

SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by Walnut Creek Aquabears

co-sponsored by Pacific Swimming

March 15 to 17, 2019

Enter Online: <http://ome.swimconnection.com/pc/wcabjo20190315>



Attention: No Thursday night set-up allowed. Gates will not open until 7:00 a.m. each morning.

Friday AM: Gates will open at 6:45 a.m. for Coaches and Officials Only. See Restrictions Section below for Team Area Set-ups.

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-030**

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 online at <http://results.teamunify.com/wcab/index.html>

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:

Meet Referee: Mike Davis	Head Starter: Jay Rowland
Meet Marshal: Michael Heaney	Admin Referee: Mary Ruddell
Meet Director: Maureen deBack, aquabears@gmail.com	

LOCATION: Clarke Memorial Swim Center in Heather Farm Park, 1750 Heather Drive, Walnut Creek, CA 94598.

DIRECTIONS: *From Interstate 680 South*, take the Treat Blvd. exit. Turn left onto North Main Street. Turn left onto Treat Blvd. Turn right onto Bancroft Rd. Turn right onto Ygnacio Valley Rd. Turn right onto N. San Carlos Drive. Turn left onto Heather Drive. The pool is on the right. *From Interstate 680 North*, take the Ygnacio Valley Rd. exit. Turn right onto Ygnacio Valley Road. Turn left onto N. San Carlos Drive. Turn left onto Heather Drive. The pool is on the right. No overnight parking allowed.

COURSE: Outdoor 25-yard pool with up to 16 lanes available for competition. An additional 6 lanes of short course meters 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 4'-0" at the start end and 4'-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: Prelims will begin at 9:00 a.m. each day with warm-ups from 7:30 to 8:45 a.m. each day. Finals will tentatively begin at 4:00 PM each day. Finals warm-ups will begin 1 hour before the start of finals.

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 1000 Freestyle and 1650 Freestyle. All event preliminary events shall be seeded fast to slow with the first three heats circle seeded, **in combined age groups 10&U, 11-12, 13-14.**
- Championship Finals with the top 10 athletes **in the 10&Under age group, and single age finals for 11, 12, 13, 14.**
- The 1000 Freestyle and 1650 Freestyle events are timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in these events shall provide their own timers and lap counters. If local conditions warrant, genders may be combined in one course, alternating heats of girls and boys. Check-in for the 1000 Freestyle and 1650 Freestyle will close at 11:00 a.m. on the day the event is swum. Athletes may check-in early on the designated 1000 Freestyle or 1650 Freestyle check-in sheets at the check-in desk.
- All Relay events are timed finals and shall swim after the conclusion of the last finals event and shall be seeded fast to slow. Entries must be received by the entry deadline – no deck entered relays. Relay Only Athletes must be entered on the relay only list.

- Athletes may compete in a maximum of individual **three (3)** events per day and a maximum of **seven (7)** individual events, plus relays for the entire meet.
- 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.
- Clubs will be assigned Lane Timing Assignments *for prelims and finals (special raffle for finals timers)* by the Meet Director and those assignments be posted on www.aquabears.org and www.pacswim.org. (Athletes in the 500 Freestyle, 1000 Freestyle and 1650 Freestyle shall provide their own timers and lap counters). Parents from unassigned clubs: please take your turn at timing.
- **All Coaches and Deck Officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: High school swimmers 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 heaters are permitted except for snack bar/meet operations.
- All shelters must be properly secured. Coaches canopies may be set up along the sides end end of the pool. Team areas can be on the lawn only (no team areas on the pool deck).
- 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.
- No overnight parking.
- Pets, with the exception of working service animals are not permitted on the pool deck.
- **Portions of the pool deck will be restricted. Only Athletes, coaches, officials, and meet personnel with a deck credential will be allowed into the restricted areas.**

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 1, 2017**, and prior to the closing date of entries for the meet, Wednesday, March 6, 2019. If a 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 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 SHALL 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/wcabjo20190315> 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 6, 2019.

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, March 4, 2019, or hand delivered by 6:30 p.m. Wednesday, March 6, 2019. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. **Make check payable to: Walnut Creek Aquabears**

Mail or Hand deliver entries to: WCAB JO Meet Entries, 1374 Lupine Court, Concord, CA 94521

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - 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.

DISTANCE CHECK IN: Check in for the 1000 Freestyle and the 1650 Freestyle shall close at 11:00am on the day of 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: Individual Events: Medals 1st - 10th; Relay Events: Medals 1st - 3rd; Individual High Point: Distinctive awards for high point male and female for ages 10 & Under, 11, 12, 13, 14.

SCORING: Individual Events: 1st - 10th: 11-9-8-7-6-5-4-3-2-1

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

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

HOSPITALITY: Meals and limited hospitality will be available to all working Officials and Coaches.

EVENT SUMMARY

Day 1 Friday, March 15, 2019

Girls Event #	Age	Event Description	Boys Event #
1	14 13	200 IM	2
3	12 11	200 IM	4
5	10&Un	200 IM	6
7	14 13	100 Back	8
9	12 11	100 Back	10
11	10&Un	100 Back	12
13	14 13	50 Free	14
15	12 11	50 Free	16
17	10&Un	50 Free	18
19	12 11	50 Back	20
21	14 13	500 Free	22
23	12 11	500 Free	24
25	10&Un	500 Free	26

Day 2 Saturday, March 16, 2019

Girls Event #	Age	Event Description	Boys Event #
33	12 11	50 Fly	34
35	14 13	200 Breast	36
37	12 11	200 Breast	38
39	10&U	50 Fly	40
41	14 13	200 Free	42
43	12 11	200 Free	44
45	10&U	200 Free	46
47	14 13	200 Fly	48
49	12 11	200 Fly	50
51	10&U	50 Back	52
53	14 13	100 Free	54
55	12 11	100 Free	56
57	10&Un	100 Free	58
59	12 11	100 IM	60
61	14 13 12 11	1000 Free*	62

Day 3 Sunday, March 17, 2019

Girls Event #	Age	Event Description	Boys Event #
69	12 11	50 Breast	70
71	14 13	200 Back	72
73	12 11	200 Back	74
75	10&U	50 Breast	76
77	14 13	100 Fly	78
79	12 11	100 Fly	80
81	10&U	100 Fly	82
83	14 13	100 Breast	84
85	12 11	100 Breast	86
87	10&Un	100 Breast	88
89	14 13	400 IM	90
91	12 11	400 IM	92
93	10&Un	100 IM	94
95	14 13 12 11	1650 Free*	96

Relays** (at the conclusion of Finals)

27	13-14	200 Free Relay	28
29	11-12	200 Free Relay	30
31	10&Un	200 Free Relay	32

Relays** (at the conclusion of Finals)

63	13-14	200 Medley Relay	64
65	11-12	200 Medley Relay	66
67	10&Un	200 Medley Relay	68

Relays** (at the conclusion of Finals)

97	13-14	400 Free Relay	98
99	11-12	400 Free Relay	100

* The 1000 Freestyle and 1650 Freestyle events are timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in the 500 Freestyle, 1000 Freestyle and 1650 Freestyle events shall provide their own timers and lap counters. If local conditions warrant, genders may be combined in one course, alternating heats of girls and boys. Check-in for the 1000 Freestyle and 1650 Freestyle will close at 11:00 a.m. on the day the event is swum. Athletes may check-in early on the designated 1000 Freestyle or 1650 Freestyle check-in sheets at the check-in desk.

All Relay events are timed finals and shall swim after the conclusion of the last finals event and shall be seeded fast to slow. Entries must be received by the entry deadline – no deck entered relays. Relay Only Athletes must be entered on the relay only list.

Time standards are located on the PC website:

<http://www.pacswim.org/userfiles/cms/documents/809/jo-time-std.---scy-2018-19-rev.pdf>

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INDIVIDUAL ENTRY FORM

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.

Last Name			First Name			Middle Initial		
Club Name					Club Abbreviation		LSC	
Gender (circle) F M	Date of Birth	Age	Age Group	USA Swimming Registration Number				
Event #	Distance & Stroke			Entry Time and Course (circle)				
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
								SCY / LCM / SCM
Athlete or Parent's Phone				# of Entries x \$7.50 = _____ + Participation Fee \$ 8.00 Total Due = _____				
Athlete or Parent's Email								
Athlete's Coach								

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RELAY ENTRY FORM

Club Name				Club Abbreviation			LSC
Coach Name		Coach Email			Coach Phone		
Day 1 – Friday, March 15, 2019							
Event #	Age Group	Gender	Event	Entry Times			
				A Relay	B Relay	C Relay	D Relay
27	13-14	Girls	200 Free Relay				
28	13-14	Boys	200 Free Relay				
29	11-12	Girls	200 Free Relay				
30	11-12	Boys	200 Free Relay				
31	10&Un	Girls	200 Free Relay				
32	10&Un	Boys	200 Free Relay				
Day 2 – Saturday, March 16, 2019							
Event #	Age Group	Gender	Event	Entry Times			
				A Relay	B Relay	C Relay	D Relay
63	13-14	Girls	200 Medley Relay				
64	13-14	Boys	200 Medley Relay				
65	11-12	Girls	200 Medley Relay				
66	11-12	Boys	200 Medley Relay				
67	10&Un	Girls	200 Medley Relay				
68	10&Un	Boys	200 Medley Relay				
Day 3 – Sunday, March 17, 2019							
Event #	Age Group	Gender	Event	Entry Times			
				A Relay	B Relay	C Relay	D Relay
97	13-14	Girls	400 Free Relay				
98	13-14	Boys	400 Free Relay				
99	11-12	Girls	400 Free Relay				
100	11-12	Boys	400 Free Relay				
# of Relay Entries _____ x \$20.00 = _____							

