

MAINE SWIMMING INC.
Junior Olympic Championships
March 17 – 20, 2016
Bowdoin College

Sanction By: USA Swimming, Inc. & Maine Swimming, Inc. Sanction # ME1516-0317-TT
Hosted By: Maine Swimming, Inc.
Meet Director: Debbi Russell; 207-751-3117, mainernow31@gmail.com
Please direct all hospitality and non-competition questions to the Meet Director
Meet Manager/Entry Chairperson: Louis Arruda; 401-862-8868, likeafin@gmail.com
Please direct all team, membership & entry questions to the Meet Manager
Meet Referee: Nicole Viele; 207-380-6140 (c) 207-882-4740 (h), bnviele@gmail.com
Please direct all official questions to the Meet Referee.
Admin Referee: Marie Weferling; wefers@qwi.net
Meet Location: LeRoy Greason Pool - Farley Field House - Bowdoin College - Brunswick, ME 04011

Start Times:

	Thursday	Friday	Saturday	Sunday
Warm up prelims		7:00am	7:00am	7:00am
13 & Over Scratch Deadline		7:30am	7:30am	7:30am
Prelims begin		8:15am	8:15am	8:15am
Warm-up 12 & unders		no earlier than 11:00am	no earlier than 11:00am	no earlier than 12:00pm
12 & Under Scratch Deadline		40 minutes before session start	40 minutes before session start	40 minutes before session start
12 & unders begin		1 hour after warm- up begins	1 hour after warm-up begins	1 hour after warm-up begins
Warm up finals	4:00pm	no earlier than 3:30pm	no earlier than 3:30pm	no earlier than 3:30pm
Finals begin	5:00pm	1 hour after warm- up begins	1 hour after warm-up begins	1 hour after warm-up begins

Session warm-up times will be finalized by Tuesday, March 15, 2016

Facility: LeRoy Greason Pool provides up to 10 deep-water 25 yard competition lanes and four additional 25 yard warm-up/cool-down lanes with non-turbulent lane lines and Colorado Timing System, Aqua Grip electronic pads, and a nine-lane readout scoreboard. The competition pool starting end and turn end have water depths ranging from 7 to 12 feet from Lanes 1-10. The warm-up/cool-down pool (3 lanes) starting end and turn end have a depth of 12 to 13 feet. This pool has been measured to certify under USA-S rule 104.2.2C(4). A copy of this certification is on file with the Maine Swimming Office. Spectator seating is for 300 spectators. The LeRoy Greason pool is located at the Farley Field House at Bowdoin College in Brunswick, ME. Due to limited seating all spectators are reminded that backpacks, coolers and other bulky items must be placed on the floor in front of them and not on seats or benches.

Spectators and participants are not allowed to use the field house at any time during the meet.

Meet Format:

This meet will be swum as trials/finals for 13-14 and 15 & over (15&O) events and timed finals for 10 & under (10&U) and 11-12 events. Prelims will be conducted in 10 lanes. 13-14 and 15&O events will be swum combined ages in prelims, but will be separated for finals. Finals will be swum in 8 lanes. There will be 2 heats in finals per gender and age group: a consolation heat and a championship heat, swum in that order, in all events with more than 9 entrants except the 500 free and 400 IM which will have only a championship heat returning at finals. Swimmers in the championship heat will march out prior to their heat.

The 12 & under timed final events, 13 & over 1000 and 1650 freestyles and all relays will be swum in 8 lanes.

The 1000 and 1650 freestyles will be timed finals with all heats of the 1000 swum during the prelims. The 1000 and 1650 will be swum fastest to slowest, alternating girls' and boys' heats. The first heat of the 1000 & 1650 will be the fastest girls' 15 & over heat followed by the fastest boys' 15 & over heat. The next heats will be the fastest girls' 13-14 heat followed by the fastest boys 13-14 heat. Following heats will be swum combined ages alternating girl's then boys' heats

Positive check-in with the Admin Referee is required for the 13 & over 1650 freestyle. Swimmers must be positive checked in for the 1650 freestyle by 4:30PM on Thursday.

Course:

Short course yards (25 yards)

Meet Jury:

The meet jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the jury but not vote. The three members shall be from separate teams. Only the designated team representative or appointed designee so noted to the meet director may speak for a team concerning all meet matters. The meet jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

Weather protocol:

If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. **Cancellation of the meet, or a session**, is the decision of the Meet Director, Meet Referee and the meet jury.

Disability swimmers:

Swimmers with a disability are welcome to enter this meet. The coach or team entry contact person should contact the Meet Director regarding Entry Qualifications, and must alert the Meet Director and Meet Referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Eligibility:

This meet is open to any swimmer who is properly registered with Maine Swimming, Inc. for 2016 in accordance with the MSI Policy & Procedures who has met the entry criteria. Please note, **that all swimmers must be registered by the entry deadline (noon on March 8, 2016)** to be eligible to swim in the Junior Olympic Championships. Swimmers transferring into MSI from another LSC or transferring to another MSI Club must have their transfer requests processed by the Maine Swimming Office prior to the entry deadline in order to be eligible to compete in Junior Olympic Championships.

USA Registration: Club athletes may obtain USA-S Registration from their Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming Web Site; www.maineswimming.org. Deck Registrations will not be allowed. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Mary Ellen Tynan, 978-399-0373 or meswimoffice@gmail.com. **It's each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.** Registration reconciliation and time reconciliation will be done for this meet.

Entry Deadline: Entries will be accepted until Tuesday, March 8, 2016 (12:00 pm NOON EST).

Entries: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be emailed as an attachment to the entry chairperson at likeafin@gmail.com. Non-electronic entries may submit an email entry for an additional \$1.00 per event. A hard copy back-up is required to be sent by mail or as a PDF by e-mail. All forms must have the swimmer's full name (first, middle initial, last) and birth date as they were USA-S registered, current USA-S number, seed time. Relay entries must have the team abbreviation, letter and seed time. Example (PPSC "A" 1:55.32). The MSI Office will send complete team rosters to the Meet Entry person no later than noon on Monday March 14th. If a swimmer is not listed on the roster or the participation fee paid, they may not swim on a relay.

Entries for timed final events will be converted to short course yards and entries for prelim events will be seeded in the following order short course yards (SCY), short course meters (SCM), long course meters (LCM), LCM and SCM times must not be converted to SCY prior to being submitted. Deck entries will not be accepted.

Entry times must be achieved prior to March 8, 2016. New qualifying times and the top 2 finishers in each event from the Maine Junior Olympics Trials Meet (March 12 & 13) may submit entries through 12PM on Monday, March 14. Swimmers will only be allowed to add events; updated times will not be accepted.

Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches in to the finals and needs to be notified. Cell phone numbers should be submitted on the Team Information Page with team entries.

Entry Limits: Swimmers may enter as many events in which they have qualified, but may only compete in a maximum of three (3) individual events per day (including time trials). 12&U swimmers are limited to a total of **(9)** individual events and **(3)** relay events (1 relay per day) and 13&O swimmers are limited to a total of **(6)** individual events and **(4)** relay events for the meet (1 relay on each Friday and Saturday & 2 relays on Sunday). 10&U swimmers are allowed to swim in only 1 session per day.

Bonus Events (must be a B time standard or above):

One Qualifying Time = 2 Bonus Events

Two Qualifying Times = 1 Bonus Event

Three or more Qualifying Times = 0 Bonus events

PLEASE MARK BONUS EVENTS IN YOUR ENTRY.

Scratch procedure: Coaches will receive a scratch sheet for each preliminary and timed final session that will contain both individual and relay events. Declarations to scratch all events (both individual and relay) need to be submitted by the scratch deadline on the day of the

events. If a swimmer does not scratch and they have more than 3 events that day, they will be scratched from their last events of that day.

To scratch a swimmer or relay entirely, draw a single line through the relay and/or swimmer. To scratch a single event for a swimmer, draw a single line through that event only.

Any relays that are not scratched by the scratch deadline will be charged \$100 for missing a relay with the exception of a medical excuse or declared false start.

Positive check-in with the Admin Referee is required for the 13 & over 1650 freestyle. Swimmers must be positive checked in for the 1650 freestyle by 4:30PM on Thursday.

Relays:

Each team is allowed to enter relays in an age group based on the number of swimmers having individual event qualifying times within that age group as follows: 0-4 qualifiers allows 1 relay entry, 5-8 qualifiers allows 2 relay entries, 9-12 qualifiers allows 3 relay entries, 13-16 qualifiers allows 4 relay entries, and so forth.

Relay declarations are due within 30 minutes of the start of the session or no later than the start of the relay event, whichever comes first.

Entry Fees:

	<u>Timed Final Events</u>	<u>Prelim/Final Events</u>
Individual Events:	\$4.00/event	\$5.00/event
Relays:	\$12.00/relay	
Swimmer Participation:	\$15.00/Swimmer	\$15.00/Swimmer

Entry Submission:

E-mail entry submission: Louis Arruda, Mary Ellen Tynan & Debbi Russell
likeafin@gmail.com meswimoffice@gmail.com & mainernow31@gmail.com

Hard copy backup and entry fees:

Send to Mary Ellen Tynan
MSI Office
10 Kirsi Circle
Westford, MA 01886

Make checks payable to MAINE SWIMMING INC. **Checks must be received prior to the start of the meet unless other arrangements are made with the MSI Office. Swimmers WILL NOT be allowed to compete until team payment is complete. For late entries, please bring your check to the meet and give to Mary Ellen Tynan.**

A team information form is attached. This must be filled out and returned with your e-mailed entries. **Please note that your entries will not be considered complete until this form or the information required on the form is returned.**

We will send a Hy-tek team entry list to each team so they can check the accuracy of their entries. Please review this and respond immediately even if there are no corrections.

Teams that have not submitted their entries by the entry deadline will be contacted by noon the following day by the meet entry chair and will have until noon on the following day to submitted their entries and will be subjected to a

fine of \$250 or \$1 per entry whichever is greater. Any entries submitted thereafter will be entered only at the discretion of the meet committee

- Proof of Time:** Proof of time shall be submitted with each team's e-mail entries. Proof of time must be a copy of the Meet Entry Report from Team Manager or Team Unify sorted by name; under other options for the report include proof of time. The hard copy must be in a PDF format, a Microsoft Word format or a HTML Format. Eligible times may come from the USA-S National Times Database, Pine Tree Cluster YMCA Database, NCAA National Times Database, USMS National Times Database, and MPA High School Database.
- Time Trials:** Time Trials will be held at the discretion of the Meet Director and the Meet Referee based on available time. Coaches requesting a time trial should make that request to the Admin Referee at any time during the meet. The entry fee for a time trial is \$15.00 (\$30.00 for a relay.) A time trial counts toward the maximum allowed three (3) individual events per day, but does not count toward the maximum limit on the number of swims in the meet. A relay time trial does not count towards the swimmers limit for the day of the swim.
- Officials:** Officials interested in working the JO Meet should contact the Meet Referee, Nicole Viele at bnviele@gmail.com to sign-up by March 7, 2016. This will help in the staffing of all positions. Walk-on officials are welcome. Your help in making this meet a success will be greatly appreciated.
- Team Representative:** Each team must provide the name and cell number of an individual who will act as the spokesperson for that team.
- Admission:** \$2.00/session. Spectators will receive a different color bracelet for each session.
- Programs:** Heat Sheets will be available for sale for \$3 per session.
- Psych Sheet:** The psych sheet will be available on Wednesday, March 9, 2016 on the MSI Website (9 PM EST). It will be updated on Tuesday March 15th with late qualifiers.
- Meet Policies:** Only 2016 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck **MUST** display their current USA Swimming registration card. Due to staffing time constraints, Deck Pass will **NOT** be accepted at this meet. Individuals unable to provide current registration will be removed from the pool deck.
- Any swimmer entered in the 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 each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Kinesio Tape or any other body tape is prohibited.

Warm-ups: **USA Swimming and Maine Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:**

All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered in each session. Warm-up schedules will be posted on the MSI web site by Tuesday, March 15, 2016 and will be made available to coaches at the meet. No diving or backstroke starts are permitted except in sprint lanes under a coach's supervision in team assigned lanes. **Swimmers without a coach must report to the Meet Director prior to the warm-up to obtain a lane assignment and deck coach.**

Start Procedure: This meet will be conducted using the no recall false start rule, the whistle command starting procedure, and may include 'fly-over' starts.

Scratch Notes: Coaches and swimmers are expected to understand the scratch and relay rules before the meet begins.

A swimmer who has qualified for finals in an event, does not scratch, and misses the finals heat in that event without acceptable justification under MSI rules shall be barred from the remainder of the meet. In all events with preliminary heats, after the prelim heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer has been entered and has not been scratched will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. These are as described in Section 207.11.6 D&E of the USA Swimming Rules & Regulations and the MSI Policy and Procedures Article 19.6.

Safe Sport: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

Photography: As per Maine Swimming policy, with the exception of photographers hired by MSI only coaches may video or take photographs from the pool deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

Liability: United States Swimming, Inc. (USA-S), Maine Swimming, Inc. and Bowdoin College shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Misconduct: Any issues of conduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials, coaches or fellow athletes, theft, vandalizing, or possession of alcohol, tobacco or illegal drugs are subject to removal from the facility and are subject to a MSI Board of Directors hearing. Any illegal activities or violence will be reported to local authorities.

Work Assignments: Each entered MSI team will be responsible for coordinating and providing timers, marshals, clean-up workers and other duties for assigned sessions as designated by the Entry Chair and Meet Director. The assignments will be determined after entries have been received and teams will be notified by e-mail and posting on the MSI website by Friday, March 11, 2016. Timers, marshals and other meet staff who are not USA-S registered must sign a USA-S waiver form. Marshals will be placed at spots assigned by Meet Director/Referee. A coach who is coaching swimmers during a session may NOT act as a marshal while ensuring the safety of all the participants as a marshal. Marshals must attend a brief meeting 10 minutes prior to warmup for their appointed session. Warmup for each session will not begin until all the assigned marshals are present. **Please note that the MSI Policy and Procedures requires each team with a minimum of 5 swimmers entered in a session to have at least one non-athlete available for jobs as assigned. If a worker fails to show up for a job in timely fashion the team will be subject to a fine of \$25.00 per job assignment. If your team is assigned to be a timer you are responsible to ensure it's covered until the end of the session even if your team has no swimmers entered in those events. 1650 & 1000 free swimmers must provide their own timers and counters.**

Scoring: Individual events: 1st - 16th for all Age Groups.
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events: 1st-16th for all Age Groups
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: **Teams must designate for 13 & overs if they wish to receive their awards. Either all 13 & over swimmers get awards for a team or none.**

Individual:	Medals 1 st - 8 th , Ribbons 9 th - 16 th
Relays:	Medals 1 st - 3 rd , Ribbons 4 th - 8 th
Girls and Boys Ind. High Point:	Trophies 1 st - 8 th
Team Trophies:	Girls Overall High Point 1 st - 2 nd Boys Overall High Point 1 st - 2 nd Combined High Point 1 st - 3 rd

Girls and Boys Individual High Point award winners will receive their trophies at the banquet but will be recognized at the meet.

Athlete Rep Elections: Athlete Rep elections will take place on Saturday at the Zone Table. All athletes 13 & over are eligible to vote

Coaches' Rep Election: Elections for Coaches' Rep will take place on Saturday of the meet

Eastern Zone Championship:

The Eastern Zone Championship Meet will be held March 24-26, 2016. Swimmers qualify for Zones based on their swims at Junior Olympic Championships. **Swimmers MUST have completed a pre-registration form by March 1, 2016 in order to be eligible for the Zone team.** Swimmers who qualify will need to declare their intention to participate in each event he/she qualifies for by the end of finals on the day in which they qualified for an event. Should pre-registered qualifiers decide not to attend, pre-registered alternates will then qualify and should check with the Zone Table during each session to declare their intentions. **At the end of the 12 & under session on Sunday afternoon, 12 & under Zone swimmers will march out on deck in their Zone attire to be recognized by the spectators. The same will occur after the 13 & over session on Sunday** For more information see the Zone Team Website.

Food Concessions: A concession stand will be open the duration of the meet

Vendors: Beach Party Swimwear will be selling suits goggles and other items. Northwest Designs will be selling meet t-shirts.

Hotel:

MSI Partner:

Hampton Inn Freeport/Brunswick

194 Lower Main Street

Freeport, ME 04032

[\(207\) 865-1400](tel:(207)865-1400)

Receive 25% off when you stay at the Hampton Inn Freeport, reserve online today!

https://secure3.hilton.com/en_US/hp/reservation/book.htm?ctyhocn=PWMFPHX&corporateCode=0003065345&from=lnrlink

Directions: address for GPS - [35](#) Watson Drive, Brunswick, ME

Parking: Parking is available in the lot adjacent to the field house. On Sunday Bowdoin is hosting a women's lacrosse clinic from 8am-4pm in the field house and on the turf field and a Skating Club show in the arena from 2pm-7pm. The parking lot will be packed that day. Please follow all special parking instructions provided and as always, no parking in the circle or along either entrances. Security will put up cones & no parking signs, and they will patrol the lot. Do not park on Harpswell Road as Brunswick Police will ticket those cars.

CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS, CHANGING AREAS, REST ROOMS AND FROM BEHIND THE STARTING BLOCKS!

NO DECK CHANGING!!!!!!

DAILY EVENTS SCHEDULE

Thursday, March 17, 2016 – 13 & Over 1650's Session

Session 1: Warm Up: 4:00 PM Start: 5:00 PM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
1a	21:53.19	13-14 1650 Free	20:51.99	2a
1b	21:27.19	15&over 1650 Free	19:55.79	2b

- The fastest heat of both the girls and boys 15 & over 1650 free will swim in the first 2 heats followed by the fastest heat of both the girls' and boys' 13-14 1650 free. The remaining heats will be swum mixed age groups by gender. The final heats may be combined girls and boys based on the number of entries.
- 1650 free Swimmers must provide their own two timers and one counter.

Friday, March 18, 2016 – 13 & Over Prelims Session

Session 2: Warm Up: 7:00 AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
27a	1:22.99	13-14 100 Breast	1:22.59	28a
27b	1:19.79	15&over 100 Breast	1:11.79	28b
29a	2:17.59	13-14 200 Free	2:14.19	30a
29b	2:09.29	15&over 200 Free	1:58.59	30b
31a	1:14.89	13-14 100 Fly	1:09.69	32a
31b	1:07.99	15&over 100 Fly	58.99	32b
33a	5:42.19	13-14 400 IM	5:20.99	34a
33b	5:30.39	15&over 400 IM	5:00.39	34b

Friday, March 18, 2016 – 12 & Under Session

Session 3: Warm Up: No Earlier than 11:00 AM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
3	2:59.49	11-12 200 Back	2:55.29	4
5	47.79	10&U 50 Breast	53.19	6
7	42.59	11-12 50 Breast	43.79	8
9	1:21.09	10&U 100 Free	1:28.49	10
11	1:09.99	11-12 100 Free	1:12.19	12
13	42.39	10&U 50 Fly	46.69	14
15	36.49	11-12 50 Fly	37.69	16
17	3:30.09	10&U 200 IM	3:38.89	18
19	2:59.99	11-12 200 IM	3:00.99	20
21	NT	10 & Under 200 Free Relay	NT	22
23	NT	12 & Under 200 Free Relay	NT	24
25	7:10.39	11-12 500 Free	7:02.99	26

Friday, March 18, 2016 – 13 & Over Finals Session

Session 4: Warm Up: No Earlier than 3:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
27a	-----	13-14 100 Breast	-----	28a
27b	-----	15&O 100 Breast	-----	28b
29a	-----	13-14 200 Free	-----	30a
29b	-----	15&O 200 Free	-----	30b
31a	-----	13-14 100 Fly	-----	32a
31b	-----	15&O 100 Fly	-----	32b
33a	-----	13-14 400 IM	-----	34a
33b	-----	15&O 400 IM	-----	34b
35	NT	14 & under 400 Free Relay	NT	36
37	NT	Senior 400 Free Relay	NT	38

Saturday, March 19, 2016 – 13 & Over Prelims Session

Session 5: Warm Up: 7:00 AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
61a	2:46.29	13-14 200 Fly	2:40.39	62a
61a	2:34.89	15&O 200 Fly	2:22.29	62b
63a	28.19	13-14 50 Free	28.19	64a
63b	27.49	15&O 50 Free	24.29	64b
65a	3:00.19	13-14 200 Breast	2:54.09	66a
65b	2:56.39	15&O 200 Breast	2:47.09	66b
67a	1:12.69	13-14 100 Back	1:10.99	68a
67b	1:07.99	15&O 100 Back	1:02.29	68b
69a	6:22.39	13-14 500 Free	6:01.69	70a
69b	6:10.89	15&O 500 Free	5:41.99	70b

Saturday, March 19, 2016 – 12 & Under Session

Session 6: Warm Up: No Earlier than 11:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
39	3:02.99	11-12 200 Fly	2:58.09	40
41	1:33.19	10&U 100 IM	1:40.39	42
43	1:19.19	11-12 100 IM	1:23.19	44
45	1:46.19	10&U 100 Breast	1:53.69	46
47	1:30.99	11-12 100 Breast	1:33.69	48
49	43.29	10&U 50 Back	44.99	50
51	37.09	11-12 50 Back	37.99	52
53	3:04.99	10&U 200 Free	3:09.09	54
55	2:34.49	11-12 200 Free	2:37.19	56
57	NT	10 & Under 400 Free Relay	NT	58
59	NT	12 & Under 400 Free Relay	NT	60

Saturday, March 19, 2016 – 13 & Over Finals Session

Session 7: Warm Up: No Earlier than 3:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
61a	-----	13-14 200 Fly	-----	62a
61b	-----	15&O 200 Fly	-----	62b
63a	-----	13-14 50 Free	-----	64a
63b	-----	15&O 50 Free	-----	64b
65a	-----	13-14 200 Breast	-----	66a
65b	-----	15&O 200 Breast	-----	66b
67a	-----	13-14 100 Back	-----	68a
67b	-----	15&O 100 Back	-----	68b
69a	-----	13-14 500 Free	-----	70a
69b	-----	15&O 500 Free	-----	70b
71	NT	14 & Under 400 Medley Relay	NT	72
73	NT	Senior 400 Medley Relay	NT	74

Sunday, March 20, 2016 – 13 & Over Prelims Session

Session 8: Warm Up: 7:00 AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
75	NT	14 & Under 200 Medley Relay	NT	76
77	NT	Senior 200 Medley Relay	NT	78
107a	2:40.79	13-14 200 IM	2:30.29	108a
107b	2:30.79	15&O 200 IM	2:17.79	108b
109a	2:36.29	13-14 200 Back	2:32.79	110a
109b	2:30.99	15&O 200 Back	2:16.89	110b
111a	1:01.19	13-14 100 Free	1:01.59	112a
111b	59.49	15&O 100 Free	53.19	112b
79a	13:08.29	13-14 1000 Free	12:27.69	80a
79b	12:47.19	15&O 1000 Free	11:56.09	80b

- 1000 free heats will be timed finals. All Heats will be swum in the morning.
- The fastest heat of both the boys & girls 15 & over 1000 free will swim in the first 2 heats followed by the fastest heat of both the boys & girls 13-14 1000 free. The rest of the heats will be swum combined ages alternating girls and boys heats.
- Swimmers must have their own timers for the 1000 free.
- There will be a 10 minute break after the last heat of the 200 IM and the first heat of the 1000 free.

Sunday, March 20, 2016 – 12 & Under Session

Session 9: Warm Up: No Earlier than Noon Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
81	NT	12 & Under 200 Medley Relay	NT	82
83	NT	10 & Under 200 Medley Relay	NT	84
85	3:20.99	11-12 200 Breast	3:17.69	86
87	1:36.99	10&U 100 Back	1:41.39	88
89	1:19.49	11-12 100 Back	1:22.49	90
91	35.69	10&U 50 Free	36.99	92
93	31.69	11-12 50 Free	32.19	94
95	1:55.49	10&U 100 Fly	1:54.09	96
97	1:26.29	11-12 100 Fly	1:24.49	98
99	8:30.49	10&U 500 Free	8:22.79	100
101	6:28.59	11-12 400 IM	6:20.09	102

Sunday, March 20, 2016 – 13 & Over Finals Session

Session 10: Warm Up: No Earlier than 4:00 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
103	NT	14 & Under 200 Free Relay	NT	104
105	NT	Senior 200 Free Relay	NT	106
107a	-----	13-14 200 IM	-----	108a
107b	-----	15&O 200 IM	-----	108b
109a	-----	13-14 200 Back	-----	110a
109b	-----	15&O 200 Back	-----	110b
111a	-----	13-14 100 Free	-----	112a
111b	-----	15&O 100 Free	-----	112b

2016 MSI JUNIOR OLYMPIC CHAMPIONSHIPS

TEAM INFORMATION

Team Entry Contact (person to contact to resolve issues with entries):

Name _____
(Please print or type)

E-mail _____

Phone Nos: Home _____

Work _____

Cell _____

Team Representative (team spokesperson for all meet matters)

Name _____
(Please print or type)

Coaches (list all coaches from your team who will be at the meet)

Head Coach Contact and Cell number: _____

1) _____

2) _____

3) _____

4) _____

5) _____

This form or the information on it (part of an e-mail) must be submitted with your team's Hy-Tek entries.