

PACIFIC SWIMMING SPEEDO ADAM SZMIDT MEMORIAL 14 & UNDER LC JUNIOR OLYMPICS  
HOSTED BY ORINDA AQUATICS  
CO-SPONSORED BY PACIFIC SWIMMING AND SPEEDO  
JULY 7-9, 2017



Enter online: <http://ome.swimconnection.com/pc/oapb20170707>

**Attention: No Thursday night set-up allowed. Gates will not open until 7:00 each morning for swimmers/parents.  
Friday AM: Gates will open at 6:45 for Coaches Only. See Restrictions Section below for Team Area Set-ups.**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **17-099**

*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. By entering the meet, the athlete or his/her guardian consents to this publication.

**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.

**MEET OFFICIALS:**

**Meet Referee: Leo Lin**

**Head Marshal: Kristen Thompson**

**Meet Director: Renee Owyong – [r.owyoung@att.net](mailto:r.owyoung@att.net)**

**Head Starter: Peter McNamara**

**Admin Referee: Marie Lin**

**LOCATION:** Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

**DIRECTIONS:** Highway 24 West-take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. 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 pool will be available for warm-down during the meet. 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 7:30 to 8:45 a.m. each day. Start of finals will be announced each day. Finals will not start less than 30 minutes after the conclusion of distance 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 individual events are preliminaries and finals, except the 800 and 1500 meter freestyle events which are timed finals.
- All relay events are timed finals.
- All preliminary events will swim fast to slow, with the fastest three (3) heats circle seeded.
- Athletes may enter as many individual events as they are qualified for, but may only compete in three (3) per day with a maximum of **seven (7) individual events**, plus relays for the entire meet.
- **Prelims will be swim as combined age groups 10&U, 11-12 & 13-14 in preliminary heats**
- **Championship Finals Only with the top 8 athletes in 10&U, 11's, 12's, 13's and 14's year olds qualifying for each final.**
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner**

**SPECIAL RULES:**

- **Athletes in the 400 IM, 400, 800 & 1500 freestyle must provide their own timers.**

- **Athletes in the 800 & 1500 freestyle must provide their own lap counters.**
- **The 800 & 1500 freestyles will swim fastest to slowest alternating girls and boys. Girls and boys heats may be combined.**
- Check in for the 800 Free and 1500 freestyle will close at 11:00 AM on each day the event is swum. Athletes may check in early on the designated 800/1500 check in sheets at the check-in desk.
- At the discretion of the Meet Referee, any distance race may swim two athletes per lane, starting at opposite ends of the pool with each athlete swimming the entire race on their respective side of the lane.
- **RELAYS:** All relays are timed finals. Entries must be received by the entry deadline. NO deck entered relays. Relay Only athletes must be entered on the relay only entry list in order to be eligible to swim relays. Do NOT include qualified athletes entered into the meet on the relay only list. Relay athletes must swim in their respective age groups. **Clubs may enter a maximum of two (2) relays per event**
- **Meet Entry may close prior to the entry deadline due to timeline considerations. If deemed necessary, closing the meet shall be determined by the Age Group Committee with input from the host club and meet referee.**

**UNACCOMPANIED ATHLETES:** USA Swimming 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 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 USAS Club Member-Coach.

**RACING STARTS:** Any athlete entered in this meet, unaccompanied by a USA Swimming member coach, 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- **Except for coaches, there will be NO club or individual set-up/camping on the pool deck or within the high school area. Team and Individual set-up will only be on the designated grass area outside of the pool and school area. All shelters must be properly secured. No tarps allowed to be left on the grass overnight.**
- 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 heaters are permitted except for snack bar/meet operations.
- 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 are exempt per applicable laws.
- Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
- Coaches, parents and siblings are not allowed in any of the swimming pools.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. 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.
- This meet is only open to current members of Pacific Swimming.
- Athletes must have met the "JO" time standard in every event entered. Entries with **"NO TIME" will not be accepted.**
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Athlete's age will be their age on the first day of the meet.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming Rules and Regulations Section 4.A. 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 time must have been achieved after **January 1<sup>st</sup>, 2016** and prior to the closing date of entries for the meet (**Wednesday, June 28<sup>th</sup>, 2017 at 11:59 PM**). If the time cannot be proven prior to the meet, the athlete will not be allowed to check-in for the event until the entry time has been proven. When possible, coaches will be notified of any athletes who have not proven their entry time. No Refunds will be given if the time cannot be proven.

**ENTRY FEES:** \$7.50 per event, \$10.00 participation fee per athlete. \$20.00 per relay team. Note: Relay Only athletes are NOT required to pay the \$10.00 participation fee. All entries fees MUST be included with entry.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20170707> 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, June 28<sup>th</sup>, 2017**. See special rules for entry deadline.

**MAILED OR HAND DELIVERED ENTRIES:** Individual entries must be on the attached consolidated entry form. Relay entries must be on the attached relay entry form & Relay Only Athlete form. ALL forms must be filled out completely and printed clearly with athlete's best time. Individual entries, Relay entries and Relay Only entries must be postmarked by midnight, **Monday, June 26<sup>th</sup>, 2017** or hand delivered by 5:00 p.m. **Wednesday, June 28<sup>th</sup>, 2017**. No late entries will be accepted. No refunds will be made. Requests for confirmation of receipt of entries should include a self-addressed envelope. **See special rules for entry deadline.**

**Make check payable to:** [Orinda Aquatics](#)

**Mail/Hand Deliver entries to:** [Renee Owyong, 6537 Liggett Drive, Oakland, CA 94611](#)

**SEEDING:** Event seeding will be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM) and non-conforming short course yards (SCY) per USA Swimming rules 207.11.7B. Preliminary heats will swim fastest to slowest, with the first three (3) heats being circle seeded. **See Special Rules for distance events seeding.**

**CHECK-IN:** The meet will be deck seeded. Athletes must 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 individual 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 seeded and will not be allowed to compete in that event. **See Special Rules for distance events check-in.**

**SCRATCHES:**

- Pacific Swimming scratch rules will be enforced. A copy shall be posted at the Clerk of the Course.
- Athletes entered in an 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 they 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 last individual preliminary event.
- Any athlete qualifying for a final race 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 shall 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 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 payment.

**AWARDS:** Custom SPEEDO Junior Olympic medals will be awarded to the top 8 athletes in individual events and the top-3 relay teams in each Relay event. Distinctive plaques for individual high point awards for each age (10 & U, 11, 12, 13, 14) 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 program will be available for a reasonable cost.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch and dinner. Hospitality will serve refreshments to timers.

## PACIFIC SWIMMING SPEEDO ADAM SZMIDT MEMORIAL LC JUNIOR OLYMPICS

### MEET EVENT SUMMARY

<i>Friday, July 7, 2017</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
200 Free	200 Fly	200 Free
100 Fly	200 Back	100 Fly
50 Back	50 Free	100 Back
50 Breast	50 Breast	400 IM
	400 Free	<b>*800 Free</b>
<b>200 Free Relay</b>	<b>200 Free Relay</b>	<b>200 Free Relay</b>

<i>Saturday, July 8, 2017</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
100 Free	200 Free	200 IM
50 Fly	100 Fly	100 Free
100 Back	100 Breast	200 Breast
400 Free	100 Back	200 Back
	400 IM	<b>*1500 Free</b>
	<b>*1500 Free</b>	
<b>200 Medley Relay</b>	<b>200 Medley Relay</b>	<b>200 Medley Relay</b>

<i>Sunday, July 9, 2017</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
200 IM	200 IM	200 Fly
100 Breast	100 Free	100 Breast
50 Free	200 Breast	50 Free
	50 Fly	400 Free
	50 Back	
	<b>*800 Free</b>	
	<b>400 Free Relay</b>	<b>400 Free Relay</b>

**\*See Special Rules regarding 800 and 1500 Freestyle events.  
Relay events will swim at the conclusion of the finals session.**

**Athletes in the 400 IM and 400 Freestyle must provide own timers.  
Athletes in the 800 & 1500 Freestyle must provide own timers & lap counter**

<b>Friday, July 7th</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	13-14 200 Free	2
3	10&un 200 Free	4
5	11-12 200 Fly	6
7	13-14 100 Fly	8
9	10&un 100 Fly	10
11	11-12 200 Back	12
13	10&un 50 Back	14
15	11-12 50 Free	16
17	13-14 100 Back	18
19	10&un 50 Breast	20
21	11-12 50 Breast	22
23	13-14 400 IM	24
25	11-12 400 Free	26
<b>201*</b>	<b>13-14 800 Free</b>	<b>202*</b>
27	10&un 200 Free Relay	28
29	13-14 200 Free Relay	30
31	11-12 200 Free Relay	32

<b>Saturday, July 8th</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
33	13-14 200 IM	34
35	11-12 200 Free	36
37	10&un 100 Free	38
39	13-14 100 Free	40
41	11-12 100 Fly	42
43	10&un 50 Fly	44
45	13-14 200 Breast	46
47	11-12 100 Breast	48
49	10&un 100 Back	50
51	11-12 100 Back	52
53	13-14 200 Back	54
55	11-12 400 IM	56
57	10&un 400 Free	58
<b>203*</b>	<b>11&amp;up 1500 Free</b>	<b>204*</b>
59	10&un 200 Medley Relay	60
61	13-14 200 Medley Relay	62
63	11-12 Medley Relay	64

<b>Sunday, July 9th</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
65	11-12 200 IM	66
67	13-14 200 Fly	68
69	10&un 200 IM	70
71	11-12 100 Free	72
73	13-14 100 Breast	74
75	10&un 100 Breast	76
77	11-12 200 Breast	78
79	13-14 50 Free	80
81	11-12 50 Fly	82
83	10&un 50 Free	84
85	11-12 50 Back	86
87	13-14 400 Free	88
<b>205*</b>	<b>11-12 800 Free</b>	<b>206*</b>
93	11-12 400 Free Relay	94
95	13-14 400 Free Relay	96

**\*See Special Rules regarding 800 and 1500 Freestyle events.  
Relay events will swim at the conclusion of the finals session.**

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2017 Pacific Swimming Speedo Adam Szmids Memorial 14 & Under Long Course Junior Olympics**  
**July 7-9, 2017**

To be accepted, all entry information must be completely filled out

Last Name			First Name			MI
LSC CODE (PC)		Club Abbrev.	Club Name			
Age	Age Group	Gender M F	Date of Birth	USA Swimming Registration Number		
Event #	Distance/Stroke		Entry Time		<p><b>*PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2.</p> <p>Athletes 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 athlete will not be allowed to check-in for the event until the entry time has been proven.</p> <p><b>MARK ALL ENTRY TIMES WITH LCM (long course meters), SCY (short course yards), OR SCM (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.</b></p>	
			LCM, SCY, SCM			
Contact Phone Number:			Total Entries _____ x \$7.50		\$	
Contact Email:			Participation Fee:		<b>\$10</b>	
Athlete's Coach			Total Amount Due:		\$	

**MAIL ENTRIES TO:** OAPB Meet Entries  
6537 Liggett Drive  
Oakland, CA 94611  
**Entry questions:** [r.owyoung@att.net](mailto:r.owyoung@att.net)

Mail deadline postmarked: **Monday, June 26<sup>th</sup> 2017, Midnight**  
Hand delivered/overnight mail: **Wednesday, June 28<sup>th</sup>, 2017 5:00 pm**  
Online entry: **Wednesday, June 28<sup>th</sup>, 2017 at 11:59pm**  
**LATE ENTRIES WILL NOT BE ACCEPTED**

<b>Events Entered</b>	<b>Total Due</b> \$10.00 Fee Included
1	\$17.50
2	\$25.00
3	\$32.50
4	\$40.00
5	\$47.50
6	\$55.00
7	\$62.50
8	\$70.00
9	\$77.50
10	\$85.00



**Club Relay Entry Form\***  
**2017 Pacific Swimming Speedo Adam Szmidt Memorial 14 & Under Long Course Junior Olympics**  
**\*To be submitted by Club or Relays may be entered online.**

<b>Club Name</b>		<b>LSC</b>	<b>Club Code</b>
<b>Coach</b>	<b>Contact Phone and Email</b>		<b>Amount Enclosed</b>
	_____ <b>Relays X \$20</b>		<b>\$</b>

<b>10 &amp; Under Age Group Relays</b>			
Event #	Event	Team Entry Time (max 2 relays per team)	
		A	B
<b>27</b>	<b>Girls 200 Free</b>		
<b>28</b>	<b>Boys 200 Free</b>		
<b>59</b>	<b>Girls 200 Medley</b>		
<b>60</b>	<b>Boys 200 Medley</b>		

<b>11-12 Age Group Relays</b>			
Event #	Event	Team Entry Time (max 2 relays per team)	
		A	B
<b>31</b>	<b>Girls 200 Free</b>		
<b>32</b>	<b>Boys 200 Free</b>		
<b>63</b>	<b>Girls 200 Medley</b>		
<b>64</b>	<b>Boys 200 Medley</b>		
<b>93</b>	<b>Girls 400 Free</b>		
<b>94</b>	<b>Boys 400 Free</b>		

<b>13-14 Age Group Relays</b>			
Event #	Event	Team Entry Time (max 2 relays per team)	
		A	B
<b>29</b>	<b>Girls 200 Free</b>		
<b>30</b>	<b>Boys 200 Free</b>		
<b>61</b>	<b>Girls 200 Medley</b>		
<b>62</b>	<b>Boys 200 Medley</b>		
<b>95</b>	<b>Girls 400 Free</b>		
<b>96</b>	<b>Boys 400 Free</b>		

MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards),  
OR "SCM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.