

**2019 SCS Summer Junior Olympic Championships**  
**Hosted by FAST and Southern California Swimming**  
**Janet Evans Swim Complex, Fullerton, CA**  
**July 24-28, 2019**

- Approximately 1,100 swimmers to compete in 5-day meet.
- Meet will be single ended and distance events swum one per lane.
- Fly over starts will be used. There will be **NO** delay for swimmers not at the blocks at the long whistle.

<b>Wednesday 7/24/19</b>		<b>Thursday 7/25/19</b>		<b>Friday 7/26/19</b>	
Start of Meet	9:00 am	Start of Meet	9:00 am	Start of Meet	9:00 am
Finish of Prelims	12:51 pm	Finish of Prelims	2:21 pm	Finish of Prelims	2:56 pm
Start of 1500's	12:56 pm				
End of 1500's	2:50 pm				
Time Trials Begin		Time Trials Begin		Time Trials Begin	
5 Minutes after 1500's end		5 Minutes after Prelims end		5 Minutes after Prelims end	
Start of Finals	5:00 pm	Start of Finals	5:00 pm	Start of Finals	5:00 pm
End of Finals	7:24 pm	End of Finals	7:39 pm	End of Finals	7:49 pm

<b>Saturday 7/27/19</b>		<b>Sunday 7/28/19</b>	
Start of Meet	9:00 am	Start of Meet	9:00 am
Finish of Prelims	1:09 pm	End of Timed Finals	3:48 pm
Start of 800's	1:14 pm		
End of 800's	3:08 pm		
Time Trials Begin			
5 Minutes after 800's end			
Start of Finals	5:00 pm		
End of Finals	7:14 pm		

**Time Trials** will be offered **Wednesday through Saturday** following Prelims (**they due by 11:00 am each day**). Time Trials will be limited to be completed by 4:00 pm. The 800 and 1500 will **only** be offered on Thursday.

**800 and 1500 Meter DISTANCE EVENTS:**

1. The 800 and 1500-meter freestyle are "timed finals" swum after prelims, fastest to slowest, with the fastest heat of both the men and women swum during the "finals" session.
2. The **1500 M** event will close to all competitors **60 min.** prior to the start of the event (Approximately **11:56 am**).
3. The **800 M** event will close for seeding by time at **5:00 pm Friday**; swimmers checking in after that will be seeded in the slowest heats regardless of entry times. The event will close to all competitors at **11:00 am Saturday**.
4. Athletes entered in a distance event are requested to provide 1 timer for three heats of the event.
5. Swimmers in the 800 and 1500 should provide their own lap counters.
6. **The top 8 women and men who check-in will swim in the fastest heat of the finals session.**