



2010 Florida Swimming Summer Junior Olympic Championships July 15-18, 2010



- Sanctioned By:** Florida Swimming member of USA Swimming Sanction # 5176
 "In granting this approval it is understood and agreed that USA-S/FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
- Condition of Sanction:** The competition course has been certified in accordance with 10-4.2.2C(4). The copy of such certification is on file with USA Swimming.
- Sponsored By:** Florida Swimming, Inc.
- Hosted By:** Swim Orlando YMCA
- Type of Meet:** 50-Meter Long 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 & chase starts for distance events over 400m may be used.
- Date & Time:** Thursday, Friday & Saturday, July 15, 16 & 17, 2010 - Prelims 9:00 AM, Finals 6:00 PM
 Sunday, July 18, 2010 - Prelims 9:00 AM, Finals 5:30 PM
- Location:** Orlando YMCA, International Drive, Orlando, FL
- Pool Specs:** Certified 50 meter indoor pool, non-turbulent lane lines, eight lane short course pool will be available for continuous warm up/down. A pool depth of 7' at the start end and 7' at the turn end of the pool.
- Timing Equipment:** Colorado Timing pads & buttons and full video scoreboard.
- Warm-up:** Two hours & twenty minutes scheduled warm up prior to the prelim sessions.
 One and a half (1½) hours before each final session.
 Warm up schedule will be developed and posted online prior to the start of the meet.
- 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 July 16, 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 relay. 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 – June 18, 2010
OME CLOSSES: 11:59 PM EST Wednesday – July 7, 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 – long Course meters then short course yards.

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 clearly state 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.”

Proof of Times: Times achieved between July 16, 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: All swimmers must be entered in provable faster or equal to the qualifying time. Non-conforming times will be seated as follows:

1. Long Course Meters
2. Short Course Yards
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 who 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 administrative referee 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 completion of the swimmer's last preliminary event 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 whom 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 excuses the athlete due to a medical exemption.
- 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 are not permitted during all finals and deck-seeded events and 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: All swimmers seeded in the top 24 places after the prelim session for each event who choose NOT to swim during finals are encouraged to scratch from finals in each event within 20 minutes after the swimmer's last individual event during the prelim session.

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 finalized/checked out by Wednesday, July 7, 2010, at 11:59 p.m. No faxed or emailed entries accepted.

Mail Entries Checks (or bring) to: **Make Check payable to:**

YMCA Aquatic Center

YMCA Aquatic Center

%Steve Corrie

8422 International Drive

Orlando, FL 32819

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
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. Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during the swim 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: Sue Kelly Admin Referee: Sue Carlin
Chief Judge: Connie Overton
Head Marshall: Mitzi Tighe Meet Manager: Steve Corrie

For Meet Information: Stuart Michelson, 407-673-7717 or smichelson@cfl.rr.com and/or FS Office 352-242-5145 or flsoffice2@aol.com.

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, Friday, Saturday & Sunday Preliminaries:

6:40 – 7:20 AM General Warm-up – Alternating Daily Group A, Group B, Group A, Group B

7:20 – 8:00 AM General Warm-up – Alternating Daily Group B, Group A, Group B, Group A

8:00 – 8:25 AM General Warm-up - 10 & under only

8:25 – 8:55 AM Controlled Open Warm-up

Thursday, Friday & Saturday Finals:

4:30 – 5:00 PM General Warm up – See below

5:00 – 5:30 PM Controlled Warm-up – See below

5:30 – 5:50 PM Controlled Open Warm up – See below

Sunday Finals:

4:00 – 4:30 PM General Warm up – See below

4:30 – 5:00 PM Controlled Warm-up – See below

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

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

2010 Florida Swimming Summer Junior Olympics Order of Events

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Thursday, July 15, 2010 – Prelims- 9:00 A.M.; 6:00 p.m. Finals						
1-2	10&U	100 Freestyle	1:10.19	1:10.79	1:19.99	1:20.59
3-4	11-12	100 Freestyle	1:00.69	1:02.89	1:09.99	1:11.59
5-6	13-14	100 Freestyle	57.99	56.29	1:05.99	1:04.79
7-8	10&U	50 Breaststroke	42.99	43.49	48.99	49.49
9-10	11-12	50 Breaststroke	37.19	38.09	42.09	43.09
11-12	13-14	100 Breaststroke	1:15.89	1:12.29	1:27.29	1:23.59
13-14	10&U	100 Backstroke	1:22.19	1:23.19	1:33.69	1:34.69
15-16	11-12	100 Backstroke	1:12.19	1:13.29	1:21.99	1:24.29
17-18	13-14	200 Backstroke	2:22.79	2:19.49	2:45.89	2:41.59
19-20	10&U	400 Freestyle**	6:36.39	6:36.39	5:59.29	5:59.29
21-22	11-12	800 Freestyle***	12:12.59	12:30.89	11:03.09	11:24.19
23-24	13-14	800 Freestyle***	11:22.09	11:12.29	10:07.49	10:04.99

**** NOTE:** Events 19 & 20 are deck seeded positive check in, timed final events seeded fastest to slowest. Positive check in before 9:00 a.m. to be seeded.

***** NOTE:** Events 21 through 24 are deck seeded positive check in, timed final events. The fastest heat of 21-22 and 23-24 will swim as the first event in the finals. The remaining heats will be combined by age group and scored separately (events 21 and 23 together and events 22 and 24 together), alternating a heat of girls then a heat of boys fastest to slowest. Positive check in before 9:00 a.m. to be seeded.

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Friday, July 16, 2010 – Prelims – 9:00 A.M.; 6:00 P.M. Finals						
25-26	13-14	200 Freestyle Relay**				
27-28	11-12	200 Freestyle Relay**				
29-30	13-14	200 Freestyle	2:04.99	2:00.89	2:22.19	2:19.29
31-32	11-12	200 Freestyle	2:13.79	2:15.59	2:30.09	2:33.69
33-34	10&U	200 Freestyle	2:32.69	2:34.69	2:54.59	2:56.59
35-36	13-14	200 Breaststroke	2:44.99	2:39.29	3:07.99	3:05.39
37-38	11-12	100 Breaststroke	1:20.39	1:22.09	1:31.79	1:34.59
39-40	10&U	100 Breaststroke	1:33.39	1:34.69	1:47.09	1:47.99
41-42	13-14	400 Individual Medley***	4:59.29	4:53.79	5:39.69	5:35.79
43-44	11-12	400 Medley Relay****				
45-46	13-14	400 Medley Relay****				

****NOTE:** Events 25 through 28 are pre-seeded timed final events. All heats will swim in the preliminary session.

*****NOTE:** Events 41-42 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 45-46 and following a ten (10) minute break. We will swim the fastest 3 heats of girls then the fastest 3 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 43 through 46 are timed final events. The fastest two (2) heats will swim in the finals session (following a 5 minute break), all remaining heats will swim in the preliminary session.

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Saturday, July 17, 2010 Prelims – 9:00 AM; Finals 6:00 P.M.						
47-48	13-14	200 Medley Relay**				
49-50	11-12	200 Medley Relay**				
51-52	10&U	200 Medley Relay**				
53-54	13-14	200 Butterfly	2:24.49	2:22.79	2:45.99	2:41.89
55-56	11-12	100 Butterfly	1:11.19	1:13.19	1:19.99	1:23.09
57-58	10&U	100 Butterfly	1:26.69	1:27.69	1:38.69	1:39.69
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	400 Freestyle##	5:29.99	5:25.29	4:55.99	4:52.89
67-68	11-12	400 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 47 through 52 are pre-seeded timed final events. All heats will swim in the preliminary session.

##NOTE: 65 through 68 are deck seeded positive check in, prelim/final events. These events will be swum in the prelims fastest to slowest, and the fastest three heats will be circle seeded. All preliminary heats will be swum at the conclusion of event 72 and following a ten (10) minute break. We will alternate a heat of 13-14 girls then boys. After all of the 13-14's are swum we will do the same with the 11-12 age group. 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 final session (following a 5 minute break), all remaining heats will swim in the preliminary session.

Event #	Age	Event Name	Short Course		Long Course	
			Girls	Boys	Girls	Boys
Sunday, July 18, 2010 Prelims – 9:00 AM; Finals – 5:30 PM						
73-74	10&U	200 Freestyle Relay**				
75-76	13-14	1500 Freestyle+	19:21.69	18:40.79	19:48.09	19:22.59
77-78	13-14	50 Freestyle	26.69	25.69	30.59	29.79
79-80	11-12	50 Freestyle	28.39	28.59	32.09	32.99
81-82	10&U	50 Freestyle	31.89	31.89	35.79	35.79
83-84	13-14	200 Individual Medley	2:24.19	2:20.49	2:44.29	2:41.79
85-86	11-12	200 Individual Medley	2:31.99	2:35.89	2:51.69	2:58.09
87-88	10&U	200 Individual Medley	2:53.09	2:56.29	3:16.19	3:19.89
89-90	13-14	100 Butterfly	1:04.99	1:04.39	1:13.69	1:12.99
91-92	11-12	50 Butterfly	31.69	32.39	35.49	36.59
93-94	10&U	50 Butterfly	37.29	37.79	42.09	42.59

+ NOTE: Events 75-76 are deck seeded positive check in timed finals events. The fastest heat will swim in finals. All other heats will swim fastest to slowest alternating girls and boys following a ten (10) minute break after event 93-94 in the preliminary session. Positive Check in is required before 9:00 a.m. to be seeded.

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 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 must be made to: Southwest Florida Swim Club, Inc. and mailed to: Gulf Coast Swim Team, 20421 Rookery Dr., Estero, FL 33928.
- Teams do not have to wait until the entire entry is completed. Teams can enter some athletes, then return at a later date and add more events, relays, or athletes.
- **An athlete is not entered in the meet until the entries have been finalized/checked out.**
- 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. As an alternative to using the OME best relay time, select Team (from the drop-box), then enter an override time for the relay.
- 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.