

Pacific Swimming's Adam Szmidt Memorial LC Junior Olympic Championships
Hosted by West Coast Aquatics
July 11 – 13, 2014
URL for OME: <http://ome.swimconnection.com/pc/WEST20140711>



Teams Assigned to South Venue by Pacific Swimming:

Z1N: BAC, BSC, DACA, DCD, HDAC, KOA, LAMV, MAV, MCAC, MM, OSC, PASA, PCCA, PPSC, PSL, PSRP, SOLO, SSF, STAN, SUNN, UN
Z1S: BAY, CAB, CRUZ, CSC, GATO, GGST, LA, LGSC, MAKO, MBSC, MCAT, MHSA, MTW, OAQ, PEAK, QSS, SBA, SCSC, SEA, SLST, SLUG, SVS, TIDE, TMPO, UN, VS, WAVE, WEST
Z2: BTA, CCAD, CDST, EBAT, FF, LAC, LBD, MSJA, OA, PA, PLS, RA, SAZ, TRIV, UN

SANCTION: Held under USA/Pacific Swimming Sanction Number: **14-106**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO & VIDEO: Photography and video recording from behind the blocks is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets is not permitted in changing areas, rest rooms or locker rooms. Violations of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

MEET OFFICIALS: **HEAD REFEREE:** Mike Piccardo **HEAD STARTER:** Peggy Ramirez
HEAD MARSHAL: Son Diep **ADMIN REFEREE:** Susi Jackson
MEET DIRECTOR: Guiselle Morrone – teammanger@westcoastaquatics.org

LOCATION: Frank Fiscalini International Swim Center at Independence High School, 629 North Jackson Avenue, San Jose, CA 95133. From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7th traffic light, which will be Jackson Avenue. Turn left on Jackson Avenue and at the second light turn left into the parking lot.

COURSE: Outdoor 50-meter competition pool with 8 lanes with electronic timing system. A Separate 25 yard, 7 lane diving well for warm up and warm down will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'5" at the start end and 7' at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:00 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 meet referee and announced as early as practical each day.

- RULES:**
- Current USA and Pacific Swimming rules will govern this 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 & 1500 meter freestyle events.
 - All relays are timed finals.
 - **All coaches and deck officials must display their USA Swimming membership cards in a visible manner.**
 - Swimmers may enter as many individual events as they are qualified for, but may only compete in up to three (3) events per day and a maximum of seven (7) individual events, plus relays for the entire meet.
 - **JO's LC 2014 - BONUS EVENTS: Limited bonus events will be allowed as follows:**

Swimmers with 1 qualifying time	2 bonus events allowed
Swimmers with 2 qualifying times	1 bonus event allowed
Swimmers with 3+ qualifying times	No bonus events allowed

Enter all Bonus events with your best LC time / No Bonus entries allowed for the 800/1500 Freestyle

SPECIAL RULES: • 400 Free, 400 IM, 800 Free and 1500 Free – must provide own timer.

• **800/1500 Freestyles:** Check-in for the 800/1500 meters 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. Distance events will run as combined age groups but will be scored and awarded by age group. These events may swim 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 & 1500 meters freestyle must provide their own lap counters.**

• **15-16 & 17-18 Prelims:** 15-16 & 17-18 will be run as a combined event in Preliminary Heats. Finals will be held separately for 15-16 and 17-18 age groups.

• **RELAYS:** All relay entries must be received by the entry deadline (Wednesday, July 2, 2014) with the entry time listed and a check for relay entry fee. **Relays and Relay Only Swimmers may be entered Online by a Coach.** 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.**

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 2, 2014). 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 the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

SEEDING: Event 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 fastest to slowest. **See Special Rules for distance events seeding.**

UNACCOMPANIED SWIMMERS: USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: • Sale and use of alcoholic beverages and smoking and the use of other tobacco products is 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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY: • This meet is open to current members of the PACIFIC SWIMMING LSC only.

• Swimmers must be current members of USA-S and enter their name and Registration number on the 2014 Consolidated Entry Form. The meet host will 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. **"No Time" entries will not be accepted.**

• Swimmers 19 years of age and over may participate in the 15-18 age group provided they have met the time standards for the 15-18 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.

• **All times must be achieved between January 1, 2013 and the entry deadline.**

ENTRY FEES: \$5.50 per individual event, \$10.00 participation fee per swimmer, and \$20.00 per Relay.

**Note, relay only swimmers ARE NOT required to pay the \$10.00 participation fee. All entry fees MUST be included with entry.

Make check payable to: **West Coast Aquatics** and mail with entries to:

**Guiselle Morrone
6317 Grand Oak Way
San Jose, CA 95135**

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

ENTRY OPTIONS:

Option 1: Online Meet Entries: The Deadline is 11:59 pm, **Wednesday, July 2, 2014**. Enter online at: <http://ome.swimconnection.com/pc/west20140711> to receive immediate confirmation of acceptance by 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 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 this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

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 (JO time) for each event. All entry times shall be noted by LCM, SCY and SCM to the right of the entry time. Bonus events must be entered at your best long course standard and circled. Entries (individual & relay) and fees must be postmarked by midnight **Monday, June 30, 2014**. 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 2, 2014 by 6:00 pm. **No late entries via mail, fax, email or phone will be accepted.** No refunds will be made.

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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event. **Check-in for the 800/1500 meters freestyles will close at 10:00 a.m. on the day of event**

SCRATCHES: Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.

Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck who have checked in for that event, must swim in the event unless they notify the Clerk of the Course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first. If the swimmer qualified for a Final before missing an event they may swim that final.

Penalty for No-Show at Finals:

- a. Any swimmer qualifying for a Final race in an individual event who fails to show up in said Final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the swimmer have no additional Final events for that day, they will be barred from their next preliminary event on the next day of the meet they are entered.
- b. If the No-Show occurs on the last day that 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. The fine will be increased to \$100 if after 30 days of receiving the letter notification the party has not made payment.

SCORING:	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 1 st – 8 th
Relay Events:	Medals 1 st – 3 rd (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

Awards must be picked up by 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 snack bar will be available during the meet.

ADMISSION: Admission is free. A three-day program will be available at a reasonable cost (includes finals sheets).

MISCELLANEOUS: Seating: WEST will be providing tables, chairs and canopies for all coaches around the pool deck. Set-up elsewhere outside of the pool facility is allowed, but at the individual owners risk. Any items left outside of the pool gates overnight, will not be guarded. Seating in front of doors and other buildings, will be moved by the marshals and other meet staff.

HOTEL INFORMATION: Please visit our website at www.westcoastaquatics.org

2014 Pacific Swimming LC Junior Olympics Event List

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

Saturday, July 12th		
Girls Event #	Event Age Group & Description	Boys Event #
41	11-12 200 Free	42
43	10-Un 200 Free	44
45	13-14 200 IM	46
47	15-18 200 Fly	48
49	11-12 100 Fly	50
51	13-14 100 Free	52
53	10-Un 50 Fly	54
55	15-18 50 Free	56
57	11-12 50 Breast	58
59	10-Un 50 Breast	60
61	13-14 200 Breast	62
63	15-18 200 Breast	64
65	11-12 100 Back	66
67	13-14 100 Back	68
69	10-Un 100 Back	70
71	11-12 400 IM	72
73	15-18 400 Free	74
	*11-14 800 Free	204
205	**11-18 1500 Free	
75	10-Un 200 Medley Relay	76
77	11-12 200 Medley Relay	78
79	13-14 200 Medley Relay	80
81	15-18 200 Medley Relay	82

Sunday, July 13th		
Girls Event #	Event Age Group & Description	Boys Event #
83	11-12 200 IM	84
85	10-Un 200 IM	86
87	15-18 200 Free	88
89	11-12 100 Free	90
91	13-14 200 Fly	92
93	15-18 100 Fly	94
95	10-Un 100 Breast	96
97	11-12 200 Breast	98
99	13-14 100 Breast	100
101	15-18 100 Back	102
103	11-12 50 Back	104
105	13-14 50 Free	106
107	10-Un 50 Free	108
109	11-12 50 Fly	110
111	15-18 400 IM	112
113	13-14 400 IM	114
203	*11-14 800 Free	
	*11-18 1500 Free	206
115	10 & Un 200 Free Relay	116
117	11-12 200 Free Relay	118
119	13-14 200 Free Relay	120
121	15-18 200 Free Relay	122

See Special Rules for Distance Events

***Combined age group event**

**** Event 204 11-14 Boys 800 Freestyle will swim before event 205 11-18 Girls 1500 Freestyle**

**** Event 203 11-14 Girls 800 Freestyle will swim before event 206 11-18 Boys 1500 Freestyle**

All Relays will swim at the conclusion of finals

Time standards are located on the PC website: <http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>

INDIVIDUAL CONSOLIDATED ENTRY FORM
2014 Pacific Swimming LC Junior Olympics – South Meet
July 11-13, 2014

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 LCM, SCY, SCM		* PROOF OF TIME: Proof of time is required per Pacific Swimming rule Section 4.C.2.
				<p>Swimmer must have met the <u>listed</u> Junior Olympic - Pacific Swimming time standard in any course for each event entered.</p> <p>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.</p> <p>Mark all entry times as LCM (long course meters), SCY (short course yards) or SCM (short course meters) to the right of your entry time.</p> <p>Enter Bonus events at your best LC time. Circle bonus event entry times.</p>
Swimmer's Coach:		Total Entries _____ x \$5.50		\$
Swimmer's Address:		Participation Fee:		\$10.00
Email Contact:		Total:		\$
Phone Contact:		<i>Checks Payable to West Coast Aquatics</i>		

Mailed entries must be postmarked by Mon. July 2, 2014. Hand Entries must be delivered to the Meet Director by 6:00 pm on Wed. July 2, 2014.
 Guiselle Morrone
 6317 Grand Oak Way
 San Jose, CA 95135

Late Entries will not be accepted. No faxed entries. Entry Check must be enclosed.

Relay Events and Relay Only Swimmers are entered by COACHES ONLY

2014 Pacific Swimming LC Junior Olympics South Team Relay Entry Form

Team Name:		Team Abbr:	
Coach:	Phone:	Email:	
# of Relays entered: _____	X \$20 per relay	Total: \$	

Friday, July 11

Event #	Event	Team Entry Time		
		A	B	C
35	11-12 Girls 400 Free Relay			
36	11-12 Boys 400 Free Relay			
37	13-14 Girls 400 Free Relay			
38	13-14 Boys 400 Free Relay			
39	15-18 Girls 400 Free Relay			
40	15-18 Boys 400 Free Relay			

Saturday, July 12

Event #	Event	Team Entry Time		
		A	B	C
75	10&un Girls 200 Medley Relay			
76	10&un Boys 200 Medley Relay			
77	11-12 Girls 200 Medley Relay			
78	11-12 Boys 200 Medley Relay			
79	13-14 Girls 200 Medley Relay			
80	13-14 Boys 200 Medley Relay			
81	15-18 Girls 200 Medley Relay			
82	15-18 Boys 200 Medley Relay			

Sunday, July 13

Event #	Event	Team Entry Time		
		A	B	C
115	10&un Girls 200 Free Relay			
116	10&un Boys 200 Free Relay			
117	11-12 Girls 200 Free Relay			
118	11-12 Boys 200 Free Relay			
119	13-14 Girls 200 Free Relay			
120	13-14 Boys 200 Free Relay			
121	15-18 Girls 200 Free Relay			
122	15-18 Boys 200 Free Relay			

All Relay Entry times must be in Long Course Meters (LCM)

Late entries will not be accepted. No faxed entries. Team Check must be enclosed.

2014 Pacific Swimming LC Junior Olympics South Team Relay Only Swimmer Pre-Entry Form

Team Name:		Team Abbr:
Coach:	Phone:	Email:

Age	Name (Last, First, MI)	Gender	USA-S Swimming Registration Number* (required on this form)											
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Relays and Relay Only Swimmers may be entered using Swim Connection

Online entries are due by 11:59pm on Wed. July 2, 2014.

Mailed entries must be postmarked by Mon. June 30, 2014. Hand Entries must be delivered to the Meet Director by 6:00 pm on Wed. July 2, 2014.

**Guiselle Morrone
6317 Grand Oak Way
San Jose, CA 95135**