

Central California Swimming 18 and Under Junior Olympic Swimming Championships

February 12-13-14-15, 2010 – Sponsored by TYR

Bakersfield College – Bakersfield, California

Held under Sanction of USA Swimming / Central California Swimming #S0610AK

See the Central California Swimming Web site for upcoming events and results.

www.centralcalswim.org

- Host:** Bakersfield Swim Club, (661) 637-1403, www.bakersfieldswimclub.org
- Facility:** Sixteen competitive lanes in a 50 meter x 25 yard pool with a continuous depth of 2 meters. Two 25 yard courses will be used if the number of entries warrants. Continuous warm up/swim down is also available in a separate 25-yard pool. Colorado Timing & Scoreboards will be used. **The competition pool has been certified according to articles 202.3, 203.4, and 206.2 USAS rules and regulations.**
Teams may not arrive for set up until after 2:00 PM on Friday, February 12, 2010 – no exceptions.
- Location:** **PLEASE NOTE: THE CHANGE OF VENUE FROM LAST YEAR:** Bakersfield College, William A. Wheeler Aquatic Center and Jeffrey Townsend Pool. From North or South on Highway 99 exit Rosedale Highway go East (turns into 23rd street then Highway 178). Take Mount Vernon Ave. Exit, Go North. From Highway 58, take north bound Mt. Vernon. Bakersfield College is on the corner of Mount Vernon Ave. and University Ave. Go left on University Ave. Turn right into the campus parking lots. The pool is just west of the Football Stadium, next to the PE Building. Parking is available in South Lot.
- Time:** Timed Finals Friday February 12, 2010 Warm up at 3:00 pm and Meet starts at 4:00 pm. All other days: Preliminaries warm-up at 7:30 a.m. Preliminaries begin at 9:00 a.m. Finals time will be established by the meet referee each day.
- Rules:** Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group (except as noted below). Age on the first day of the meet determines age throughout the competition. Preliminaries and finals will be contested in all individual events except for the 13-14 & 15-18 1000 and 1650, 11-12 & 10 & under 500 yard freestyles and all 8 and under events. The 13-14 & 15-18 1000 and 11-12 & 10 & under 500 free will be swum *fastest to slowest alternating girls and boys*. The 13-14 & 15-18 1650 free will be swum *fastest to slowest alternating girls and boys* at the end of preliminaries on Monday. 8 & under events, including relays, will be timed finals conducted during preliminaries on Saturday and Sunday. All relays will be deck-entered with the entry deadline established by the meet referee each day. All relays, except 8 & under, will be timed finals swum in the finals session. 8 & under may swim in an 8 & under relay event or a 10 & under relay event on Saturday and Sunday, but they may not swim both. Only 8 & under events will count toward the 8 & under high point award. 8 & under swimmers competing in 10 & under events will score points in the 10 & under division in those events. All relays must be paid by the beginning of finals on Sunday. Swimmers in the 1000, 1650, and 500 yard freestyle events must provide a lap counting device and lap counter. Swimmers in the 1000, 1650 and 500 yard freestyle timed final or preliminary events must provide a person to time. The meet will be deck seeded. All events will be seeded according to submitted times. Events will be championship seeded except for timed final events. A master check-in system will be used. Check-in for Friday events must be completed thirty (30) minutes prior to the event start time. All other days: Swimmers in the first 4 events must be checked in by 8:30 a.m. Check-in for later events must be completed at least 1 hour prior to the estimated start time of the event. Submitted entry times must be equal to or faster than the listed time standards. This is a proof of time meet. The date and location of each entry time achieved by a swimmer shall be proven to the referee upon request. **Swimmers may compete in up to (7) seven events in total for all individual events in preliminary or timed-final sessions, plus relays. Swimmers may compete in up to three (3) individual events per day.** There will be a championship and consolation final (A & B final) swum in that order for all individual events except for the 15-18 age group a championship, consolation and a bonus (non-scoring) consolation final (A,B, & C final). Central California Swimming missed event policy is as follows: Swimmers who check in for an individual event in preliminaries and are charged with a "no show" will be scratched from that event and their next preliminary or timed final individual event in the meet. Swimmers who are seeded into finals in an individual event and are charged with a "no show" will be scratched from that event, any other individual finals events they are in that day, plus their first individual event on the next day. A swimmer who qualifies for finals and wishes to scratch their event, must scratch or declare their intention to scratch within 30 minutes of the official announcement of the results for that event. No deck entries will be allowed.
- Warm-Up:** GENERAL WARM-UP PERIOD - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in each competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, lanes 1 and 8 will be used for push pace work, lanes 2 and 7 for one-way dive sprints, and lanes 3, 4, 5 and 6 for general warm-up. 6 lanes in the warm-up course will be for general warm-up and swim down. No starting practice in that course. All warm-ups must be supervised by a USA Swimming registered coach. If you do not have a USA Swimming registered coach present, report to the deck referee for coach and lane assignment. Warm-up procedures will be posted on deck and printed in the meet program. Coaches must be prepared to present proof of USA Swimming coach registration at the coaches meeting.
- Time Trials:** Time Trials will be offered at this competition on February 13 & 14 only, held under Sanction of USAS/CCS #S0710AK. Participants in Time Trials must be properly entered in the 18 and Under JO meet. Swimmers are limited to three (3) individual events per day for both meets. During the time trials the 15 -18 age groups events will be offered as open events.
- Entries:** Entries must be submitted electronically either through the CCS online meet entry system or submitted on HY-Tek file along with a signed paper copy of entry and proof of time. Relay entries are due on the day of the event at a time to be determined by the meet referee. Relay only swimmers must be entered in the meet and pay the \$6.50 pool surcharge by the meet entry deadline. There are relay time standards in this meet. Each team will be allowed to enter one relay per relay event that does not meet the listed time standard. You may enter as many relays as you like that make the time standard.
- Eligibility:** Open to all 2010 USA Swimming registered swimmers. This is a proof of time meet.
- Online Entries:** Enter at: <http://www.centralcalswim.org> to receive immediate confirmation of acceptance. Once on the CCS website, click on the Swim Meets button and then click on the Enter a Meet button. Online entry requires payment by credit card using our secure site. There is no additional cost for online meet entries. Online meet entry fees are paid to Central California Swimming. Online entries are available to all swimmers regardless of team and/or LSC affiliation.
- Entry Fees:** \$4.25 for each individual event, \$8.00 per relay and \$6.50 per swimmer pool surcharge. Team hy-tek and online entries must be received by Wednesday, February 3rd, 2010. Late entries will be accepted up to February 9th with a \$10.00 per swimmer late fee. Entries from meets conducted on February 6-7, 2010 will be accepted on Monday February 8th, 2010 only as new events, not updates.
Please mail entries to: Bakersfield Swim Club, PO Box 9939, Bakersfield, CA 93389 Make checks payable to: Bakersfield Swim Club.
- Other:** In accordance to Central California Swimming Policy: The use of any propane heater(s) is strictly prohibited anywhere at this venue site. Self contained vehicles are allowed and overnight parking is permissible.
- Awards:** Custom medals for 1st through 8th in individual events and 1st through 3rd in relay events. Team awards for 1st through 5th places. High point awarded for each age group (8&Under, 10&Under, 11-12, 13-14, 15-18) and gender.
- Scoring:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay events: 40-34-32-30-28-26-24-22
- Director:** Bill Schultz, wmdschultz@gmail.com
- Information:** BSC office (661) 637-1403 email: bsc@bakersfieldswimclub.org
- Meet Referee:** Assigned by Jim Patterson, CCS officials Chair

Central California Swimming Short Course Junior Olympics

Bakersfield, CA - Wm Wheeler Aquatic Complex - Bakersfield College

Friday February 12, 2010 - 3:00 Warm up, 4:00 Meet Start

Girls	Time Std	Event	Time Std	Boys
1	6:29.79	11-12.	500 Free	6:24.99
3	7:22.49	10 & under	500 Free	7:18.39
5	12:48.09	13-14	1000 Free	12:20.49
7	12:35.69	15-18	1000 Free	11:49.59

Saturday February 13, 2010 - 7:30 AM - Warm up, 9:00 AM - Meet Start

Girls	Time Std	Event	Time Std	Boys
9	2:18.99	15-18	4X50 MR	2:12.79
11	2:18.99	13-14	4X50 MR	2:17.89
13	2:23.59	11-12.	4X50 MR	2:22.39
15	2:46.29	10 & under	4X50 MR	2:45.99
17	2:16.79	15-18	200 Free	2:03.49
19	2:19.69	13-14	200 Free	2:14.79
21	2:27.99	11-12.	200 Free	2:26.19
23	2:46.99	10 & under	200 Free	2:46.59
25	1:32.89	8 & under	100 Free	1:32.89
27	1:10.59	15-18	100 Fly	1:03.89
29	1:11.89	13-14	100 Fly	1:07.99
31	1:18.29	11-12.	100 Fly	1:17.99
33	1:36.99	10 & under	100 Fly	1:36.59
35	:50.09	8 & under	50 Fly	:50.09
37	2:33.99	15-18	200 Back	2:20.09
39	2:35.49	13-14	200 Back	2:29.29
41	:36.19	11-12.	50 Back	:36.29
43	:41.29	10 & under	50 Back	:42.59
45	1:45.69	8 & under	100 IM	1:45.69
47	5:31.59	15-18	400 IM	5:05.19
49	5:37.39	13-14	400 IM	5:19.19
51	1:17.29	11-12.	100 IM	1:17.29
53	1:28.69	10 & under	100 IM	1:29.09
55	NTS	8 & under	4X25 FR	NTS
57	9:17.79	15-18	4X200 FR	8:40.89
59	9:29.79	13-14	4X200 FR	9:02.89

Sunday February 14, 2010 - 7:30 AM - Warm up, 9:00 AM - Meet Start

Girls	Time Std	Event	Time Std	Boys
61	2:00.39	15-18	4X50 FR	1:45.89
63	2:02.89	13-14	4X50 FR	1:54.19
65	2:06.59	11-12.	4X50 FR	2:03.29
67	2:19.99	10 & under	4X50 FR	2:18.29
69	:28.79	15-18	50 Free	:25.79
71	:29.29	13-14	50 Free	:28.59
73	:30.89	11-12.	50 Free	:30.69
75	:34.49	10 & under	50 Free	:34.89
77	:41.49	8 & under	50 Free	:41.49
79	1:11.49	15-18	100 back	1:04.69
81	1:12.59	13-14	100 back	1:09.49
83	1:18.59	11-12.	100 Back	1:17.79
85	1:29.09	10 & under	100 Back	1:28.89
87	:49.29	8 & under	50 Back	:49.29
89	2:53.89	15-18	200 Breast	2:38.49
91	2:57.39	13-14	200 Breast	2:48.99
93	:40.09	11-12.	50 Breast	:40.59
95	:45.89	10 & Under	50 Breast	:46.79
97	:55.09	8 & under	50 Breast	:55.09
99	NTS	8 & under	4X25 MR	NTS
101	6:07.79	15-18	500 Free	5:43.39
103	6:12.59	13-14	500 Free	5:58.29
105	5:19.99	11-12.	4X100 MR	5:14.99
107	4:46.89	15-18	4X100 MR	4:21.09
109	4:58.39	13-14	4X100 MR	4:38.89

Monday February 15, 2010 - 7:30 AM - Warm up, 9:00 AM - Meet Start

Girls	Time Std	Event	Time Std	Boys
111	2:36.69	15-18	200 IM	2:23.29
113	2:39.69	13-14	200 IM	2:31.79
115	2:47.39	11-12.	200 IM	2:43.09
117	3:11.59	10 & under	200 IM	3:12.49
119	1:02.49	15-18	100 Free	:56.49
121	1:04.69	13-14	100 Free	1:02.29
123	1:06.59	11-12.	100 Free	1:07.59
125	1:16.89	10 & under	100 Free	1:17.99
127	2:34.79	15-18	200 Fly	2:21.89
129	2:36.89	13-14	200 Fly	2:32.69
131	:34.49	11-12.	50 Fly	:34.99
133	:40.69	10 & under	50 Fly	:40.79
135	1:20.69	15-18	100 Breast	1:13.09
137	1:22.39	13-14	100 Breast	1:17.59
139	1:26.99	11-12.	100 Breast	1:26.99
141	1:42.29	10 & under	100 Breast	1:41.79
143	21:05.59	15-18	1650 Free	19:50.69
145	21:19.59	13-14	1650 Free	20:34.49
147	4:22.59	15-18	4X100 FR	3:58.99
149	4:26.59	13-14	4X100 FR	4:08.79
151	4:38.59	11-12.	4X100 FR	4:29.89

NOTICEI - NOTICEI ----- If the number of entries are warranted - the Preliminaries and/or Finals will be conducted in two(2) separate 25 yard courses.

~ 1650's, 1000's & 11-12 & 10 & under 500's Timed Final Events - Seeded Fast to Slow Alternating Women & Men

~ 10 & Under, 11-12, 13-14, and 15-18 relays - Timed Final Events - swum in Finals
~ All 8 & under Time Final Events - swum in Preliminary Session

~Finals Start time will be determined by the meet referee



**BAKERSFIELD
AT THE CONVENTION CENTER**

Downtown – less than 4 miles to venue site

801 Truxtun Ave.
Bakersfield, CA 93301
661-323-1900

\$75.00

February 4th cut off date