

Pacific Swimming 14-Under Junior Olympics Championships

Hosted by Pacifica Sea Lions Aquatics Club

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

Friday, Saturday, and Sunday, December 5th, 6th, 7th 2008

Sanctioned under USA Swimming through Pacific Swimming: **1388**

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 4:45 PM on Friday, December 5th. Warm ups will run from 3:30-4:30 PM. On December 6th and 7th, the meet shall begin at 8:30 AM and warm ups will be from 6:30-8:15 AM. 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**. A swimmer may compete in a **maximum of SEVEN (7) individual** events in the meet. Friday's events will be timed finals for all age groups. 11-12 and the 13-14 age group 1650 Freestyle events 43(girls), 80(boys) 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 1650 Freestyle events will swim together, girls on Saturday event 43; boys on Sunday event 80, fastest to slowest at the conclusion of trials on the day the event is scheduled. Swimmers must provide their own timers and lap counters for the 500 and the 1650 Freestyle race.
- **Restrictions:** Sale and use of alcoholic beverages is strictly prohibited in all areas of the meet venue.
 - ✓ **No swimmers or parents are allowed on school grounds including parking until 3:00PM on Friday, December 5, 2008. NO EXCEPTIONS!!**
 - ✓ 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, working 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, December 5th until after 3:00PM.**
 - ✓ 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 66-67 in the 2008 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 26, 2008). 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 2008 or 2009 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 26, 2008 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 24, 2008. Entries that are hand delivered to Oceana Pool will be accepted if received by 6:00 PM, Wednesday, November 26, 2008. 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 500 and 1650 Freestyle events will be awarded and scored separately, as will the 400 IM on Friday. Team Awards will be provided for finishing 1st through 6th place.
- **All Star Selection:** This is a selection meet for the Pacific Coast All-Star Meet in January 2009 for age groups 11-12 and 13-14 swimmers (please see the Age Group Chairman for details).
- **Camp Selection:** Forty-eight swimmers will be selected at Pacific Swimming's Short Course 14-Under Junior Olympics Championship Meet on December 5-7, 2008 in Pacifica, California for Pacific Swimming's 11-12 AA+ Camp. Participants must be 11-12 years old as of the final day of competition at the meet. The camp will be held in February of 2009. To apply, the athlete must compete at Pacific Swimming's Short Course 14-Under Junior Olympic Championship Meet and be a member of Pacific Swimming.

Meet Administration



Head Referee.....	Brian Malick, 1S
Head Starter.....	David Cottam, 2
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 prior to the meet via email or 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 website <http://www.pacswim.org>.

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, December 5th until 3:00PM!** 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	10/Un		11-14	
Friday, December 5 (Timed Finals)	1,2	200 IM	3,4	400 IM
	5,6	500 Free	7,8	500 Free

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

**Events 43 and 80 will swim fastest to slowest heats.*

Spirit Advertising JUNIOR OLYMPIC CHAMPIONSHIP Show Your Support

Purchase a Spirit Ad to appear in various sections throughout the 2008 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 26, 2008.

Schedule of Events



Friday, December 5, 2008 (Timed Finals)

Girls Event #	Age	Distance / Stroke	Boys Event #
1	10/Un	200 IM	2
3	11-14	400 IM	4
5	10/Un	500 Free*	6
7	11-14	500 Free*	8

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

Saturday, December 6, 2008

Girls Event #	Age	Distance /Stroke	Boys Event #
9	11-12	200 IM	10
11	13-14	200 IM	12
13	10/Un	100 IM	14
15	11-12	200 Free	16
17	13-14	200 Free	18
19	10/Un	200 Free	20
21	11-12	100 Breast	22
23	13-14	100 Breast	24
25	10/Un	50 Breast	26
27	11-12	50 Back	28
29	13-14	100 Back	30
31	10/Un	50 Back	32
33	11-12	200 Fly	34
35	13-14	200 Flv	36
37	10/Un	100 Fly	38
39	11-12	100 IM	40
41	11-12	50 Breast	42
43	11-12, 13,14	1650 Free**	-

**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.

Sunday, December 7, 2008

Girls Event #	Age	Distance / Stroke	Boys Event #
45	11-12	100 Free	46
47	13-14	100 Free	48
49	10/Un	100 Free	50
51	11-12	200 Breast	52
53	13-14	200 Breast	54
55	10/Un	100 Breast	56
57	11-12	100 Back	58
59	13-14	200 Back	60
61	10/Un	100 Back	62
63	11-12	50 Fly	64
65	13-14	100 Fly	66
67	10/Un	50 Fly	68
69	11-12	200 Back	70
71	13-14	50 Free	72
73	10/Un	50 Free	74
75	11-12	100 Fly	76
77	11-12	50 Free	78
-	11-12, 13,14	1650 Free **	80

**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.

2008 "JO" TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
10/Under					
32.19	35.69	36.49	50 Free	37.09	31.89
1:12.49	1:20.39	1:21.99	100 Free	1:20.09	1:10.39
2:36.49	2:52.99	2:56.19	200 Free	2:55.79	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	6:29.79
39.49	43.89	44.49	50 Back	44.39	38.89
1:25.09	1:34.79	1:35.99	100 Back	1:32.99	1:22.89
43.09	47.39	48.39	50 Breast	48.69	43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:46.69	1:33.49
36.39	40.39	41.09	50 Fly	41.29	35.79
1:26.09	1:35.89	1:37.29	100 Fly	1:35.89	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	2:57.79
11/12					
28.89	31.99	32.79	50 Free	32.59	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	21:34.39
34.59	38.49	39.09	50 Back	38.69	34.19
1:14.59	1:23.29	1:24.49	100 Back	1:23.39	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:31.59
37.79	41.59	42.59	50 Breast	43.09	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	2:55.19
32.09	35.59	36.29	50 Fly	36.49	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	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	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	5:30.29
13/14					
27.69	30.49	31.29	50 Free	29.69	25.89
59.79	1:05.99	1:07.59	100 Free	1:03.69	55.99
2:09.29	2:22.79	2:25.99	200 Free	2:17.99	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:35.99
1:09.29	1:17.09	1:18.29	100 Back	1:16.19	1:07.19
2:28.09	2:44.59	2:46.99	200 Back	2:45.29	2:26.69
1:18.69	1:26.59	1:28.59	100 Breast	1:23.49	1:13.49
2:49.29	3:07.99	3:11.99	200 Breast	3:01.89	2:41.69
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:03.59
2:32.29	2:48.79	2:51.59	200 Fly	2:43.69	2:25.89
2:26.79	2:42.89	2:46.09	200 I.M.	2:38.49	2:20.89
5:14.99	5:48.09	5:54.49	400 I.M.	5:42.99	5:04.49

