

**SPEEDO SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS**

Hosted by Pleasanton Seahawks  
co-sponsored by Pacific Swimming

March 16-18, 2018

Enter Online: <http://ome.swimconnection.com/pc/PLS20180316>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-013**

*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 on the Internet at meet mobile.**

**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: Susi Jackson                      Head Starter: Mary Ruddell*  
*Meet Marshal: Lucy Jhong                      Admin Official: Debbie Tucker*  
*Meet Director: Veer Vats ([meetdirector@pleasantonseahawks.org](mailto:meetdirector@pleasantonseahawks.org))*

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS: From Northbound or Southbound Highway 680:** Exit Stoneridge Drive and go East (away from hills). Go ½ mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 ½ miles down on left.  
**From Eastbound or Westbound Highway 580:** Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. Pool is on the right.

**PARKING: Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and Coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

**COURSE:** Outdoor 25 yard pool with up to 16 lanes available for competition. A separate pool 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 feet at the start end and 4 feet 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:** Meet will begin at 9AM each day with warm-ups from 7:30AM to 8:45AM each day. Preliminaries shall finish no later than 1:30 p.m. Championship Finals shall start at 4:00.

**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 events are preliminaries and finals (Exception – 1650/1000 Freestyle)
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of individual **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.
- The number of heats of distance may be capped in advance due to timeline consideration. The number of heats offered shall be determined by the Age Group Committee with input from the host club and the Meet Referee.

- Entries to the meet may be closed prior to entry deadline due to timeline considerations. The decision to close entry to the meet shall be determined by Age Group committee with input from the host club and the Meet Referee.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Prelims will 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.**

**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 heater is permitted except for snack bar/meet operations.
- All 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 (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.

**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 16, 2016 and prior to the closing date of entries for the meet, Monday, March 5, 2018. 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/PLS20180316> 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 7, 2018.

**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 5, 2018 or hand delivered by 6:30 p.m. Wednesday, March 7, 2018. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Pleasanton Seahawks**

**Mail or hand deliver entries to:** PLS Swim Meet Entries  
c/o Anna Umansky  
1558 Trimmingham Drive  
Pleasanton, CA 94566

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

**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 1<sup>st</sup>-8<sup>th</sup>  
Relay Events: Medals 1<sup>st</sup>- 3<sup>rd</sup>, Distinctive Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Team: Distinctive Awards 1<sup>st</sup>-3<sup>rd</sup>  
Individual High Point: Distinctive awards for high male and female for each age group

**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
Relay Events	18	14	12	10	8	6	4	2

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

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

**HOSPITALITY:** Lunch and limited hospitality will be available to all working officials and coaches.

**MISCELLANEOUS:** Please go to [www.pleasantonseahawks.org](http://www.pleasantonseahawks.org) on Junior Olympics 2018 for hotel recommendations.

**EVENT SUMMARY:**

<b>DAY 1, MARCH 16, 2018</b>				
<b>Girls #</b>	<b>Age</b>	<b>Distance</b>	<b>Stroke</b>	<b>Boys #</b>
1	14	200 IM		2
	13			
3	12	200 IM		4
	11			
5	10 & U	200 IM		6
7	14	100 Back		8
	13			
9	12	100 Back		10
	11			
11	10 & U	100 Back		12
13	14	50 Free		14
	13			
15	12	50 Free		16
	11			
17	10 & U	50 Free		18
19	12	50 Back		20
	11			
21	14	500 Free		22
	13			
23	12	500 Free		24
	11			
25	10 & U	500 Free		26

<b>DAY 2, MARCH 17, 2018</b>				
<b>Girls #</b>	<b>Age</b>	<b>Distance</b>	<b>Stroke</b>	<b>Boys #</b>
33	12	50 Fly		34
	11			
35	14	200 Breast		36
	13			
37	12	200 Breast		38
	11			
39	10 & U	50 Fly		40
41	14	200 Free		42
	13			
43	12	200 Free		44
	11			
45	10 & U	200 Free		46
47	14	200 Fly		48
	13			
49	12	200 Fly		50
	11			
51	10 & U	50 Back		52
53	14	100 Free		54
	13			
55	12	100 Free		56
	11			
57	10 & U	100 Free		58
59	12	100 IM		60
	11			
61	13-14	1000 Free		62
	11-12			

**Finals**

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

**Finals**

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

**1000 & 1650 Freestyle events shall swim after the conclusion of the last trial event and before the starts of the finals session each day. Athletes in these events shall provide their own times and lap counters.**

<i>DAY 3, MARCH 18, 2018</i>				
<b>Girls #</b>	<b>Age</b>	<b>Distance</b>	<b>Stroke</b>	<b>Boys #</b>
69	12	50 Breast		70
	11			
71	14	200 Back		72
	13			
73	12	200 Back		74
	11			
75	10 & U	50 Breast		76
77	14	100 Fly		78
	13			
79	12	100 Fly		80
	11			
81	10 & U	100 Fly		82
83	14	100 Breast		84
	13			
85	12	100 Breast		86
	11			
87	10 & U	100 Breast		88
89	14	400 IM		90
	13			
91	12	400 IM		92
	11			
93	10 & U	100 IM		94
95	13-14	1650 Free		96
	11-12			

**Finals**

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

**1000 & 1650 Freestyle events shall swim after the conclusion of the last trial event and before the starts of the finals session each day. Athletes in these events shall provide their own times and lap counters.**

**Time standards are located on the PC website:**

<http://www.pacswim.org/userfiles/cms/documents/809/2017-18-jo-time-std.--final-rev-7.21.17.pdf>

**RELAY ENTRY FORM**

<b>CLUB</b>				<b>LSC</b>		<b>CLUB ABBREVIATION</b>	

**FRIDAY, MARCH 16, 2018**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>	<b>C TEAM</b>	<b>D TEAM</b>

**SATURDAY, MARCH 17, 2018**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>	<b>C TEAM</b>	<b>D TEAM</b>

**SUNDAY, MARCH 18, 2018**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>	<b>C TEAM</b>	<b>D TEAM</b>

<b>COACH NAME</b>		<b># RELAYS</b>	
		<b>RELAY</b>	<b>X \$20.00 EA.</b>
<b>COACH EMAIL</b>		<b>TOTAL</b>	<b>\$</b>



**2018 SPEEDO JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIP**

**Hosted by Pleasanton Seahawks**

**March 16-18, 2018**

To be accepted, all entry information must be completely filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number	Gender M F	Date of Birth	
Event Number	Qualifying Entry Time	(LCM /SCY)	Distance/Stroke		
Athlete's Address:		Total Entries _____ x \$7.50 US Dollars	\$		
Athlete's Phone #		Participation Fee	\$ <b>8.00</b>		
Athlete's/ parent's email:		-----	-----		
Athlete's Coach:		<b>Total Due</b>	\$		

**IMPORTANT!**

**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. All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events, (1000 free and 1650 free) require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.