

Pacific Swimming 14-Under Junior Olympics Championships Hosted by Pacifica Sea Lions Aquatics Club

[Oceana High School](#), Pacifica, California

Friday, Saturday, and Sunday, November 30 - December 2, 2007
Sanctioned under USA Swimming through Pacific Swimming: **1617J**

Important Information



- **Location:** Oceana High School, 401 Paloma Avenue, Pacifica, California 94044
- **Directions:** Hwy 101 to Hwy 280 to Hwy 1 (towards Pacifica). Take the Paloma Ave. /Francisco Blvd exit. Turn left at Paloma.
- **Alternate Directions to 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 first exit on Clarendon Rd/Oceana Blvd exit. Stay straight to go onto Oceana Blvd. Turn right on Paloma Ave.
- **Course:** Indoor, seven (7) lanes, 25 yard pool with an additional warm up lane. Finals will swim in seven (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 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 desk. Swimmers may swim in **THREE (3) events per day**. 11-12 and the 13-14 age group 1000 and 1650 Freestyle (events 57, 58 and 83, 84) will be timed finals (see **Special Rules** below). All other events are trials and Championship and Consolation finals. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.
- **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:** Sale and use of alcoholic beverages is strictly prohibited in all areas of the meet venue.
 - ✓ Smoking and the use of other tobacco products is prohibited anywhere in or around the pool facility.
 - ✓ **No glass containers or propane heaters are allowed in or around the pool facility.**
 - ✓ **Absolutely NO PARENTS ALLOWED ON THE POOL DECK, only CARDED COACHES, Officials, and swimmers will be permitted.** The cooperation of swimmers, their families, and coaches will be appreciated. Remember that Pacifica can be cold, very windy, and wet, so please dress accordingly.
 - ✓ **Large coolers, folding and/or camp chairs will not be allowed in the pool facility** and will be restricted to outdoor areas only, due to limited space in the pool facility.
 - ✓ Seating is on a first come, first serve basis and reserving seats (including bleacher area) will not be allowed.
 - ✓ Except for carded coaches' seating next to the pool, no chairs, canopies, tents, or "camping" in the facility. All chairs, canopies, tents, or other set-ups must be outside the pool facility.
 - ✓ No parking is allowed in the school lots on Friday, November 30, 2007
 - ✓ All walkways are to be left open for emergency access and/or traffic flow.
- **Eligibility:** The meet is open only to swimmers 14 years and younger, who are registered in the [Pacific Swimming](#) LSC and have achieved the Junior Olympic Pacific Swimming time standard in each event entered as listed on pages 60-61 in the 2007 Swim Guide. Swimmers must be current members of USA-S and must 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. 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.
- **Proof of Time:** Proof of time will be required for this meet per the Pacific Swimming rule, section 4.C.2. All entry times will be verified against the USA Swimming's SWIMS database. Entry times must have been achieved prior to the closing date of entries for the meet (November 21, 2007). If the 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. When possible, the coaches will be notified of their swimmers who have not proven their entry times. No refunds will be given if a time cannot be proven. Converted times are not to be used. They will only need to produce the proposed proof of time information upon check-in for these events.
- **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).
- **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. All swimmers must be prepared to provide proof of registration by showing his/her 2007 or 2008 registration card or register at the meet. There is a mandatory surcharge of \$10 if swimmers register at the meet.
- **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.**

Entries



- **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 the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- **Online Entries:** Register online at <http://swimconnection.com/pc/meet/psl> no later than 6:00 pm on Wednesday, November 21, 2007 to receive an immediate entry 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 \$1.00 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.
- **Surface Mail Entries:** Entries must be on the attached Consolidated Entry Form. For confirmation of entries, a self addressed stamped envelope or postcard has to be with the entries. "NO TIME" ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS WILL BE MADE. Entries must be postmarked by Monday, November 19, 2007. Entries that are hand delivered to Oceana Pool will be accepted if received by 6:00 PM, Wednesday, November 21, 2007. No late entries via mail, fax, email, or telephone will be accepted.

IF SENDING EXPRESS/OVERNIGHT MAIL, WAIVE THE SIGNATURE

Send to:

Pacifica Sea Lions – Entries Chair
P.O. Box 405
Pacifica, CA 94044

- **Fees:** \$4.00 per event, plus \$5.00 per swimmer participation fee to cover meet expenses. Make check payable to Pacifica Sea Lions and mail to address listed below.

Scoring & Awards



- **Scoring:**

1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place
8	6	5	4	3	2	1

- **Awards:** Individual High Point Award will be given for each age group and gender. Distinctive awards will be given to each finalist 1st through 7th place in each event. **Consolation finalists will be awarded but not scored.** The 11-12 and 13-14 age groups in the 1000 and 1650 Freestyle events will be awarded and scored separately. Team Awards placing 1st through 6th place.
- **All Star Selection:** This is a selection meet for the Pacific Coast All-Star Meet in January 2008 for age groups 11-12 and 13-14 swimmers (please see the Age Group Chairman for details).

Meet Administration



Head Referee.....	Brian Malick, 1S
Head Starter.....	Frank Suchomel, 1S
Admin Referee.....	Lloyd Yoshida, 1S
Head Meet Marshall.....	Kate Phipps, 1N

Meet Directors

Derek Phipps P.O. Box 405 Pacifica, CA 94044 (650) 438-3314 derek@pacificasealions.com	Peter Song P.O. Box 405 Pacifica, CA 94044 (650) 738-7461 psong360@hotmail.com
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Note: 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 briefing meetings. Briefings will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals.

Other Information



- **Hospitality:** Meals and refreshments will be provided for Carded Coaches and working Officials. Refreshments will be provided for timers.
- **Admission:** Admission is free. A three-day program will be available for \$7.00 which includes the finals program.
- **Parking:** Carpooling is suggested. Some reserved parking for Officials will be provided. **No parking is permitted in the school lots on Friday, November 30.** There will be no charge for parking in the high school lots on Saturday or Sunday. Please be respectful to local residence and their property.

Order of Events



Schedule/ Age Group	11-12		13-14		10/Un	
Friday, November 30	1,2	200 IM	3, 4	200 IM	5,6	100 IM
	7,8	50 Breast	9,10	200 Back	11,12	50 Fly
	13,14	200 Back	15,16	100 Breast	17,18	200 Free
	19,20	500 Free	21,22	500 Free	23,24	50 Breast
	25,26	50 Fly			27,28	500 Free
	29,30	100 Free				
Saturday, December 1	31,32	400 IM	33,34	400 IM	35,36	100 Fly
	37,38	100 Breast	39,40	100 Free	41,42	100 Free
	43,44	50 Back	45, 46	100 Back	47,48	50 Back
	49,50	200 Fly	51,52	200 Fly	53,54	100 Breast
	55,56	100 IM	57,58*	1000 Free		
	57,58 *	1000 Free				
Sunday, December 2	59,60	200 Breast	61,62	200 Free	65,66	100 Back
	63,64	100 Back	67,68	200 Breast	71,72	200 IM
	69,70	200 Free	73,74	100 Fly	77,78	50 Free
	75,76	100 Fly	79,80	50 Free		
	81,82	50 Free	83,84 *	1650 Free		
	83,84*	1650 Free				

**Events 57, 58, 83, and 84 will swim fastest to slowest heats, alternating girls and boys as timed finals.*

Spirit Advertising JUNIOR OLYMPIC CHAMPIONSHIP Show Your Support

Purchase a Spirit Ad to appear in various sections throughout the 2007 Junior Olympic Championship Program.

Corporations, Businesses, Teams, or Families may purchase these ads.

All ads must be in BLACK AND WHITE. This ensures a good quality copy.

Prices:	Quarter Page	Half Page	Full Page
	\$25	\$50	\$100

Send your advertisement and a check to:

Pacifica Sea Lions – Entries Chair
P.O. Box 405
Pacifica, CA 94044

All ads must be received by the meet entry deadline of November 21, 2007.

Schedule of Events



Friday, November 30, 2007

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

*Swimmers must provide their own timers and lap counters for the event.

Saturday, December 1, 2007

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 2, 2007

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 groups combined) will swim as timed finals. Swimmers must provide their own timers and lap counters for the event.

2007 "JO" TIME STANDARDS



GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
10/Under					
32.19	35.69	36.49	50 Free	37.09	36.29 31.89
1:12.49	1:20.39	1:21.99	100 Free	1:20.09	1:18.49 1:10.39
2:36.49	2:52.99	2:56.19	200 Free	2:55.79	2:52.59 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	43.89	44.49	50 Back	44.39	43.79 38.89
1:25.09	1:34.79	1:35.99	100 Back	1:32.99	1:31.79 1:22.89
43.09	47.39	48.39	50 Breast	48.69	47.69 43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:46.69	1:44.69 1:33.49
36.39	40.39	41.09	50 Fly	41.29	40.59 35.79
1:26.09	1:35.89	1:37.29	100 Fly	1:35.89	1:34.49 1:26.29
1:22.99	--	--	100 I.M.	--	-- 1:21.39
2:58.49	3:17.19	3:20.39	200 I.M.	3:21.59	3:18.39 2:57.79
11/12					
28.89	31.99	32.79	50 Free	32.59	31.79 28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:09.99 1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:31.19 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
34.59	38.49	39.09	50 Back	38.69	38.09 34.19
1:14.59	1:23.29	1:24.49	100 Back	1:23.39	1:22.19 1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:54.69 2:31.59
37.79	41.59	42.59	50 Breast	43.09	42.09 37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:29.29 1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	3:13.49 2:55.19
32.09	35.59	36.29	50 Fly	36.49	35.79 32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:21.39 1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:57.19 2:36.49
1:12.49	--	--	100 I.M.	--	-- 1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:53.39 2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	6:04.49 5:30.29
13/14					
27.69	30.69	31.29	50 Free	29.69	28.89 25.89
59.79	1:06.19	1:07.59	100 Free	1:03.69	1:02.09 55.99
2:09.29	2:23.59	2:25.99	200 Free	2:17.99	2:14.79 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
1:09.29	1:17.09	1:18.29	100 Back	1:16.19	1:14.99 1:07.19
2:28.09	2:44.59	2:46.99	200 Back	2:45.29	2:43.29 2:26.69
1:18.69	1:26.59	1:28.59	100 Breast	1:23.49	1:21.49 1:13.49
2:49.29	3:08.39	3:11.99	200 Breast	3:01.89	2:57.89 2:41.69
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:10.69 1:03.59
2:32.29	2:48.79	2:51.59	200 Fly	2:43.69	2:40.89 2:25.89
2:26.79	2:43.69	2:46.09	200 I.M.	2:38.49	2:35.29 2:20.89
5:14.99	5:48.09	5:54.49	400 I.M.	5:42.99	5:36.59 5:04.49

Pacific Swimming Junior Olympic Championships
Pacifica Sea Lions Aquatics Club
November 30 – December 2, 2007
INDIVIDUAL CONSOLIDATED ENTRY CARD



Last Name		First Name	MI
Address		Phone Number	
Club Abbr.	Club Name	Age Group	Age
Gender: <i>(Circle)</i>	Date of Birth	USA-S Registration Number	
M or F			
Coach		Team Email	

***** PROOF OF ENTRY REQUIRED***** - Proof of time will be required for this meet 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 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. **MARK ALL ENTRY TIMES WITH SCY (short course yards), SCM (short course meters) , or LCM (long course meters)**

Event #:	Distance/Stroke	Entry Time	SCY/SCM/ LCM
		: .	
		: .	
		: .	
		: .	
		: .	
		: .	
		: .	
		: .	
		: .	
		: .	

OF ENTRIES _____ **x \$4.00 =** \$
PARTICIPATION FEE \$5.00

TOTAL SUBMITTED *(payable to Pacifica Sea Lions):* \$