

**2020  
Southern California Swimming  
14 & Under Short Course  
Junior Olympic Championship**

**March 12-15, 2020**

Open to All SCS teams



***Rose Bowl Aquatics Center*** (360 N. Arroyo Blvd. Pasadena CA)

Thursday (4:00 PM) Timed Final Session  
Friday/Saturday/Sunday (9:00 AM) Prelims' Sessions

**Hosted By:  
Southern California Swimming & Rose Bowl Aquatics**

**2020 Southern California Swimming  
14 & Under Short Course  
Junior Olympic Championship – March 12-15, 2020**

**Sanctioned By:** Southern California Swimming; USA Swimming  
**Sponsored By:** Rose Bowl Aquatics Club; So. California Swimming  
**Location:** Rose Bowl Aquatics Center (RBAC), 360 N. Arroyo Blvd.  
Pasadena CA 91103

**Sanction Number:** S20-056A  
**Entry Deadline:** DELIVERED BY 5 PM Wednesday,  
March 4, 2020

**Sessions:**

**Thursday,** March 12<sup>th</sup>, Timed Finals Session  
---**Warm-up:** 3:00 PM; **Meet Start Time:** 4:00 PM

**Friday,** March 13<sup>th</sup>,  
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM  
Finals-- TBA

**Sessions (continued):**

**Saturday,** March 14<sup>th</sup>,  
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM  
Finals-- TBA

**Sunday,** March 15<sup>th</sup>,  
Prelims---**Warm-up:** 7:00 AM; **Meet Start Time:** 9:00 AM  
Finals-- TBA

**Eligibility:** Open to 2020 USA Swimming registered swimmers who have met and can prove the posted SCS "Spring JO" time standards. Swimmers from outside SCS will not be accepted. Registration application must be received by **5 PM, Wednesday, March 4<sup>th</sup>** by the meet processor, administrative official/referee or SCS office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, IIIB. New qualifying events achieved March 5<sup>th</sup> – 8<sup>th</sup> must be entered in accordance with **Last Ditch Entries from March 5<sup>th</sup> – 8<sup>th</sup> meets** requirements described below.

**Facilities/Courses:** Rose Bowl is an outdoor 18 lane, 25 yard pool with two 8 lane competition courses for Prelims and one 10-lane competition course for Finals. For all timed finals and prelims events (& Thursday relays), the pool will be split into two courses – girls and boys – except a single 10 lane course Thursday. The final sessions Fri/Sat/Sun will run one 10 lane course for championship and consolation final heats for 7-10, 11-12, 13-14 age groups. The competition course has been certified in accordance with 104.2.2C (4). Pool depth at start end and at the turn end is 6' 7". The certification copy is on file with USA Swimming. A separate 25-yard pool will be available for warm-up/ warm-down during Prelims. 8 lanes of the competition pool will be available for warm-up/warm-down during Finals. Finals will include Rose Bowl Aquatics-10 lane "finals" course, partially closed deck, ready room, athlete march-in, awards stand, and staged relays.

**Directions:** **RBAC:** 360 N. Arroyo Blvd., Pasadena, CA 91103. Please use Google Maps, MapQuest or Thomas Guide for directions. Pool is at the far southeast end of the parking lot I. There are signs in the area directing you to the Rose Bowl. The Aquatic Center is 1000 yards directly south of the Rose Bowl. *Parking is free.*

**Meet Start Times:** Thursday timed final events will begin at **4:00 PM**. Friday, Saturday and Sunday Prelims will start at **9:00 AM**. It is estimated that Prelims will be over by noon on Friday/Saturday/Sunday. Finals will begin no sooner than 2 hours after the completion of the prelims session that day.

**Warm-up Times:** Thursday warm-up will begin 3:00 PM. There will be assigned warm-ups on Friday/Sat/Sun at 7:00 AM in the competition pool. The competition pool will be closed at 8:45 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. Warm-ups will be split and teams will be assigned to specific warm-up times. ***All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.***

**Meet Referee:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Omar de Armas (omarswimref@gmail.com)

**Rules:** USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event. After each event is closed, a swimmer may not check-in or scratch. The first 4 events of each prelim session will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on March 12, 2020, determines age for the meet. Prelims and timed finals sessions will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified.

**Entry Limits:** A swimmer may enter **no more than 9** individual events; **may swim no more than 6 individual events during the meet**, or more than 3 individual events per day. All officials and coaches must have completed the CDC of NFHS online Concussion course.

**The National Finals' scratch rule will be used.** A swimmer must scratch or place an intent to scratch on an event within 30 minutes of *announcement* of preliminary results. Final "no-show" (original top 20 places only), except last day, will be removed from the remainder of the meet. A \$50.00 fine will be assessed to any swimmer for a "no show" in her/his last event of the meet. This fine must be paid before any future competitions in SCS.

**Recording Devices & Media Notice:** The use of audio visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Racing Start Certification:** Any swimmer entered in the meet must be certified by a 2020 USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Drones:** 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.

**Swimwear:** "Tech suits" (suits with bonded seams, kinetic tape or meshed seams) are not permitted at this meet for all 7-10 year old events. 11-12 and 13-14 swimmers are allowed to wear "tech suits" that conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned meet.

**Deck Changes:** Deck changes are prohibited.

**Change of Affiliation:** Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS Swim Office. At the meet a swimmer may "UNATTACH" (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

#### **Distance Events:**

- The **1650 yard freestyle** events (age groups combined) will be swum:
  - All heats fastest to slowest, alternating girls & boys in single 10 lane course.
  - The 1650 will be awarded and scored as one age group and gender.
  - **Swimmers in the 1650 freestyle need to supply their timers and lap counters.**
- The **1000 yard freestyle** events (age groups combined) will be swum:
  - 1000 check in to swim by seeded time closes 5:00 PM Saturday; check in to swim closes 9:30AM Sunday
  - All heats fastest to slowest, boy and girl courses.
  - The 1000 will be awarded and scored as one age group and gender.
  - **Swimmers in the 1000 freestyle need to supply their own timers and lap counters.**

**Awards:** Individual: 1st-10th places, custom medals.  
Relays: 1st-5th place teams, custom medals.  
TEAM: 1st-5th award plaques for *Combined* team in Large & Small Divisions; 1<sup>st</sup> – 3<sup>rd</sup> award plaques for *Girls & Boys* in Large & Small Divisions. NOTE: teams will be assigned to divisions prior to meet start based on meet entries.

**Scoring:** Top 20 individuals and top 20 relays will score  
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

**Relays:** Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$21 per relay and \$29 per relay-only swimmer which includes swimmer and facility surcharge). Relays are all timed finals events. Teams may enter a maximum of three relays per events (A,B,C). Thursday relays will be swum in event order during the timed finals session. All other relays will swim at the end of the finals' sessions Friday, Saturday and Sunday, in event number order. Only **A&B relays will be eligible for scoring**. All other relays will be allowed to swim as exhibition. Relays must be checked in by 4:00 PM Thursday and by the end of prelims Fri/Sat/Sunday. Once a relay has been checked in and the event closed, failure of the relay to report will result in the disqualification of the club's relay from the next relay event for that age group and gender. A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2018). A team time achieved during the qualifying period may also be used. A club entering multiple relays **MUST** use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by meeting the aggregate or the hard cut. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers

of proper age as of March 12<sup>th</sup>.

**Finals: Friday/Saturday/ Sunday:** A championship final (10 swimmers, 1-10) and consolation final (10 swimmers, 11-20) will be offered for 7-10, 11-12 and 13-14 age groups. **The national finals' scratch rule will be used** (see details above).

**Submitted/Qualifying Times:** This is a **proof-of-time meet**. Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2018, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

**Entry Procedure:** **Team Electronic Entry is highly preferred.** Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail). **Individual email entry will not be accepted.**

**Last Ditch Entries from March 5<sup>th</sup> – 8<sup>th</sup> meets:**

- Swimmers achieving a new event for the first time from the due date March 4<sup>th</sup>, of the Spring JO entry to the Sunday prior to the meet, March 8<sup>th</sup>, may be entered in the meet by submission of an additional TEAM entry **using entry file title: "Last Ditch 2020 Spring JO"**
- The instructions and the meet event file will be on the SCS website on Thursday morning March 5<sup>th</sup>, 2020
- These entries must be submitted no later than 11:59pm PST on Monday, March 9<sup>th</sup>, 2020.**
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the Last Ditch 2020 Spring JO" and submitting to the meet processor, Bettie Williams at [blwswim@earthlink.net](mailto:blwswim@earthlink.net) on or before Monday, March 9<sup>th</sup>, 11:59pm.

**Partially Closed Deck:** Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas (including behind the starting blocks, behind coaches at south end, and in tented swimmer area on east deck) will be restricted to coaches, officials, athletes and volunteers. Parents will be restricted from these areas.

**All relays at Finals will be staged.** Entry to the starting blocks will be restricted throughout Finals. A ready room is available for all champion finalists prior to their event.

**NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. ***Receipt of entries will not be verified by phone or e-mail.***

Fees: \$6.50 for each INDIVIDUAL EVENT, plus \$24.00 SURCHARGE (\$14.00 surcharge plus \$10.00 facility charge) per swimmer must accompany each individual entry card, Relays \$21.00 Returned checks will incur a service fee per SCS policy

Please make checks payable to: Southern California Swimming

<b><u>Mail entries to:</u></b>	Bettie Williams, P.O. Box 83538, Los Angeles, CA 90083-0538
<b><u>Hand delivered to:</u></b>	5405 W Slauson Ave, Los Angeles, CA 90056
<b><u>Electronic entries to:</u></b>	Bettie Williams - <a href="mailto:blwswim@earthlink.net">blwswim@earthlink.net</a>
<b><u>Meet Information:</u></b>	James Gallagher - <a href="mailto:jjgallagher@rosebowlaquatics.org">jjgallagher@rosebowlaquatics.org</a> , 714 742-3764

***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 meet. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.***

*Time Trials: Separate Sanction #S20-056B*

*Will be swum, time permitting, on Friday, Saturday and Sunday (after 1650) following the preliminary sessions. Three (3) events per day limit applies (JO events + Time trials = 3 events per day or less) Deck entered entry fee is \$15.00 per event, no refunds after seeding. Open only to 2020 SCS swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. An event may be swum only once as a time trial. The Administrative Referee/Official will determine the order of events.*

**Thursday - March 12, 2020 - Timed Finals Session, Warm-up 3:00 PM - Meet start 4:00 PM**

Event No	Girls		EVENT	AGE	BOYS		EVENT NO
	Yards	Meters			YARDS	METERS	
1	19:23.40	19:46.70	1650 FREESTYLE****	11-12/13-14	18:36.20	18:58.60	2
3	2:30.10	2:49.80	500 FREESTYLE	7-10	2:28.60	2:48.20	4
5	8:29.10	9:37.90	800 FREE RELAY	13-14	8:07.20	9:13.60	6

**Friday - March 3, 2020 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM**

7	1:29.60	1:41.50	100 BREASTSTROKE	7-10	1:30.50	1:42.50	8
9	1:18.00	1:28.60	100 BREASTSTROKE	11-12	1:17.80	1:28.40	10
11	1:13.20	1:23.30	100 BREASTSTROKE	13-14	1:08.30	1:17.90	12
13	31.20	35.50	50 FREESTYLE	7-10	30.90	35.10	14
15	27.50	31.40	50 FREESTYLE	11-12	27.10	30.90	16
17	25.90	29.60	50 FREESTYLE	13-14	24.50	28.00	18
19	36.90	41.60	50 BACKSTROKE	7-10	36.70	41.40	20
21	32.00	36.20	50 BACKSTROKE	11-12	32.00	36.20	22
23	2:18.20	2:35.90	200 BACKSTROKE ****	11-12/13-14	2:12.40	2:29.40	24
25	2:30.10	2:49.80	200 FREESTYLE	7-10	2:28.60	2:48.20	26
27	5:46.30	5:09.10	500 FREESTYLE	11-12	5:44.30	5:07.30	28
29	5:26.20	4:51.20		13-14	5:14.50	4:40.70	30
31	2:09.40	2:26.80	200 FREE RELAY	7-10	2:10.20	2:27.70	32
33	4:09.60	4:43.40	400 FREE RELAY	11-12	4:09.30	4:43.10	34
35	3:55.60	4:27.90	400 FREE RELAY	13-14	3:42.70	4:13.60	36

**Saturday, March 14, 2020 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM**

37	2:10.00	2:27.50	200 FREESTYLE	11-12	2:07.80	2:25.10	38
39	2:02.10	2:18.80	200 FREESTYLE	13-14	1:55.30	2:11.20	40
41	41.10	46.70	50 BREASTSTROKE	7-10	42.10	47.80	42
43	36.10	41.10		11-12	35.50	40.40	44
45	2:37.60	2:59.00	200 BREASTSTROKE ****	11-12/13-14	2:28.50	2:48.90	46
47	1:20.80	1:31.10	100 BUTTERFLY	7-10	1:19.60	1:29.80	48
49	1:07.40	1:16.20	100 BUTTERFLY	11-12	1:06.90	1:15.70	50
51	1:02.70	1:11.00		13-14	59.20	1:07.20	52
53	1:18.50	-----	100 IM	7-10	1:18.90	-----	54
55	1:08.90	-----	100 IM	11-12	1:07.80	-----	56
57	4:54.80	5:33.70	400 IM ****	11-12/13-14	4:41.20	5:18.80	58
59	2:30.60	2:50.30	200 MEDLEY RELAY	7-10	2:32.30	2:52.40	60
61	4:47.30	5:25.30	400 MEDLEY RELAY	11-12	4:49.70	5:28.00	62
63	4:28.60	5:04.50		13-14	4:16.70	4:51.30	64

Sunday, March 15, 2020 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

65	56.10	1:03.90	100 FREESTYLE	13-14	52.70	1:00.10	66
67	59.80	1:08.00	100 FREESTYLE	11-12	58.70	1:06.80	68
69	1:08.70	1:17.90		7-10	1:07.90	1:17.00	70
71	2:22.60	2:40.90	200 BUTTERFLY ****	11-12/13-14	2:16.30	2:33.90	72
73	30.20	34.30	50 BUTTERFLY	11-12	29.90	33.90	74
75	35.00	39.60		7-10	35.10	39.70	76
77	1:03.70	1:11.90	100 BACKSTROKE	13-14	1:00.80	1:08.70	78
79	1:08.40	1:17.20	100 BACKSTROKE	11-12	1:08.00	1:16.70	80
81	1:19.80	1:29.80	100 BACKSTROKE	7-10	1:19.80	1:29.80	82
83	2:18.70	2:37.20	200 IM	13-14	2:11.00	2:28.70	84
85	2:27.60	2:47.00	200 IM	11-12	2:25.60	2:44.80	86
87	2:49.30	3:11.20	200 IM	7-10	2:47.60	3:09.30	88
89	11:28.80	10:14.80	1000 FREESTYLE***	11-12/13-14	10:58.10	9:47.40	90
91	1:50.40	2:05.70	200 FREE RELAY	13-14	1:43.80	1:58.40	92
93	1:55.60	2:11.50	200 FREE RELAY	11-12	1:56.60	2:12.60	94
95**	4:28.60	5:04.50	**200 MEDLEY RELAY**	13-14	4:16.70	4:51.30	96**
97	2:11.50	2:19.20	200 MEDLEY RELAY	11-12	2:13.20	2:31.10	98

\*\*\*\*Events #1/2 (1650 Freestyle), #23/24 (200 Backstroke), #45/46 (200 Breaststroke), #57/58 (400 IM), #71/72 (200 Butterfly) and Events #89/90 (1000 Freestyle) are being contested as one age group for 11-12 and 13-14 to be awarded and scored as one age group.

\*\*\*All heats of the 1000 Freestyle, will be swum at the **end** of the Sunday prelims session (before time trials), fast to slow alternating women and men.

### Relays

- All relay times listed are hard cut standards. Relay soft cut standards are in the Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section.
- Events \*\*95-96\*\* (13-14 200 Medley Relay): enter with qualifying 400 medley relay times
- All relays will swim in event order during finals & Thursday timed final session. A&B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition. Teams may enter a maximum of three relay teams per event (A,B,C)