

**PACIFIC SWIMMING'S ADAM SZMIDT MEMORIAL**  
**LONG COURSE JUNIOR OLYMPICS – JULY 12-14, 2013**  
 South Meet hosted by **ORINDA AQUATICS**  
*co-sponsored by Pacific Swimming*  
 Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/oapb20130712>



**PACIFIC SWIMMING**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **13-134**  
*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.*

**Teams Assigned to South Venue by Pacific Swimming:**

- Z1 South:** BAY, CSC, GATO, MAKO, MHSA, OAQ, PEAK, SLST, SVS, TMPO, VS, WAVE, WEST
- Z1 North:** BSC, DCD, KOA, LAMV, LO, MAV, MCAC, OSC, PASA, PSL, SOLO
- Z2:** ALGA, BTA, CROW, CUDA, EBAT, EBSD, FF, MSJA, OA, OAKW, OAPB, ONDA, OTST, PST, SAIL, SRVL, WCAB
- Z3:** BSST, FOG, HSC, KYSC, LCCC, MACS, MLKB, MP, PCM, QUIK, RHC, SRBY, SRN, TOC, UD, WA, WCAN
- Z4:** LAKE, MLST, TAHO

**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 AND 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.

**SOUTH MEET OFFICIALS:**

Head Referee: <b>Susi Jackson</b>	Head Starter: <b>Debbi Tucker</b>
Meet Director: <b>Renee Owyong</b> <b>510.339.8841</b> or <b>r.owyong@att.net</b>	Head Marshal: <b>Jeff Jacobs</b>

**LOCATION:** SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL: 300 Moraga Road, Moraga, California. **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. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-meter competition pool with 8 lanes with electronic timing system. If entries warrant: a double-ended course configuration will be used. 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 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 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 & 1500 meters freestyle events.
- 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 have 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 2013 - 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 – 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 timers and 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 3, 2013) with the entry time listed and a check for relay entry fee. **Relays and Relay Only Swimmers may 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.**

**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 3, 2013). If the time cannot 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:** 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 slowest to fastest. **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 2013 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 with 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, 2012 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: **Orinda Aquatics** and mail with entries to:

**OAPB JO – Meet Director  
6537 Liggett Drive  
Oakland, CA 94611**

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

**ENTRY OPTIONS:**

**Option 1: Online Meet Entries:** The Deadline is 11:59 pm, **Wednesday, July 3, 2013**. Enter online at: <http://ome.swimconnection.com/pc/oapb20130712> 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 time (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, July 1, 2013**. 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 3, 2013 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.

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

**Preliminary Events:** 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 rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. 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.

**SCORING:**

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

<b><u>AWARDS:</u></b>	Individual Events:	Medals 1 <sup>st</sup> – 8 <sup>th</sup>
	Relay Events:	Medals 1 <sup>st</sup> – 8 <sup>th</sup> (15/18 relays awarded as one age group)
	Team Awards:	Distinctive Awards 1 <sup>st</sup> – 3 <sup>rd</sup>
	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 nutritious 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:**

**COACHES:** Shade coverage 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).

**TEAM/INDIVIDUAL SET-UP:** Camping/set-up in the posted/designated areas only. There will be no camping/set-up, chairs, tents, blankets 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. **Absolutely no set-up will be allowed prior to 7:00 am on Friday, July 12th**

**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!**

**HOTEL INFORMATION:** Posted on the Pacific Swimming Website under Meet Updates

**PACIFIC SWIMMING JUNIOR LEADERSHIP CAMP:** **Camp Selection** - Sixty swimmers will be selected to attend Pacific Swimming's Junior Leadership Camp. Applications are available online at the Pacific Swimming web site and must be mailed and postmarked by July 21, 2013 with payment. Participants must be 13-18 years old as of the final day of competition at the selection meet. To apply, an athlete must compete in an individual event at the selection meet. Additional details are available at [www.pacswim.org](http://www.pacswim.org) under the camps tab.

**2013 Pacific Swimming LC Junior Olympics Event List**

Friday, July 12th		
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	<b>*15-18 800 Free</b>	202
35	11-12 400 Free Relay	36
37	13-14 400 Free Relay	38
39	15-18 400 Free Relay	40

Saturday, July 13th		
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
	<b>*11-14 800 Free</b>	204
205	<b>**11-18 1500 Free</b>	
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 14th		
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	<b>*11-14 800 Free</b>	
	<b>*11-18 1500 Free</b>	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**

**All Relays will swim at the conclusion of finals**

Time standards are located on the Pacific Swimming Website: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2013 Pacific Swimming LC Junior Olympics – South Meet**  
**July 12-14, 2013**

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:			Checks Payable to Orinda Aquatics		\$

Mailed entries must be postmarked by Mon. July 1, 2013. Hand Entries must be delivered to the Meet Director by 6:00 pm on Wed. July 3, 2013.

OAPB JO – Meet Director  
6537 Liggett Drive  
Oakland, CA 94611

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

**2013 Pacific Swimming LC Junior Olympics South Team Relay Entry Form**

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

Friday, July 12				
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 13				
Event #	Event	Team Entry Time		
		A	B	C
73	10&un Girls 200 Medley Relay			
74	10&un Boys 200 Medley Relay			
75	11-12 Girls 200 Medley Relay			
76	11-12 Boys 200 Medley Relay			
77	13-14 Girls 200 Medley Relay			
78	13-14 Boys 200 Medley Relay			
79	15-18 Girls 200 Medley Relay			
80	15-18 Boys 200 Medley Relay			

Sunday, July 14				
Event #	Event	Team Entry Time		
		A	B	C
113	10&un Girls 200 Free Relay			
114	10&un Boys 200 Free Relay			
115	11-12 Girls 200 Free Relay			
116	11-12 Boys 200 Free Relay			
117	13-14 Girls 200 Free Relay			
118	13-14 Boys 200 Free Relay			
119	15-18 Girls 200 Free Relay			
120	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.

