

2010 Central California Swimming Long Course Junior Olympics

Held under the sanction of Central California Swimming and USA Swimming # S2610AK and hosted by the Fresno Dolphins Swim Team.

For additional information, please contact Rick Klatt at (559) 276-6396.

Entries are due by midnight on Thursday, July 22, 2010. Enter on-line at www.centralcalswim.org
Maximum of 9 individual events per athlete.

Dates and Times

Thursday, July 29, 2010 – Sunday, August 1, 2010. Warm-up for preliminaries starts at 7:00 a.m. Meet begins at 8:30 a.m. Finals will start no sooner than 1 hour after the end of preliminaries, starting time to be determined by the meet referee.

Facility: Central Unified Aquatics Complex, 3535 N. Cornelia Ave., Fresno, CA 93722. With 8 lanes, 50 meter competition pool with 6 inch Competitor lane lines, Paragon starting blocks and Colorado Time Systems electronic timing. There will be four 25 meter lanes for continuous warm-up and swim down. The competition pool has been certified according to articles 104.2, 104.2.2C (4), 202.3, 202.4 and 206.2 USAS Rules and Reg.

Directions: From north or south Highway 99, exit at Ashlan and travel west 1 mile to Cornelia. Travel south on Cornelia to Dakota. Turn west on Dakota. Drive to the end of the school buildings and turn right into the parking lot.

Rules: Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. **Swimsuits must comply with current USA Swimming rules.** Swimmers will be seeded according to submitted times. Preliminaries and finals will be contested in all individual events except for the 13-14 and 15 and Over 800 and 1500 meter freestyles and all 8 and under events. The 800 and 1500 freestyles will be swum *fastest to slowest* alternating women and men. All heats of the 800 freestyle will be swum at the end of preliminaries on Thursday. All heats of the 1500 will be swum at the end of preliminaries on Sunday. Swimmers in all 13-14 and 15-Over events will be seeded together. 15 and over swimmers will not score team or individual points in this Junior Olympic Championship Meet. Swimmers in the 800 and 1500 meter freestyle events must provide a person to time, a person to count laps and a lap counting device. All 8 and under events, including relays, will be timed finals conducted during preliminaries on Saturday and Sunday. The meet will be championship seeded except for timed final events. A master check-in system will be used. Swimmers in the first 4 events must be checked in by 8:00 a.m. each day of the meet. Check-in for later events must be completed at least 1 hour prior to the estimated start time of the event, or by 10:00 a.m., whichever is earlier. Submitted entry times must be equal to or better than the listed minimum time standards. ***This is a proof of time meet.*** There are both long course and short course time standards for this meet. Long course (conforming) entry times will be seeded first. Short course (non-conforming) times will be seeded after all conforming entry times. Teams submitting entries by Hy-Tek entry file must mail, or transmit electronically, documentation of where and when entry times were achieved. Long course entry times shall be designated as "LC" and short course entry times shall be designated as "SCY". ***If no proof of time is verified, the swimmer will be scratched from that event.*** There will be a championship and consolation final, swum in that order, for all individual events except for the timed final events designated above and in the 15 and over division where only the top eight swimmers will swim in a non-scoring championship final. ***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.*** Relays are timed final events and will be swum in finals each day, except for 8 and under as noted above. "Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement." ***All swimmers will enter the pool feet first with a three point entry during warm-up and warm-down.***

Penalties: Swimmers who check in for an individual event in preliminaries and who miss their event are charged with a "no show" and will be scratched from that event and their next individual preliminary 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 preliminary event on the next day.

Eligibility: Open to all 2010 USA Swimming registered athletes. 19 and over swimmers may compete in the 13 and over preliminary events, but may not compete in finals or relays.

Warm-Up: GENERAL WARM-UP PERIOD - The first 45 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 the 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. During the last 20 minutes of warm-up on Saturday and Sunday, one lane will be designated as a 8 and Under warm-up lane. 4 lanes in the warm-up pool will be for general warm-up and swim down. No diving in the warm-up pool. All warm-ups must be supervised by a currently registered USA Swimming 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.

Online Entries: All entries must be submitted electronically either through the CCS Online Meet Entry System or using Hy-Tek Team Manager system. To use the CCS Online Meet Entry System, enter at: <http://www.centralcalswim.org/>. Once on the CCS website, click on the Enter a Meet option on the Swim Meets drop-down menu. 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. To submit Hy-Tek Team Manager entries, send the entry file and Meet Entry Report as attachments to nanee414@yahoo.com or on disk to the address below. (Instructions on how to create an electronic Meet Entry Report are available on the CCS website under the Hy-Tek Support option on the Coaches' Corner drop-down menu). Relay entries are due on the day of the event at a time to be determined by the meet referee. Relay only swimmers must enter 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. **8-Under relays are timed finals and will be swum at the end of preliminaries. All relays, (Except 8-UNDER), will be timed finals swum in finals sessions.** 8 and unders may swim in an 8 and under relay event or a 10 and under relay event on Saturday and Sunday, but they may not swim both. All relays must be paid for by the end of preliminaries on Sunday.

Entry Limit: **Swimmers may compete in up to three individual events per day plus relays and may compete in no more than nine individual events in total for the meet.** Meet entries will be limited to 600 swimmers. Central California Swimming athletes will receive first priority. Entrants from other LSCs will be accepted on a first-come, first-served basis.

Entry Fees: \$4.25 per individual event. \$8.00 per relay for all age groups. \$6.50 per swimmer pool surcharge. Entrants using the CCS Online Entry System must pay by credit card through the secure CCS website. Hy-Tek entry files must be received by midnight on Thursday, July 22, 2010. ***No late entries will be accepted. No refunds.*** Hard copy and entry fees for team entries submitted by Hy-Tek file (not online entry system entries) should be mailed to:

***Fresno Dolphins Swim Team
7797 N. First, Suite 150
Fresno, CA 93720***

Deadline: Online entries must be submitted by 11:59 p.m. on Thursday, July 22, 2010. No late entries will be accepted.

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 awards for each age group and gender.

Scoring: Points are scored in 8 and Under, 10 and under, 11-12, and 13-14 events (**15-18s are non-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

Scoring for 8 and under highpoint and 10 and under highpoint is separate. When a swimmer scores in an 8 and under event, she/he is accumulating points only toward 8 and under highpoint. When a swimmer scores in a 10 and under event, she/he is accumulating points only toward 10 and under highpoint.

Meet Director: Paul Deffebach (559) 999-1098 or email pdbach@comcast.net

Information: Rick Klatt (559) 276-6396 or e-mail r.klatt@comcast.net

Meet Referee: Luanne Aakhus (661) 588-8337 or e-mail laakhus@bak.rr.com

Officials: There will be a briefing for all officials one hour prior to each session. The LSC plans to submit an application to USA Swimming in order to use this meet for N2 and N3 certification and recertification purposes. Questions should be directed to the Central CA LSC Officials Chair, Jim Patterson.

Online entry procedure, and further information at <http://www.centralcalswim.org>

Thursday, July 29, 2010

Women	Short Course	Long Course	Event	Long Course	Short Course	Men
1	6:29.79	5:54.59	11-12 400 Free	5:51.49	6:24.99	2
3*	1:11.89	1:22.59	13-14 100 Fly*	1:16.99	1:07.99	4*
3*	1:10.59	1:20.09	15-Over 100 Fly*	1:12.99	1:03.89	4*
5	40.69	46.99	10-Under 50 Fly	46.49	40.79	6
7	34.49	39.19	11-12 50 Fly	39.89	34.99	8
9*	2:39.69	3:03.99	13-14 200 I.M.*	2:53.89	2:31.79	10*
9*	2:36.69	2:57.49	15-Over 200 I.M.*	2:43.89	2:23.29	10*
11	45.89	53.29	10-Under 50 Breast	53.89	46.79	12
13	40.09	44.59	11-12 50 Breast	46.79	40.59	14
15*	1:12.59	1:25.59	13-14 100 Back*	1:20.29	1:09.49	16*
15*	1:11.49	1:22.69	15-Over 100 Back*	1:15.69	1:04.69	16*
			<i>10 Minute Break</i>			
17*	12:48.09	11:23.99	13-14 800 Free*	11:06.39	12:20.49	18*
17*	12:35.69	11:17.59	15-Over 800 Free*	10:38.19	11:49.59	18*
			<i>10 Minute Break</i>			
19	5:19.99	5:59.99	11-12 400 Medley Relay**	5:54.49	5:14.99	20
21	9:29.79	10:42.79	13-14 800 Free Relay**	10:13.19	9:02.89	22
23	9:17.79	10:30.79	15-Over 800 Free Relay**	9:51.59	8:40.89	24

*13-14 and 15-Over events will be seeded together in prelims. 13-14s will swim in separate consolation and championship finals in the finals sessions. 15-18s will swim a non-scoring championship final (only top 8).

**All relays on Thursday are timed finals and will be swum in the finals session.

Friday, July 30, 2010

Women	Short Course	Long Course	Event	Long Course	Short Course	Men
25*	5:37.39	6:26.49	13-14 400 I.M.*	6:09.49	5:19.19	26*
25*	5:31.59	6:16.39	15-Over 400 I.M.*	5:48.89	6:08.19	26*
27	1:42.29	1:58.29	10-Under 100 Breast	1:57.19	1:41.79	28
29	1:26.99	1:40.19	11-12 100 Breast	1:41.29	1:26.99	30
31*	2:57.39	3:24.69	13-14 200 Breast*	3:14.59	2:48.99	32*
31*	2:53.89	3:18.99	15-Over 200 Breast	3:03.89	2:38.49	32*
33	2:46.99	3:17.49	10-Under 200 Free	3:10.79	2:46.59	34
35	2:27.99	2:50.09	11-12 200 Free	2:48.39	2:26.19	36
37*	2:19.69	2:43.09	13-14 200 Free*	2:35.09	2:14.79	38*
37*	2:16.79	2:35.69	15-Over 200 Free*	2:24.69	2:03.49	38*
			<i>10 Minute Break</i>			
39	4:38.59	5:14.39	11-12 400 Free Relay**	5:04.79	4:29.89	40
41	4:26.59	5:01.19	13-14 400 Free Relay**	4:41.59	4:08.79	42
43	4:22.59	4:56.79	15-Over 400 Free Relay**	4:30.79	3:58.99	44

*13-14 and 15-Over events will be seeded together in prelims. 13-14s will swim in separate consolation and championship finals in the finals sessions. 15-18s will swim a non-scoring championship final (only top 8).

**All relays on Friday are timed finals and will be swum in the finals session.

Saturday, July 31, 2010

Women	Short Course	Long Course	Event	Long Course	Short Course	Men
45	2:46.29	3:06.89	10-Under 200 Medley Relay**	3:06.49	2:45.99	46
47*	2:35.49	3:02.69	13-14 200 Back*	2:52.59	2:29.29	48*
47*	2:33.99	2:56.69	15-over 200 Back*	2:42.89	2:20.09	48*
49	1:18.59	1:32.69	11-12 100 Back	1:30.89	1:17.79	50
51	1:29.09	1:45.39	10-Under 100 Back	1:43.99	1:28.89	52
53	50.09	1:02.99	8-Under 50 Fly	1:02.99	50.09	54
55*	29.29	35.09	13-14 50 Free*	32.79	28.59	56*
55*	28.79	33.59	15-Over 50 Free*	30.59	25.79	56*
57	30.89	36.09	11-12 50 Free	35.79	30.69	58
59	34.49	39.99	10-Under 50 Free	39.99	34.89	60
61	41.49	50.19	8-Under 50 Free	50.19	41.49	62
63	2:47.39	3:12.19	11-12 200 I.M.	3:10.59	2:43.09	64
65	3:11.59	3:40.39	10-Under 200 I.M.	3:40.19	3:12.49	66
67	3:32.29	3:57.49	8-Under 200 Medley Relay	3:57.49	3:32.29	68
69*	6:12.59	5:38.19	13-14 400 Free*	5:26.59	5:58.29	70*
69*	6:07.79	5:29.59	15-Over 400 Free*	5:09.59	5:43.39	70*
<i>10 Minute Break</i>						
71	2:23.59	2:41.89	11-12 200 Medley Relay**	2:40.59	2:22.39	72
73	5:19.99	5:26.19	13-14 400 Medley Relay**	5:14.69	4:38.89	74
75	4:46.89	5:31.59	15-Over 400 Medley Relay**	5:01.79	4:21.09	76

*13-14 and 15-Over events will be seeded together in prelims. 13-14s will swim in separate consolation and championship finals in the finals sessions. 15-18s will swim a non-scoring championship final (only top 8).

8-Under relays are timed finals and will be swum at the end of preliminaries.

**All relays on Saturday are timed finals and will be swum in the finals session (EXCEPT 8-UNDER).

Sunday, August 1, 2010

Women	Short Course	Long Course	Event	Long Course	Short Course	Men
77	2:19.99	2:37.99	10-Under 200 Free Relay**	2:35.99	2:18.29	78
79	2:18.99	2:36.89	13-14 200 Medley Relay**	2:35.59	2:17.89	80
81	2:18.99	2:31.89	15-Over 200 Medley Relay**	2:30.59	2:12.79	82
83	49.29	59.59	8-Under 50 Back	59.59	49.29	84
85	41.29	48.29	10-Under 50 Back	49.39	42.59	86
87	36.19	41.89	11-12 50 Back	42.19	36.29	88
89*	2:36.89	3:00.89	13-14 200 Fly*	2:50.79	2:32.69	90*
89*	2:34.79	2:53.89	15-Over 200 Fly*	2:40.69	2:21.89	90*
91	55.09	1:04.69	8-Under 50 Breast	1:04.69	55.09	92
93	1:36.99	1:51.39	10-Under 100 Fly	1:50.39	1:36.59	94
95	1:18.29	1:29.19	11-12 100 Fly	1:29.49	1:17.99	96
97*	1:22.39	1:35.09	13-14 100 Breast*	1:29.29	1:17.39	97*
97*	1:20.69	1:32.59	15-Over 100 Breast*	1:25.09	1:13.09	97*
99	1:32.89	1:53.09	8-Under 100 Free	1:53.09	1:32.89	100
101	1:16.89	1:29.29	10-Under 100 Free	1:29.59	1:17.99	102
103	1:06.59	1:19.19	11-12 100 Free	1:17.19	1:07.89	104
105*	1:04.69	1:16.09	13-14 100 Free*	1:11.29	1:02.29	106*
105*	1:02.49	1:12.49	15-Over 100 Free*	1:06.69	56.49	106*
<i>10 Minute Break</i>						
107	2:58.89	3:20.79	8-Under 200 Free Relay	3:20.79	2:58.89	108
<i>10 Minute Break</i>						
109*	21:19.59	21:48.69	13-14 1500 Free*	21:20.49	20:34.49	110*
109*	21:05.59	21:36.69	15-Over 1500 Free*	20:27.59	19:50.69	110*
111	2:06.59	2:23.19	11-12 200 Free Relay**	2:19.59	2:03.29	112
113	2:02.89	2:19.19	13-14 200 Free Relay**	2:09.59	1:54.19	114
115	2:00.39	2:16.79	15-Over 200 Free Relay**	2:03.99	2:00.39	116

*13-14 and 15-Over events will be seeded together in prelims. 13-14s will swim in separate consolation and championship finals in the finals sessions. 15-18s will swim a non-scoring championship final (only top 8).

8-Under relays are timed finals and will be swum at the end of preliminaries.

**All relays on Sunday are timed finals and will be swum in the finals session (EXCEPT 8-UNDER).

A full concession stand with healthful snacks and drinks will be available on all meet days. Hot breakfast will be available on each day of the meet.
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