

**2010 SOUTHERN CALIFORNIA SWIMMING  
SUMMER JUNIOR OLYMPIC CHAMPIONSHIPS**

hosted by the **Conejo Simi Swim Club**

Samuelson Aquatics Center, California Lutheran University, Thousand Oaks. July 29th through August 2nd, 2010

SANCTION # 10-174

**HY-TEK ENTRY VIA THE INTERNET (E-MAIL) IS ENCOURAGED.**

**THE E-MAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3)**

**AND A PDF FILE OF THE TEXT ELECTRONIC ENTRY ELECTRONICALLY SIGNED BY THE COACH,**

**ENTRY CHECK TO BE POSTMARKED WITHIN 48 HOURS.**

**HY-TEK DISK ENTRY ACCOMPANIED BY SIGNED HARD COPY AND A SINGLE TEAM CHECK, AND INDIVIDUAL  
BLUE CARDS WILL BE ACCEPTED.**

- OPEN TO:** Southern California Swimming members affiliated or training with the following teams. Coastal Committee: All Teams \*except\* BUEN, Desert Committee: LVSC, TRA, UNLV, BCH; Metro Committee: All Teams \*except\* BSC, LKWD, PASA; Pacific Committee: All Teams \*except\* USC, TROJ, TSM, ZAP; Orange Committee: FAST, BREA, VFA, AZOT.
- ELIGIBILITY:** OPEN ONLY TO 2010 SOUTHERN CALIFORNIA SWIMMING, USA Swimming REGISTERED SWIMMERS, who have met the SCS Summer JO time standard in each event entered. USA Swimming registration application must be received by the SCS Office by Monday, July 26, 2010. There are substantial penalties for swimmer and club (2010 Swim Guide, Part One, III, B) if USA Swimming registration is completed after Monday, July 26, 2010.
- CHANGE OF AFFILIATION:** Before the meet a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach or reattach at the meet.
- DIRECTIONS:** California Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd, Thousand Oaks, CA. North: From 101 freeway, exit Lynn Rd and head north. Lynn Rd turns into Olsen Rd; pool is approx 5 miles on left. South: From 101 freeway, take 23 north, exit Olsen and head west towards Thousand Oaks. Pool approx 3 miles on right. **Glass containers are not allowed in pool area; no pets allowed in pool area.**
- COURSE:** Competition pool University is an outdoor 25-yard by 50 meter pool. A separate 25-yard shallow depth pool will be available for warm-up/ warm-down during competition. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 14 feet, at turn end: 7 feet.
- WARM UP:** The competition pool will be available for warm up at 7:30am each day of the competition. Separate 25 yd. warm up areas will be available throughout the competition. SCS warm up policy will be enforced.
- RULES:** USA Swimming Rules will govern the conduct of this meet. Current SCS procedures 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 an event is closed a swimmer may not check-in or scratch. ***If entries warrant, the preliminaries will run "in chase" from both ends of the pool.***
- Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.
- Swimmers must compete in their age group; age as of July 29th, 2010 determines the age for the meet.
- MEET REFEREE/ OFFICIALS:** The Meet Referee is in charge of the conduct of the meet. The SCS Officials Chairman will appoint deck officials.
- MEET START TIMES:** Preliminaries and Relay sessions will begin at 9:00 a.m. Finals sessions will begin no sooner than 2 hours after the completion of the final heat of the preliminary session. THE FIRST FOUR EVENTS each day will close for check-in 30 minutes before the posted start time of the meet that day.
- DISTANCE EVENTS:** The 800 and 1500 meter freestyle are 'timed finals' with all age groups combined and standard seeding. Events will be swum fastest to slowest, alternating girls' and boys' heats. Swimmers must provide (1) timer to time a minimum of (3) heats in order to compete in these events. Please see event sequence for order of swims. ***If entries warrant, the 800 and/or 1500 meter freestyle events will be swum two swimmers per lane.***
- EVENT LIMIT:** You may enter all events that meet qualifying time standards. Swimmers may swim a **MAXIMUM of Three (3) individual events per day, but may swim NO MORE than SIX individual events for the meet.**

<b>COMBINED EVENTS:</b>	The 13/14 and 15 & UP events will be combined for PRELIMS and TIMED FINALS (excluding relays). FINALS will be swum, scored, and awarded by age group.
<b>SUBMITTED TIMES:</b>	Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". YARD TIMES WILL BE SEEDED AFTER METER QUALIFIERS. If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. (See 2010 SCS Swim Guide or <a href="http://www.socalswim.org">www.socalswim.org</a> for SHORT COURSE YARD time standards.) Time standards must have been achieved on or after Sept. 1st, 2008 and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2010 SCS Swim Guide.) <b>As a reminder: no updated times will be accepted after the meet entry deadline.</b>
<b>PROOF OF TIME:</b>	This is a proof of time meet. All entry times will be verified through the USA Swimming SWIMS times database. An unverified entry time must be proven prior to the beginning of the competition or the swimmer or relay will be scratched from that event. Only swimmers and/or relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in the USA Swimming Rules & Regulations (207.8.3)
<b>DISABLED SWIMMER ENTRY:</b>	A swimmer with a disability may enter a 200 meter event (except the 200 IM), if her/his 100 meter entry time qualifies for the 200 meter event; likewise a 400 meter event if her/his 200 meter time qualifies for the 400 meter event. A swimmer so entered shall be seeded in the slowest heat and swim the lesser distance.
<b>ENTRIES DUE:</b>	Entries must be <b>RECEIVED</b> no later than <b>5 p.m. Wednesday, July 21. Relays must be pre-entered by coaches with provable times. NO LATE ENTRIES</b> will be accepted. All entries not meeting the deadline <b>WILL BE REJECTED</b> . To avoid any concern regarding receipt of entry card enclose a self-addressed stamped envelope or postcard. <b>No certified, registered, special delivery, or mail requiring a signature will be accepted.</b> Receipt of entry will NOT be confirmed by phone -or- by email. Note: keep a copy of entry form for your records.
<b>AWARDS:</b>	Individual: 1st-8th places, custom medals. 9th-16th place, certificates. Relays: 1st-3rd place teams, custom medals. Team: 1st-6th awards for girls/boys/combined team.
<b>SCORING:</b>	Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
<b>FINALS:</b>	A consolation and championship final (16 swimmers) will be offered for 10&under, 11-12, 13-14, and 15&up events. Relays, 800 & 1500 freestyle are timed finals. <b>The national finals' scratch rule will be used.</b> A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Finals: scratch only (positive check in will not be used). Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. 19 and Up swimmers will be considered for finals, space available only.
<b>RELAYS:</b>	All relays will be swum Monday, August 2nd. A \$12.00 fee must accompany all relay entries. Relays must be pre-entered with provable times included on the relay entry form. RELAY ONLY swimmers must pay the \$12.00 surcharge per swimmer. Entry deadline for the relay entry form is the same as individual entries. Refunds for relay entry fees according to SCS rules only.  A club may enter one relay in an event meeting the listed "soft standard," provided it enters only one relay. A club entering more than one relay in an event, must meet the listed "hard standard" for each relay entered. <b>ALL relays for each event must be proven.</b>
<b>ENTRY FEES:</b>	\$4.75 per individual event. \$12.00 surcharge per swimmer. \$12.00 per relay event. \$12.00 surcharge each for relay only swimmers. <b>IF HY-TEK ENTRY IS MADE VIA THE INTERNET (EMAIL), THE TEAM CHECK MUST BE POSTMARKED WITHIN 48 HOURS OF THE EMAIL DATE STAMP.</b>
<b>TIME TRIALS</b>	Sanction#10-175 Will be swum provided both CSSC and MVN JO meets can offer Time Trials between the am/pm session of selected days, time permitting. 3 events per day limit applies (JO events + Time Trials = 3 events per day or less). Deck Entered. Entry fee is \$10.00 per event, no refunds after seeding. Open only to 2010 SCS swimmers who are entered in at least 1 individual event or relay in the JO's. The Administrative Referee will determine the order of events. NO Time Trials will be held on Monday, August 2nd.

Notice: 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.

MAKE CHECKS PAYABLE TO SOUTHERN CALIFORNIA SWIMMING AND MAIL TO:

CSSC JO Meet  
c/o Beverly Pierson  
935 Calle Collado  
Thousand Oaks, CA 91360  
805-376-3042  
Email: [beverly.pierson@gmail.com](mailto:beverly.pierson@gmail.com)

NO REFUNDS.  
RETURNED CHECKS will incur a service fee per SCS policy.

# SOUTHERN CALIFORNIA SWIMMING

## 2010 JUNIOR OLYMPIC SUMMER CHAMPIONSHIPS

### ORDER OF EVENTS

#### THURSDAY, JULY 29th. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
1	1:22.10	11-12	100 M Back	1:22.70	2
3	2:45.20	13-14	200 M Back	2:41.80	4
	2:41.10	15 & UP	200 M Back	2:32.00	
5	1:19.80	11-12	100 M Fly	1:20.90	6
7	2:51.90	13-14	200 M Fly	2:46.40	8
	2:43.70	15 & UP	200 M Fly	2:31.10	
9	1:09.60	11-12	100 M Free	1:10.00	10
11	1:06.10	13-14	100 M Free	1:03.00	12
	1:03.60	15 & UP	100 M Free	58.30	
13	10:33.60	13-14	800 M Free*	10:18.40	14
	10:17.50	15 & UP	800 M Free *	9:48.40	

NOTE: The 800 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys, with the Fastest Heat of Girls and Boys swimming as the last two events of the Finals session. The 800 M Freestyle will be placed and scored by Age Group. Swimmers in the 800/1500 M Freestyle MUST provide one (1) timer for three (3) heats, and must provide their own lap counters. **800 M FREE will close for seeding by time at 10:00 a.m.** The event will be closed to swim (1) hour prior to the event swimming.

#### FRIDAY, JULY 30th. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
15	1:36.00	10/UN	100 M Fly	1:36.20	16
17	2:22.90	13-14	200 M Free	2:16.80	18
	2:17.80	15 & UP	200 M Free	2:07.20	
19	2:51.60	10/UN	200 M Free	2:51.10	20
21	2:30.90	11-12	200 M Free	2:30.90	22
23	1:33.10	10/UN	100 M Back	1:32.80	24
25	5:47.70	13-14	400 M IM	5:37.80	26
	5:41.40	15 & UP	400 M IM	5:21.80	
27	48.30	10/UN	50 M Brst	49.40	28
29	42.10	11-12	50 M Brst	42.90	30
31	1:26.60	13-14	100 M Brst	1:22.80	32
	1:24.40	15 & UP	100 M Brst	1:18.00	

#### SATURDAY, JULY 31st. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
33	1:19.10	10/UN	100 M Free	1:18.90	34
35	5:18.20	11-12	400 M Free	5:23.60	36
37	5:01.30	13-14	400 M Free	4:52.50	38
	4:52.50	15 & UP	400 M Free	4:33.80	
39	40.50	10/UN	50 M Fly	40.40	40
41	35.30	11-12	50 M Fly	35.50	42
43	1:14.20	13-14	100 M Fly	1:10.70	44
	1:11.20	15 & UP	100 M Fly	1:03.90	
45	3:15.10	10/UN	200 M IM	3:12.90	46
47	2:51.70	11-12	200 M IM	2:50.50	48
49	2:41.60	13-14	200 M IM	2:35.50	50
	2:37.50	15 & UP	200 M IM	2:25.30	

#### SUNDAY, AUGUST 1st. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
51	1:45.50	10/UN	100 M Brst	1:47.70	52
53	1:32.00	11-12	100 M Brst	1:33.20	54
55	3:05.40	13-14	200 M Brst	2:59.40	56
	3:03.80	15 & UP	200 M Brst	2:51.70	
57	43.20	10/UN	50 M Back	43.10	58
59	38.10	11-12	50 M Back	38.40	60
61	1:16.50	13-14	100 M Back	1:14.90	62
	1:14.80	15 & UP	100 M Back	1:08.90	
63	35.90	10/UN	50 M Free	35.90	64
65	31.80	11-12	50 M Free	31.80	66
67	30.50	13-14	50 M Free	28.90	68
	29.80	15 & UP	50 M Free	26.90	
69	20:19.20	13-14	1500 M Free**	20:00.30	70
	20:03.00	15 & UP	1500 M Free**	19:07.60	

\*\* NOTE: The 1500 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys. The fastest Heat of Girls and Boys swimming the 1500 M Freestyle will be during the Finals session after events #56 and #62, respectively. The 1500 M Freestyle will be placed and scored by Age Group. Swimmers in the 800/1500 M Freestyle MUST provide one (1) timer for three (3) heats, and must provide their own lap counters.

#### MONDAY, AUGUST 2nd. 9 AM START. Warm up – 7:30 AM

Girls	JO MIN	AGE	EVENT	JO MIN	Boys
71	2:27.20	10/UN	200 M Fr Rly	2:27.20	72
73	4:45.60	11-12	400 M Fr Rly	4:47.80	74
75	4:31.00	13-14	400 M Fr Rly	4:18.30	76
77	4:21.00	15 & UP	400 M Fr Rly	3:59.10	78
79	2:52.20	10/UN	200 M Med Rly	2:53.10	80
81	2:30.90	11-12	200 M Med Rly	2:32.60	82
83	5:10.90	13-14	200 M Med Rly	4:59.10	84
85	5:01.60	15 & UP	200 M Med Rly	4:36.00	86
87	2:10.40	11-12	200 M Fr Rly	2:10.40	88
89	2:05.10	13-14	200 M Fr Rly	1:58.50	90
91	2:02.40	15 & UP	200 M Fr Rly	1:50.30	92
93	5:32.10	11-12	400 M Med Rly	5:36.10	94
95	5:10.90	13-14	400 M Med Rly	4:59.10	96
97	5:01.60	15 & UP	400 M Med Rly	4:36.00	98
99	9:46.70	13-14	800 M Fr Rly	9:20.70	100
101	9:25.80	15 & UP	800 M Fr Rly	8:41.60	102

# *2010 Summer JO's hosted by CSSC*

## HOTELS

Also check for updates on hotel information at:  
<http://www.teamunify.com/SubTabGeneric.jsp?team=scscsa&stabid=25505>

### Single, Family and Team Suites at CLU Campus

Conejo Simi Swim Club is proud to offer accommodations at the California Lutheran University campus, allowing your team or family quick access to the pool. If you are planning to book a large block of rooms for your team, your family or just for yourself, please call or email Vanessa Webster-Smith.

#### CLU Reservations:

Vanessa Webster-Smith: 805-493-3195 email: [vwebster@clunet.edu](mailto:vwebster@clunet.edu)

CSSC - CLU Suites	Rates are Per Person Per Night	
	Rate with Linens	Rate w/o Linens
<b>4-6 Person Suites</b>		
1 night	\$40.00	\$25.00
2 or more nights	\$31.00	\$25.00
<b>Single Occupancy</b>		
1 night	\$110.00	\$100.00
2 or more nights	\$100.00	\$100.00
CLU Family Plans	Rates are Per Person Per Night	
	Rate with Linens	Rate w/o Linens
<b>2-4 Person Family Plan</b>		
1 night	\$148.00	\$88.00
2 or more nights	\$112.00	\$88.00
<b>5-6 Person Family Plan</b>		
1 night	\$210.00	\$114.00
2 or more nights	\$150.00	\$114.00

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## Area Hotel Information

The following hotels have blocked rooms for Wednesday through Monday (7/28-8/2) under the name "CSSC Junior Olympics" and are offering special room rates. Please contact each hotel individually since rates vary and some include breakfast etc.

### **Holiday Inn Express (\$79.00)**

2550 Erringer Road  
Simi Valley  
(805)584-6006  
[www.hiexpress.com](http://www.hiexpress.com)

### **Hampton Inn & Suites (starting at \$99.99)**

510 North Ventu Park Road  
Thousand Oaks  
(805) 375-0376  
[www.hamptoninn.hilton.com](http://www.hamptoninn.hilton.com)

### **Quality Inn (\$69.95)**

12 Conejo Boulevard  
Thousand Oaks  
(805)495-7011  
[www.qualityinn.com](http://www.qualityinn.com)

### **Courtyard Marriott (starting at \$89.99)**

1710 Newbury Road Thousand Oaks, CA 91320  
(805) 499-3900  
[www.thousandoakscourtyard.com](http://www.thousandoakscourtyard.com)

On the right hand side of the website, enter arrival and departure date. Go to Special Rates and Awards, click on Group Code enter CSSCSSA for King beds and CSSCSSB for the queen/queen.

### **Best Western (\$79.00)**

75 West Thousand Oaks Boulevard  
Thousand Oaks  
(805) 497-3701  
[www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com)