

## SPEEDO SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by Terrapins Swim Team

co-sponsored by Pacific Swimming

March 10-12, 2017

Enter Online: <http://ome.swimconnection.com/pc/tera20170310>

**CLUBS WITH ENTRY PRIORITY:** ACSC, AIA, ALGA, BAC, BSW, CROW, DA, DACA, DCD, EBA, EBSD, HILL, HSC, LAC, LBD, MCSD, MONT, MP, NVST, OAQ, ONDA, OTST, PEAK, PASA, PCM, PLS, RAM, RAYS, SAIL, SBA, SCVS, SFSL, SLST, SLUG, SRVA, SUNN, TERA, TOC, WANV, WCAB, WCAN, WEST



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-034**

*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. **The results of this meet may be posted in real time on the Internet.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas 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, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

|   |                                     |
|---|-------------------------------------|
| <i>Meet Referee: Mary Ruddell</i>   | <i>Head Starter: David Kaplan</i>   |
| <i>Meet Marshal: Oleg Litvinov</i>  | <i>Admin Referee: Michael Davis</i> |
| <i>Meet Director: Maureen deBack, <a href="mailto:swimterrapin@msn.com">swimterrapin@msn.com</a> / (925) 680-8372</i> |                                     |

**LOCATION:** Concord Community Pool - 3501 Cowell Road, Concord CA 94518

**DIRECTIONS:** Highway 680 North – take Treat Boulevard exit, exit right on Treat, turn left on Cowell Road. Highway 680 South – take Treat Boulevard/Geary Road exit, turn left at end of ramp, turn left on Treat, turn left on Cowell Road.

**COURSE:** 25 yard outdoor pool with up to ten (10) lanes available for competition. An additional six (6) lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12"0" at the start end and 5'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming

**TIME:** Meet will begin at 9:00 a.m. each day with warm-ups from 7:30 to 8:45 a.m. each day. A special warm-up lane for 8 and under athletes may be available. Finals will begin no sooner than one hour after the completion of preliminary events. The exact time of the start of finals will be determined by the Meet Referee and will be announced before the end of preliminary events.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are preliminaries and finals with the exception of the 1650 and 1000 Freestyle.
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of individual three (3) events per day.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Preliminary events shall be swum as single age event (10 & U, 11, 12, 13, 14), with finals swum as the top 8 qualifiers in each single age group.
- Athletes in the 1000 and/or 1650 Freestyle shall provide their own timers and lap counters. Athletes in the 500 Freestyle shall provide their own lap counters.
- Entries to the meet may be closed prior to entry deadline due to timeline considerations. The decision to close entry to the meet shall be determined by Age Group committee with input from the host club and the Meet Referee.

**ATTENTION HIGH SCHOOL ATHLETES:** High school athletes in season need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. Athletes can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet shall 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 USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, 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 containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- **Entrance to the pool is via the west gate only. No site set-up will be allowed prior to 7:00 a.m. on Friday, March 10<sup>th</sup>.**

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete 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.
- Meet is open to Pacific Swimming Athletes only.
- Athlete's shall have met the "JO" time standard in every event entered. Entries with "NO TIME" shall be rejected.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The athlete's age shall be the age of the athlete on the first day of the meet.

**PROOF OF TIME:** Proof of time shall 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 and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved after **September 10, 2015** and prior to the closing date of entries for the meet **Wednesday, March 1, 2017 AT 11:59PM PST**. If the time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

**ENTRY PRIORITY:** Priority entry will be given to the clubs who responded on the survey that they would attend the meet at the Concord venue. Those entering online must do so **by 11:59 P.M. February 10, 2017**, in order to receive priority acceptance to the meet. Athletes from the priority clubs submitting surface mail entries must be postmarked by **midnight, February 8, 2017** in order to receive priority acceptance into the meet. Clubs not assigned to the Concord or Carson City site may enter the meet on a first come first serve basis at either site after the entry priority date. Entries shall close when the maximum capacity of the venue is met. Once the capacity is met the meet shall close and no further entries shall be accepted.

**ENTRY FEES:** \$7.50 per individual event, \$8.00 participation fee per athlete. \$20.00 per relay. \*\*Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees MUST be included with entry. No refunds shall be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/tera20170310> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, March 1, 2017 at 11:59PM.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Monday, February 27, 2017 or hand delivered by 6:30 p.m. Wednesday, March 1, 2017. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Terrapins Swim Team**

**Mail entries to: Terrapins Swim Team**  
4180 Treat Boulevard, Suite K  
Concord, CA 94518

**Hand deliver entries to: Terrapins Coaching Staff, Mon-Fri 4:00-7:00 p.m.**  
3501 Cowell Road  
Concord, CA 94518

**SEEDING:** Event seeding will be in the following order: conforming short course yards [SCY], non-conforming long course meters [LCM], and non-conforming short course meters [SCM] per USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check-in will not be allowed to compete in the event.

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

**AWARDS:** ALL AWARDS SHALL BE PICKED UP AT THE MEET. Each club is asked to designate a club representative to claim awards. NO AWARDS SHALL BE MAILED.

Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup> place and Distinctive Ribbons 4<sup>th</sup> – 8<sup>th</sup> place

Relays: Medals 1<sup>st</sup> – 3<sup>rd</sup> place

Individual High Point: Distinctive plaques for individual high point awards for each age and gender.

**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               |

**ADMISSION:** Free. A 3 day meet program will be available for a fee.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working officials and coaches.

**MISCELLANEOUS:** Overnight parking is not allowed.

**EVENT SUMMARY:**

**DAY 1, March 10<sup>th</sup>**

| <b>Girls</b> |            |                 |               | <b>Boys</b> |
|--------------|------------|-----------------|---------------|-------------|
| <b>#</b>     | <b>Age</b> | <b>Distance</b> | <b>Stroke</b> | <b>#</b>    |
| <b>1</b>     | 14         | 200             | IM            | <b>2</b>    |
| <b>3</b>     | 13         | 200             | IM            | <b>4</b>    |
| <b>5</b>     | 12         | 200             | IM            | <b>6</b>    |
| <b>7</b>     | 11         | 200             | IM            | <b>8</b>    |
| <b>9</b>     | 10 & U     | 200             | IM            | <b>10</b>   |
| <b>11</b>    | 14         | 100             | Back          | <b>12</b>   |
| <b>13</b>    | 13         | 100             | Back          | <b>14</b>   |
| <b>15</b>    | 12         | 100             | Back          | <b>16</b>   |
| <b>17</b>    | 11         | 100             | Back          | <b>18</b>   |
| <b>19</b>    | 10 & U     | 100             | Back          | <b>20</b>   |
| <b>21</b>    | 14         | 50              | Free          | <b>22</b>   |
| <b>23</b>    | 13         | 50              | Free          | <b>24</b>   |
| <b>25</b>    | 12         | 50              | Free          | <b>26</b>   |
| <b>27</b>    | 11         | 50              | Free          | <b>28</b>   |
| <b>29</b>    | 10 & U     | 50              | Free          | <b>30</b>   |
| <b>31</b>    | 14         | 500             | Free          | <b>32</b>   |
| <b>33</b>    | 13         | 500             | Free          | <b>34</b>   |
| <b>35</b>    | 12         | 500             | Free          | <b>36</b>   |
| <b>37</b>    | 11         | 500             | Free          | <b>38</b>   |
| <b>39</b>    | 10 & U     | 500             | Free          | <b>40</b>   |

**DAY 2, March 11<sup>th</sup>**

| <b>Girls</b> |                |                 |               | <b>Boys</b> |
|--------------|----------------|-----------------|---------------|-------------|
| <b>#</b>     | <b>Age</b>     | <b>Distance</b> | <b>Stroke</b> | <b>#</b>    |
| <b>47</b>    | 14             | 200             | Breast        | <b>48</b>   |
| <b>49</b>    | 13             | 200             | Breast        | <b>50</b>   |
| <b>51</b>    | 12             | 200             | Breast        | <b>52</b>   |
| <b>53</b>    | 11             | 200             | Breast        | <b>54</b>   |
| <b>55</b>    | 12             | 50              | Fly           | <b>56</b>   |
| <b>57</b>    | 11             | 50              | Fly           | <b>58</b>   |
| <b>59</b>    | 10 & U         | 50              | Fly           | <b>60</b>   |
| <b>61</b>    | 14             | 200             | Free          | <b>62</b>   |
| <b>63</b>    | 13             | 200             | Free          | <b>64</b>   |
| <b>65</b>    | 12             | 200             | Free          | <b>66</b>   |
| <b>67</b>    | 11             | 200             | Free          | <b>68</b>   |
| <b>69</b>    | 10 & U         | 200             | Free          | <b>70</b>   |
| <b>71</b>    | 14             | 200             | Fly           | <b>72</b>   |
| <b>73</b>    | 13             | 200             | Fly           | <b>74</b>   |
| <b>75</b>    | 12             | 200             | Fly           | <b>76</b>   |
| <b>77</b>    | 11             | 200             | Fly           | <b>78</b>   |
| <b>79</b>    | 12             | 50              | Back          | <b>80</b>   |
| <b>81</b>    | 11             | 50              | Back          | <b>82</b>   |
| <b>83</b>    | 10 & U         | 50              | Back          | <b>84</b>   |
| <b>85</b>    | 14             | 100             | Free          | <b>86</b>   |
| <b>87</b>    | 13             | 100             | Free          | <b>88</b>   |
| <b>89</b>    | 12             | 100             | Free          | <b>90</b>   |
| <b>91</b>    | 11             | 100             | Free          | <b>92</b>   |
| <b>93</b>    | 10 & U         | 100             | Free          | <b>94</b>   |
| <b>95</b>    | 12             | 100             | IM            | <b>96</b>   |
| <b>97</b>    | 11             | 100             | IM            | <b>98</b>   |
| <b>99</b>    | 10 & U         | 100             | IM            | <b>100</b>  |
| <b>101</b>   | 13-14<br>11-12 | 1000            | Free          | <b>102</b>  |

**Finals**

|           |        |     |            |           |
|-----------|--------|-----|------------|-----------|
| <b>41</b> | 13-14  | 200 | Free Relay | <b>42</b> |
| <b>43</b> | 11-12  | 200 | Free Relay | <b>44</b> |
| <b>45</b> | 10 & U | 200 | Free Relay | <b>46</b> |

**Finals**

|            |        |     |              |            |
|------------|--------|-----|--------------|------------|
| <b>103</b> | 13-14  | 200 | Medley Relay | <b>104</b> |
| <b>105</b> | 11-12  | 200 | Medley Relay | <b>106</b> |
| <b>107</b> | 10 & U | 200 | Medley Relay | <b>108</b> |

**Athletes in the 500 Freestyle shall provide their own lap counters. 1000 & 1650 Freestyle events shall swim after the conclusion of the last trial event and before the start of the finals session each day. Athletes in these events shall provide their own times and lap counters.**

**DAY 3, March 12<sup>th</sup>**

| <b>Girls<br/>#</b> | <b>Age</b>     | <b>Distance</b> | <b>Stroke</b> | <b>Boys<br/>#</b> |
|--------------------|----------------|-----------------|---------------|-------------------|
| <b>109</b>         | 14             | 200             | Back          | <b>110</b>        |
| <b>111</b>         | 13             | 200             | Back          | <b>112</b>        |
| <b>113</b>         | 12             | 200             | Back          | <b>114</b>        |
| <b>115</b>         | 11             | 200             | Back          | <b>116</b>        |
| <b>117</b>         | 12             | 50              | Breast        | <b>118</b>        |
| <b>119</b>         | 11             | 50              | Breast        | <b>120</b>        |
| <b>121</b>         | 10 & U         | 50              | Breast        | <b>122</b>        |
| <b>123</b>         | 14             | 100             | Fly           | <b>124</b>        |
| <b>125</b>         | 13             | 100             | Fly           | <b>126</b>        |
| <b>127</b>         | 12             | 100             | Fly           | <b>128</b>        |
| <b>129</b>         | 11             | 100             | Fly           | <b>130</b>        |
| <b>131</b>         | 10 & U         | 100             | Fly           | <b>132</b>        |
| <b>133</b>         | 14             | 100             | Breast        | <b>134</b>        |
| <b>135</b>         | 13             | 100             | Breast        | <b>136</b>        |
| <b>137</b>         | 12             | 100             | Breast        | <b>138</b>        |
| <b>139</b>         | 11             | 100             | Breast        | <b>140</b>        |
| <b>141</b>         | 10 & U         | 100             | Breast        | <b>142</b>        |
| <b>143</b>         | 14             | 400             | IM            | <b>144</b>        |
| <b>145</b>         | 13             | 400             | IM            | <b>146</b>        |
| <b>147</b>         | 12             | 400             | IM            | <b>148</b>        |
| <b>149</b>         | 11             | 400             | IM            | <b>150</b>        |
| <b>151</b>         | 13-14<br>11-12 | 1650            | Free          | <b>152</b>        |

**Finals**

|            |       |     |            |            |
|------------|-------|-----|------------|------------|
| <b>153</b> | 13-14 | 400 | Free Relay | <b>154</b> |
| <b>155</b> | 11-12 | 400 | Free Relay | <b>156</b> |

Athletes in the 500 Freestyle shall provide their own lap counters. 1000 & 1650 Freestyle events shall swim after the conclusion of the last trial event and before the starts of the finals session each day. Athletes in these events shall provide their own times and lap counters.

Time standards are located on the PC website:

<http://www.pacswim.org/userfiles/cms/documents/1233/2017-jo-qualifying-single-age.pdf>

| CLUB                        |           |       |   | LSC    |                            | CLUB ABBREVIATION |        |
|-----------------------------|-----------|-------|---|--------|----------------------------|-------------------|--------|
|                             |           |       |   |        |                            |                   |        |
| <b>Friday, March 10th</b>   |           |       |   |        |                            |                   |        |
| GENDER                      | AGE GROUP | EVENT | # | A TEAM | B TEAM                     | C TEAM            | D TEAM |
|                             |           |       |   |        |                            |                   |        |
|                             |           |       |   |        |                            |                   |        |
|                             |           |       |   |        |                            |                   |        |
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|                             |           |       |   |        |                            |                   |        |
| <b>Saturday, March 11th</b> |           |       |   |        |                            |                   |        |
| GENDER                      | AGE GROUP | EVENT | # | A TEAM | B TEAM                     | C TEAM            | D TEAM |
|                             |           |       |   |        |                            |                   |        |
|                             |           |       |   |        |                            |                   |        |
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|                             |           |       |   |        |                            |                   |        |
| <b>Sunday, March 12th</b>   |           |       |   |        |                            |                   |        |
| GENDER                      | AGE GROUP | EVENT | # | A TEAM | B TEAM                     | C TEAM            | D TEAM |
|                             |           |       |   |        |                            |                   |        |
|                             |           |       |   |        |                            |                   |        |
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|                             |           |       |   |        |                            |                   |        |
|                             |           |       |   |        |                            |                   |        |
| <b>COACH NAME</b>           |           |       |   |        | <b># RELAYS</b>            |                   |        |
|                             |           |       |   |        | <b>RELAY X \$20.00 EA.</b> |                   |        |
| <b>COACH EMAIL</b>          |           |       |   |        | <b>TOTAL \$</b>            |                   |        |



**2017 SPEEDO JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIP**

**Hosted by Terrapins Swim Team**

March 10-12, 2017

To be accepted, all entry information must be completely filled out. Please print!

|                            |                       |   |                 |               |       |
|----------------------------|-----------------------|---|-----------------|---------------|-------|
| Last Name                  |                       |   | First Name      |               | Init. |
| LSC                        | Club Abbr.            | Club Name                               |                 |               |       |
| Age                        | Age Group             | USA Swimming Registration Number        | Gender<br>M F   | Date of Birth |       |
| Event Number               | Qualifying Entry Time | (LCM /SCY)                              | Distance/Stroke |               |       |
|                            |                       |   |                 |               |       |
|                            |                       |   |                 |               |       |
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|                            |                       |   |                 |               |       |
|                            |                       |   |                 |               |       |
|                            |                       |   |                 |               |       |
| Athlete's Address:         |                       | Total Entries _____ x \$7.50 US Dollars | \$              |               |       |
| Athlete's Phone #          |                       | Participation Fee                       | \$ 8.00         |               |       |
| Athlete's/ parent's email: |                       | -----                                   | -----           |               |       |
| Athlete's Coach:           |                       | Total Due                               | \$              |               |       |

**IMPORTANT!**

**Please PRINT clearly.** Be sure to include all information. All entry times must be at least "JO" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "JO" time will not be accepted. All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events, (1000 free and 1650 free) require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.