7 lanes, 25 yard heated indoor pool with an additional warm up lane. Finals will swim in 7 lanes.

Time: Meet begins at 9:00 AM each day. Warm ups will be from 7:00-8:45 AM each day. The finals will begin no sooner than one hour after completion of the last preliminary event.

Rules: Current USA and Pacific Swimming rules will be in effect. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course desk. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. Swimmers may swim in **THREE (3) events per day**. The 13-14 age group 1000 and 1650 Freestyle races will be timed finals as well as the 11-12 age group 1000, and 1650 Freestyle races (see **Special Rules** below). All other events are trials and Championship and Consolation finals. **Check <http://swimconnection.com/pc/meet/psl> for session open or closed status.**

Special Rules: All HEATS of the 11-12 & 13-14 age group 1000 and 1650 Freestyle events will swim together fastest to slowest alternating girls and boys at the conclusion of trials on the day the event is scheduled. Swimmers must provide their own timers and lap counters for 1000 and 1650 Freestyle races.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectators seating or standing areas and in all areas by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass is permitted in the pool building. **NO PARKING IS PERMITTED IN THE SCHOOL LOTS ON FRIDAY DECEMBER 1. OCEANA HIGH SCHOOL WILL NOT BE CHARGING TO PARK ON SATURDAY, DECEMBER 2nd AND SUNDAY, DECEMBER 3rd ON THE UPPER PARKING LOT. PLEASE BE RESPECTFUL TO LOCAL RESIDENCE AND THEIR PROPERTY. NO TENTS ALLOWED AT THE ENTRANCE OF POOL. ABSOLUTELY NO PARENTS ALLOWED ON POOL DECK. BRING APPROPRIATE OUTDOOR GEAR AND APPAREL. ONLY COACHES, OFFICIALS, AND SWIMMERS ARE ALLOWED ON THE POOL DECK.**

Eligibility: The meet is open only to swimmers registered in Pacific Swimming **14 and under** swimmers who have achieved the Junior Olympic Pacific Swimming time standard for each event entered. 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. 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 registration 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. The meet is open only to swimmers registered in Pacific Swimming. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy.

Check-In: The meet will be deck seeded. Swimmers must check in at the Clerk of the Course. Close of check in for all events shall be no more than 30 minutes before the estimated time of the start of the event. Swimmers failing to check in will not be allowed to compete in the event. **ONLY SWIMMERS OR THEIR COACH WILL BE ALLOWED TO CHECK IN FOR EVENTS.**

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

Seeding: Conforming Short Course Yard (SCY)-(JO times) will be seeded first followed by non-conforming Short Course Meter (SCM) - (JO times), followed by non-conforming Long Course Meter (LCM)-(JO times).

Proof of Time: Proof of time will be required for this meet per Pacific Swimming rule Section 4.A. 2 : For swimmers achieving their JO times from meets sanctioned by Pacific Swimming these official times will be in our database. As a courtesy, we run all entries against our database to produce an exception report of non-verified times. Swimmers will be informed of the discrepancies via email (it is important to include a current e-mail address on the entry form) prior to the meet so that they will only need to produce the proposed proof of time information upon check-in for these events.

Entries: Forms must be completely filled out including best conforming short course yard (JO time) or non-conforming short course meter (JO time) or non-conforming Long Course meter time (JO time) for each event entered. All entry times shall be noted by (SCY), (SCM), or (LCM) to the left of the entry time. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULA.** Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.

****** See page four (4) of this meet sheet for ******
****** “JO” 14-UN Championship Time Standards ******

****** SCHEDULE OF EVENTS ******

Friday, December 1, 2006

Girls Event #	Age	Distance / Stroke	Boys Event #
1	11-12	200 IM	2
3	13-14	200 IM	4
5	10/Un	100 IM	6
7	11-12	50 Breast	8
9	13-14	200 Back	10
11	10/Un	50 Fly	12
13	11-12	200 Back	14
15	13-14	100 Breast	16
17	10/Un	200 Free	18
19	11-12	500 Free	20
21	13-14	500 Free	22
23	10/Un	50 Breast	24
25	11-12	50 Fly	26
27	10/Un	500 Free	28
29	11-12	100 Free	30

Saturday, December 2, 2006

Girls Event #	Age	Distance / Stroke	Boys Event #
31	11-12	400IM	32
33	13-14	400 IM	34
35	10/Un	100 Fly	36
37	11-12	100 Breast	38
39	13-14	100 Free	40
41	10/Un	100 Free	42
43	11-12	50 Back	44
45	13-14	100 Back	46
47	10/Un	50 Back	48
49	11-12	200 Fly	50
51	13-14	200 Fly	52
53	10/Un	100 Breast	54
55	11,12	100 IM	56
57	11-12 13-14	1000 Free *	58

* All 1000 Free heats (11-12 and 13-14 age groups combined) will swim as timed finals. Swimmers must provide their own timers and lap counters for the event.

Sunday, December 3, 2006

Girls Event #	Age	Distance / Stroke	Boys Event #
59	11-12	200 Breast	60
61	13-14	200 Free	62
63	11-12	100 Back	64
65	10/Un	100 Back	66
67	13-14	200 Breast	68
69	11-12	200 Free	70
71	10/Un	200 IM	72
73	13-14	100 Fly	74
75	11-12	100 Fly	76
77	10/Un	50 Free	78
79	13-14	50 Free	80
81	11-12	50 Free	82
83	11-12 13-14	1650 Free **	84

** All 1650 Free heats (11-12 and 13-14 age group combined) will swim as timed finals. Swimmers must provide their own timers and lap counters for the events.

2006 "JO" 14-UN CHAMPIONSHIP TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			10/Under			
32.19	35.79	36.59	50 Free	36.29	35.49	31.89
1:12.49	1:20.59	1:22.19	100 Free	1:19.79	1:18.19	1:10.39
2:36.49	2:53.79	2:56.99	200 Free	2:56.29	2:53.09	2:35.89
6:52.29	6:01.69	6:08.09	500 Free *	5:47.99	5:41.59	6:29.79
39.49	43.89	44.49	50 Back	43.89	43.29	38.89
1:25.09	1:34.49	1:35.69	100 Back	1:33.29	1:32.09	1:22.89
43.09	47.89	48.89	50 Breast	48.89	47.89	43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:45.89	1:43.89	1:33.49
36.39	40.49	41.19	50 Fly	40.49	39.79	35.79
1:26.09	1:35.69	1:37.09	100 Fly	1:37.29	1:35.89	1:26.29
1:22.99	1:32.19	---	100 I.M.	---	1:30.39	1:21.39
2:58.49	3:18.19	3:21.39	200 I.M.	3:20.59	3:17.39	2:57.79
			11/12			
28.89	32.19	32.99	50 Free	32.69	31.89	28.69
1:02.99	1:09.99	1:11.59	100 Free	1:11.79	1:10.19	1:03.19
2:16.49	2:31.59	2:34.79	200 Free	2:34.99	2:31.79	2:16.69
6:05.39	5:19.79	5:26.19	500 Free *	5:26.19	5:19.79	6:05.39
12:21.19	10:48.79	11:01.59	1000 Free **	11:00.99	10:48.19	12:20.49
22:33.39	22:36.79	23:00.59	1650 Free ***	22:00.39	21:36.39	21:34.39
34.59	38.49	39.09	50 Back	38.69	38.09	34.19
1:14.59	1:22.89	1:24.09	100 Back	1:22.89	1:21.69	1:13.49
2:36.09	2:53.39	2:55.79	200 Back	2:50.79	2:48.39	2:31.59
37.79	41.99	42.99	50 Breast	42.99	41.99	37.79
1:22.99	1:32.19	1:34.19	100 Breast	1:31.89	1:29.89	1:20.89
2:58.19	3:17.89	3:21.89	200 Breast	3:18.59	3:14.59	2:55.19
32.09	35.69	36.39	50 Fly	36.49	35.79	32.19
1:12.49	1:20.59	1:21.99	100 Fly	1:22.49	1:21.09	1:12.99
2:37.79	2:55.19	2:57.99	200 Fly	2:56.59	2:53.79	2:36.49
1:12.49	1:20.59	---	100 I.M.	---	1:21.69	1:13.49
2:36.89	2:54.19	2:57.39	200 I.M.	2:57.09	2:53.89	2:36.59
5:30.29	6:06.69	6:13.09	400 I.M.	6:13.09	6:06.69	5:30.29
			13/14			
27.69	30.79	31.59	50 Free	29.59	28.79	25.89
59.79	1:06.49	1:08.09	100 Free	1:03.79	1:02.19	55.99
2:09.79	2:24.19	2:27.39	200 Free	2:17.69	2:14.49	2:01.09
5:42.29	4:59.19	5:05.59	500 Free *	4:52.89	4:46.49	5:28.09
11:53.99	10:24.49	10:37.29	1000 Free **	10:10.99	9:58.19	11:24.49
19:35.99	19:35.59	19:59.59	1650 Free ***	19:59.59	19:35.59	19:35.99
1:09.29	1:16.99	1:18.19	100 Back	1:15.89	1:14.69	1:07.19
2:28.09	2:44.49	2:46.89	200 Back	2:45.29	2:42.89	2:26.69
1:18.69	1:27.39	1:29.39	100 Breast	1:23.69	1:21.69	1:13.49
2:51.19	3:10.09	3:14.09	200 Breast	3:03.59	2:59.59	2:41.69
1:07.59	1:15.09	1:16.49	100 Fly	1:12.09	1:10.69	1:03.59
2:32.29	2:49.09	2:51.89	200 Fly	2:44.79	2:41.99	2:25.89
2:28.09	2:44.49	2:47.69	200 I.M.	2:39.69	2:36.49	2:20.89
5:14.99	5:49.69	5:56.09	400 I.M.	5:44.49	5:38.09	5:04.49

* LCM/SCM = 400 m

** LCM/SCM = 800 m

*** LCM/SCM = 1500 m

