



**2010 Florida Swimming
Spring Junior Olympic Championships
February 18-21, 2010**



- Sanctioned By: Florida Swimming member of USA Swimming Sanction # 5023
- Sponsored By: Florida Swimming, Inc. Hosted By: Clearwater Aquatic Team
- Condition of Sanction: The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming.
- Type of Meet: 25-Yard Short Course.
10 & U Timed Finals in Prelims.
11 & 12, 13 & 14 Timed Finals, Prelims, Consolation and Championship Finals.
In the finals session, the championship final will precede the consolation final.
Flyover starts and/or chase starts may be used at the discretion of the meet referee.
- Date & Time: Thursday, February 18, 2010 - Timed Finals 5:00 PM
Friday & Saturday, February 19 and 20, 2010 - Prelims 9:00 AM, Finals 5:30 PM
Sunday, February 21, 2010 - Prelims 9:00 AM, Finals 5:00 PM
- Location: The Doyle Aquatic Center at The Long Center, 1501 N. Belcher Rd., Clearwater, FL 33765
- Pool Specs: Two (2) Eight (8) lane certified 25-yard courses with non-turbulent lane lines.
10 lanes may be used for Prelims if deemed necessary by Florida Swimming.
Warm-up/down is available during competition.
Water depth at the competition starting end(s) is a minimum of 5 feet at start ends.
- Timing Equipment: Daktronics Timing System with a full alpha-numeric scoreboard.
- Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions.
One (1) hour Twenty (20) minutes before each final session.
Warm up plan is attached.
- On Thurs., Feb. 18th, the pool will be cleared one hour prior to competition except for those athletes competing in Thursday's session.
- Eligibility: Open to all currently registered Florida Swimming swimmers who are currently registered in Florida Swimming for 120 days and have achieved the current Junior Olympic time standards, as listed, from February 19, 2009 to the Entry Deadline.
- Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". For each relay entered the team must have two swimmers entered in an individual event in an age group and gender. Those swimmers entered in individual events are not required to swim in the relays! Over-entries will be automatically dropped when the limit is met for the meet and/or day. No conversions of times are acceptable. Deck entries will not be permitted.

SEE "OME" HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome> Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

OME OPENS: 12:01 AM EST Friday – January 15, 2010
OME CLOSSES: 10:00 PM EST Wednesday – February 10, 2010

OME HELP: Susan Woessner USA Swimming 719-332-0184 – swoessner@usaswimming.org
 Stuart Michelson FL Swimming 407-417-1756 – smichelson@cfl.rr.com

Conforming and Non Conforming times will be used for entry –short course yards then long course meters.

Individual Entries: Use a time in the national database for entry that is faster than qualifying time. Fastest times need not be used. Swimmers may enter using an “Override Time” for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Relay teams may be entered at any seed time.

TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes who are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

Entry Fees: OME is set up with zero entry fee charges to allow all teams to pay by check. The day after entries close, a psych sheet and an entry fee schedule will be posted. The entry fee schedule will detail entry fees owed by all teams. As soon as entry fees are posted, a check for all entry fees, made out to CAT Boosters, must be mailed to Florida Swimming at: 214 E. Washington St., Ste. B, Minneola, FL 34715 or you may bring a check to the meet.

Proof of Times: Times achieved between February 19, 2009 and the entry deadline for swimmers listed in the USA-S National TIMES Data Base with qualifying times will be permitted to swim individual events. Swimmers with qualifying times who are not listed in this data base must provide proof of time with their OME Junior Olympic entry, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete’s name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. No conversions of times are acceptable for entries. All individual entered times must be provable and be faster than or equal to the qualifying time.

Seeding: Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:

1. Short Course Yards
2. Long Course Meters
3. Short Course Meters

Scratch Procedures: Scratching from Preliminary & Timed Final Events:

No penalty for scratching on the block in the morning prelims with the exception of deck seeded events. Any swimmer entered in an individual deck seeded event that has checked in for that event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from the next individual event in which he/she is entered on that day or the next day of the meet, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

Scratching from Finals:

- A Any swimmer who competes in a preliminary heat and qualifies as one of the original sixteen (16) finalists must swim in that event's championship final or consolation final; or must notify the clerk of course that he/she intends to scratch from that final's event within thirty (30) minutes of the announcement of the qualifiers.
- B Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within thirty (30) minutes of the conclusion of the preliminary session for that day.
- C Any swimmer seeded in a championship or consolation final who fails to swim that event will be barred from further competition in the meet, unless excused by the meet referee due to one of the exceptions listed below.
- D A swimmer not originally qualified for the championship final or consolation final that is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

Exceptions for Failure to Compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

NOTE 1: Alternates for Championship Finals will be the fastest of the Consolation Finalists present behind the blocks at the start of the finals for any given event. Alternates wishing to swim in an open lane in Consolation Finals must be standing at the starter's stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.

NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.

NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.

Entry Fee: \$6.00 per individual event;
\$10.00 per relay;
\$10.00 facility fee per swimmer,
\$1.00 per swimmer LSC Swimmer Support.
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

Entry Deadline: All entries must be completed through USA-S OME online entry program and finished by Wednesday, February 10, 2010 by 10:00 PM. OME is set up with zero entry fee charges to allow all teams to pay by check. No faxed or emailed entries accepted.

For all entry questions contact: Stuart Michelson (407-673-7717 or smichelson@cfl.rr.com)

Awards: Team: High Point - 1st - 3rd
Age Group High Point - 1st for each gender and age group
Team Spirit Award (Picked by Committee)

Individual: High Point Plaque for each age group and sex;
1-3 Medals, 4-8 Ribbons

Relays: 1-3 Medals, 4-8 Ribbons

- Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Rules: Current USA Swimming Technical Rules will govern the meet.
- Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.
- Officials: Head Referee: Don George Head Marshall: Alex Steger
Admin Referee: Matt Wilson Meet Manager: Lori Perrotti
Chief Judge: Bob Bentz
- For Information: Florida Swimming Office (352-242-5145 or flsoffice2@aol.com) or Stuart Michelson (407-673-7717 or smichelson@cfl.rr.com)
- Identification: Coaches and Officials shall wear their active 2010 USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Warm-up Schedule

NO EQUIPMENT PERMITTED

EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL

The Meet Marshal may vary the scheduled warm-up as it fits the needs of the competitors.

Thursday, February 18, 2010 - Timed Finals

Thirty minutes General Warm-up

No Racing Starts

Swimming and Pulling only, Push Off

No sprinting or Pace Work

Thirty minutes Controlled Warm-up

Lane 1 Pace, 50 & 100 Circle swim, Push Off

Lane 2 Racing Starts (One length from start end only)

Lane 3 Swimming & Pulling, Push Off

Lane 4 Swimming & Pulling, Push Off

Lane 5 Swimming & Pulling, Push Off

Lane 6 Swimming & Pulling, Push Off

Lane 7 Swimming & Pulling, Push Off

Lane 8 Swimming & Pulling, Push Off

Twenty minutes Controlled Open Warm-up

Lane 1 Pace, 50 & 100 Circle swim. Push Off

Lane 2 Racing Starts (One length from start end only)

Lane 3 Racing Starts (One length from start end only)

Lane 4 Swimming & Pulling, Push Off

Lane 5 Swimming & Pulling, Push Off

Lane 6 Racing Starts (One length from start end only)

Lane 7 Racing Starts (One length from start end only)

Lane 8 Swimming & Pulling, Push Off

Warm up for the morning preliminary sessions will be split into 'A' and 'B' groups.

The group your team is assigned to will be posted before and at the meet.

Preliminaries:

Friday, Sunday, February 19 & 21, 2010:

7:00 – 7:40 AM General Warm-up – Group A

7:40 – 8:20 AM General Warm-up – Group B

Saturday, February 20, 2010:

7:00 – 7:40 AM General Warm-up – Group B

7:40 – 8:20 AM General Warm-up – Group A

8:20 – 8:50 AM Controlled Open Warm-up

8:20 – 8:50 AM Controlled Open Warm-up

Finals:**Friday & Saturday, February 19 - 20, 2010 :**

4:00 – 5:00 PM General Warm up

5:00 – 5:20 PM Controlled Open Warm up

Sunday, February 21, 2010 :

3:30 – 4:30 PM General Warm up

4:30 – 4:50 PM Controlled Open Warm up

2010 Florida Swimming Short Course Junior Olympics

Order of Events

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Thursday, February 18, 2010 – Timed Finals 5:00 PM						
1-2	10&U	500 Freestyle*	6:36.39	6:36.39	5:59.29	5:59.29
3-4	11-12	1000 Freestyle*	12:12.59	12:30.89	11:03.09	11:24.19
5-6	13-14	1000 Freestyle*	11:22.09	11:12.29	10:07.49	10:04.99

* NOTE: Events 1 through 6 are Deck Seeded Positive Check in Timed Final Events seeded fastest to slowest. **Positive check in is required before 4:00 PM to be seeded. One 10 lane or two 8 lane courses will be used.**

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Friday, February 19, 2010 - Prelims – 9:00 AM; Finals - 5:30 PM Finals						
7-8	13-14	200 Freestyle Relay*				
9-10	11-12	200 Freestyle Relay*				
11-12	10&U	200 Freestyle Relay*				
13-14	13-14	200 Freestyle	2:04.99	2:00.89	2:22.19	2:19.29
15-16	11-12	200 Freestyle	2:13.79	2:15.59	2:30.09	2:33.69
17-18	10&U	200 Freestyle	2:32.69	2:34.69	2:54.59	2:56.59
19-20	13-14	200 Breaststroke	2:44.99	2:39.29	3:07.99	3:05.39
21-22	11-12	100 Breaststroke	1:20.39	1:22.09	1:31.79	1:34.59
23-24	10&U	100 Breaststroke	1:33.39	1:34.69	1:47.09	1:47.99
25-26	13-14	100 Butterfly	1:04.99	1:04.39	1:13.69	1:12.99
27-28	11-12	50 Butterfly	31.69	32.39	35.49	36.59
29-30	10&U	50 Butterfly	37.29	37.79	42.09	42.59
31-32	13-14	400 Individual Medley**	4:59.29	4:53.79	5:39.69	5:35.79
33-34	11-12	100 Individual Medley	1:11.39	1:12.19		
35-36	10&U	100 Individual Medley	1:22.29	1:23.29		
37-38	13-14	400 Medley Relay***				
39-40	11-12	400 Medley Relay***				

*NOTE: Events 7 through 12 are Timed Final Events. All heats will swim in the Preliminary session.

NOTE: Events 31-32 are Deck Seeded Positive Check in Prelim/ Final Events. These events will be swum in prelims fastest to slowest and the fastest three heats of each event will be circle seeded. All preliminary heats will be swum at the conclusion of event 39-40 and following a ten (10) minute break. We will swim the fastest 3 heats of girls then the fastest three heats of boys. Then we will alternate a heat of girls with a heat of boys fastest to slowest. **Positive check in is required before 9:00 AM to be seeded.

***NOTE: Events 37 through 40 are Timed Final Events. The fastest two (2) heats will swim in the finals session, all remaining heats will swim in the preliminary session.

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Saturday, February 20, 2010 Prelims – 9:00 AM; Finals 5:30 PM						
41-42	13-14	200 Medley Relay*				
43-44	11-12	200 Medley Relay*				
45-46	10&U	200 Medley Relay*				
47-48	13-14	200 Butterfly	2:24.49	2:22.79	2:45.99	2:41.89
49-50	11-12	100 Butterfly	1:11.19	1:13.19	1:19.19	1:23.09
51-52	10&U	100 Butterfly	1:26.69	1:27.69	1:38.69	1:39.69
53-54	13-14	50 Freestyle	26.69	25.69	30.59	29.79
55-56	11-12	50 Freestyle	28.39	28.59	32.09	32.99
57-58	10&U	50 Freestyle	31.89	31.89	35.79	35.79
59-60	13-14	100 Backstroke	1:06.79	1:04.89	1:17.99	1:15.09
61-62	11-12	50 Backstroke	33.39	33.99	38.19	38.99
63-64	10&U	50 Backstroke	38.19	38.39	43.69	44.19
65-66	13-14	500 Freestyle**	5:29.99	5:25.29	4:55.99	4:52.89
67-68	11-12	500 Freestyle**	5:48.19	5:57.09	5:13.59	5:22.39
69-70	13-14	400 Freestyle Relay***				
71-72	11-12	400 Freestyle Relay***				

*NOTE: Events 41 through 46 are Timed Final Events. All heats will swim in the Preliminary session.

NOTE: Events 65-66 and 67-68 are Deck Seeded Positive Check in Prelim/ Finals events. These events will be swum in prelims fastest to slowest and the fastest three heats will be circle seeded. We will swim the fastest three heats of girls then the fastest three heats of boys. Then we will alternate a heat of girls with a heat of boys fastest to slowest. After all of the 13-14's are swum we will do the same with the 11-12 age group. All preliminary heats will be swum at the conclusion of events 71-72 and following a ten (10) minute break. **Positive check in is required by 9:00 AM to be seeded.

***NOTE: Events 69 through 72 are Timed Final Events. The fastest two (2) heats will swim in the finals session, all remaining heats will swim in the preliminary session.

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Sunday, February 21, 2010 Prelims – 9:00 AM; Finals - 5:00 PM						
73-74	13-14	1650 Freestyle*	19:21.69	18:40.79	19:48.09	19:22.59
75-76	10&U	200 Individual Medley	2:53.09	2:56.29	3:16.19	3:19.89
77-78	11-12	200 Individual Medley	2:31.99	2:35.89	2:51.69	2:58.09
79-80	13-14	200 Individual Medley	2:24.19	2:20.49	2:44.29	2:41.79
81-82	10&U	50 Breaststroke	42.99	43.49	48.99	49.49
83-84	11&12	50 Breaststroke	37.19	38.09	42.09	43.09
85-86	13-14	100 Breaststroke	1:15.89	1:12.29	1:27.29	1:23.59
87-88	10&U	100 Freestyle	1:10.19	1:10.79	1:19.99	1:20.59
89-90	11-12	100 Freestyle	1:00.69	1:02.89	1:09.99	1:11.59
91-92	13-14	100 Freestyle	57.99	56.29	1:05.99	1:04.79
93-94	10&U	100 Backstroke	1:22.19	1:23.19	1:33.69	1:34.69
95-96	11-12	100 Backstroke	1:12.19	1:13.29	1:21.99	1:24.29
97-98	13-14	200 Backstroke	2:22.79	2:19.49	2:45.89	2:41.59

* NOTE: Events 73-74 are Deck Seeded Positive Check In Timed Final Events. The fastest heat will swim in the Finals. All other heats will swim fastest to slowest alternating girls and boys following a ten (10) minute break after events 97-98 in the preliminary session. **Positive Check in is required before 9:00 AM to be seeded.**

Positive Check In Events:

Swimmers/Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requests are received by the Clerk of Course until filled, or by draw if there is a conflict as to which swimmer/team gets an open lane.



**2010 Florida Swimming
Spring Junior Olympic Championships
February 18-21, 2010**



Team Name _____ Call Letters _____

Address _____

E-Mail Address _____

Coach _____ LSC _____

Phone (W) _____ (H) _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of United States Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during warm-up and competitive sessions at the meet.

NAME OF COACH

TEAM

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete Member.

Signature (must be USA Swimming Member) _____ Team _____ Date _____

ENTRY DEADLINE: Entries must be finalized/checked out by Wednesday, February 10, 2010 by 10:00 PM. All entries must be completed through USA-S OME online entry program by Wednesday, February 10, 2010 at 10:00 PM. No faxed or emailed entries accepted. OME is set up with zero entry fee charges to allow all teams to pay by check. The day after entries close, a psych sheet and an entry fee schedule will be posted. The entry fee schedule will detail entry fees owed by all teams. As soon as entry fees are posted, a check for all entry fees must be mailed to Florida Swimming at: 214 E. Washington St., Ste. B, Minneola, FL 34715 or brought to the meet.

Make Checks payable to: Clearwater Aquatic Team Boosters

Mail Check to: Florida Swimming, Inc., 214 E. Washington St, Suite B, Minneola, FL 34715

FINANCIAL RECAP

Total Swimmers _____ at \$10.00 each = \$ _____ (Facility Fee)
Total Swimmers _____ at \$1.00 each = \$ _____ (LSC Swimmer Support)

Women's Individual Events _____	at \$6.00 each = \$ _____
Men's Individual Events _____	at \$6.00 each = \$ _____
Women's Relay Events _____	at \$10.00 each = \$ _____
Men's Relay Events _____	at \$10.00 each = \$ _____
Total Fees Paid	\$ _____

USA SWIMMING – ON-LINE MEET ENTRY HIGHLIGHTS

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database – Particular attention should be given to times achieved at observed and approved meets. Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times. Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing through the entry process, each time the “NEXT” link is pressed, the information on that page is saved. This allows the entry to be processed during multiple sessions. Coaches can start an entry, save it as-you-go, and sign out without sending their payment to the host team, until done with their entry – in other words coaches don’t have to pay every time an addition is made and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, checkout, etc.). Using these links also saves the information on the previous page.
- Payment: **Make Checks payable to: Clearwater Aquatic Team Boosters**. OME is set up with zero entry fee charges to allow all teams to pay by check.
- Once an event entry has been purchased, there are no refunds.
- Teams do not have to wait until the entire entry is complete to send payment for events. Teams can enter some athletes, send payment for those entries, then return at a later date and add more events, relays, or athletes and send payment events.
- **An athlete is not entered in the meet until payment for events entered are received by the host team.**
- When entering “Override Times” (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved – i.e.: FGJO13-14-400FRelay Lead – There is room for 25 characters of data. Also enter the date of the meet in the date field. The National Times Coordinator will pre-clear as many (*) times as possible.
- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay. If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**). That time is not eligible for entry for the “B” relay. Select another listed time for the “B” relay or enter an aggregate time. **In order to customize relay swimmers and/or times, select Team or Aggregate times instead of the default best relay team.**
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 1. First load the “Meet Events File”.
 2. In the Meet Maintenance panel, set the minimum age for open events as desired.
 3. Click on the “Enforce Qualifying Times”.
 4. Set the “Use Times Since” date to the beginning of the qualifying period for the meet.
 5. Create a “Meet Eligibility” report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select “Only Eligible Swimmers”. This report shows all eligible swimmers for the meet.
 6. Highlight events to be entered for each swimmer.

7. Look up and record bonus event entry times for swimmers eligible for bonus events.
8. Proceed with On-Line Meet Entry.