

2010 Michigan Swimming Western Junior Olympics

Hosted By: The Spartan Swim Club
March 5, 2010 – March 7, 2010 Friday, Saturday and Sunday

Q1 TIMES ACHIEVED AT THIS MEET QUALIFY FOR THE STATE MEETS

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a Timed Final swimming meet on behalf of USA Swimming, Sanction # MI0910037. Michigan Swimming rules, safety, and warm up procedures will govern the meet as fully set forth in this meet announcement.

Location: Holt High School Pool, 5885 W. Holt Rd., Holt, Michigan 48842. Visit <http://www.mapquest.com> for a map and directions.

Exit I-96 at Martin Luther King. Go South to Bishop Road and turn left on Bishop. At the dead end, turn right on Grovenburg Road. Turn left on Holt Road. The school is on the right side of Holt Road. The pool is on the east end of the school.

Exit I-127 at Holt Road. The school is on the left side of Holt Road. The pool is on the east end of the school.

Times:	Friday PM	Warm up 5:00	Meet Start 6:00
	Saturday AM	Warm up 7:30	Meet Start 8:30
	Saturday PM	Warm up 12:30	Meet Start 1:30
	Sunday AM	Warm up 7:30	Meet Start 8:30
	Sunday PM	Warm up 12:30	Meet Start 1:30

***All PCC Swimmers are EXPECTED to be checked in, on deck, ready to go at least 15 minutes prior to the listed warm up times.**

Facilities: The Holt High School pool is an indoor eight-lane 25-yard pool. Depth at start is 8 ft. and 4ft. at turn. The competition course has not been certified in accordance with 104.2.2C(4). Permanent starting blocks and non-turbulent lane markers are in place. Colorado timing with an 8-lane display will be used. There is a diving well that is available for supervised warm up and warm down. There is ample seating for spectators. Lockers rooms are available, with limited locker space; however swimmers should bring their own locks and be responsible for their own belongings. Public phones are available.

Meet Hotels: Comfort Inn & Suites 9742 Woodlane Dr. 517-721-0000. Room block under Spartan Swim Club \$89 per night. (5 minutes from pool)
Okemos Hampton Inn: 2200 Hampton place Okemos 517-349-6100 (10 minutes from pool)
Hampton Inn West Side: 525 N. Canal Lansing, 517-627-8381 (10 minutes from pool)

Meet Format: This Junior Olympics meet is the middle level meet (above Districts Meets and below State Meets) of the Michigan Swimming, Inc Championship Meets. Thus, it is a “Faster than/Slower than” a stated time standard swim meet. All individual events are timed finals. There is a Friday evening session in addition to an AM and PM session on Saturday and Sunday. The age groups are 10 and Under, 11-12 and 13-18. 11/12 Girls swim in the morning sessions; 11/12 boys swim in the afternoon sessions.

Team Venue: The MS Junior Olympics will be split into two meets for 2010. Make sure to check the Michigan Swimming website for the meet you have been assigned to.

Eligibility: All swimmers must be currently registered with Michigan Swimming. A swimmer's age on the first day of the meet (March 5, 2010) will determine his/her eligibility for a particular age group for the entire meet.

Time

Standards: To enter a particular event the swimmer's fastest time achieved between January 1, 2009 and March 5, 2010 must fall between "Q2" (JO minimum qualifying) and the "Q1" (State qualifying) time standards (a "Faster than/Slower than" situation). A swimmer may only compete in events in which they do not have a Q1 State Championship qualifying time prior to the JO Meet. **Any swimmer who has achieved a SCM or LCM Q1 time cut which will allow the swimmer to enter an event in the 2010 short course State Meet is ineligible to enter or compete in the same event in the JO meet.** This includes any 8 & under swimmer who has achieved the 10 & under Q1 standard and any 13-18 swimmer who has made the Q1 standards for their age group.

If a swimmer achieves a Q1 time in a particular event after his/her entry has been sent to the JO Entry Chair but before March 5, 2010, the swimmer must withdraw from the event unless the "Age Up" exception below applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

Age Up

Exception: All swimmers who "age up" after the first day of JOs (on or after March 5, 2010) and before their respective state meets and who don't have a Q1 time in their new (State Meet) age group may enter a particular event in their current age group at JO's at a seed time at or faster than their current age group's Q1 time standard. **All of these entries must be entered as Exhibition swims.** This additional entry option is intended to allow all swimmers an opportunity to qualify for the State Meets in their actual State Meet age group. Swimmers who enter an event at JO's under this section are not, however, eligible for awards at JO's in that event. Please alert the entry chair to all "Age Up" entries by enclosing a statement to that effect in your email or US mail entry.

Achieved

Times: Q1 times achieved at JO's qualify for the State Meets so long as the entry is received by the State Meet hosts by the entry cut off dates as stated in the State Meet announcements.

Individual

Entry

Limits: A swimmer may enter a maximum of 1 individual event Friday, 3 individual events Saturday, and 3 individual events Sunday. Once entered in the meet, a swimmer may not substitute one event for another.

New for 2010:

If a 13-18 year old swimmer has achieved the Q2 time for the 1000 yd freestyle and does not have a state time (Q1) in the 1650 yd freestyle they may choose to enter the 1650 yd freestyle at the Q2 cutoff time.

Relays: There will be relays offered this year at the Junior Olympics Meet. Swimmers may enter 1 relay per day. Swimmers must be entered into the meet in at least 1 individual event in order to swim a relay. (NO RELAY ONLY Swimmers) Additionally Teams are Limited to an A and B relay for each relay event.

Age Groups: There is a 13-18 Age Group in this meet (not 13/14 and 15-18). Make sure you check your Q2 qualifying times carefully in the Time Standards portion of this meet announcement. Use the time standards corresponding to your actual age on March 5, 2010.

Entry Fees

Electronic: \$5.00 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered.

Entry

- Procedures:** PCC Swimmers should enter this meet by following the online entry link. Please read through the entire meet packet and see the entry list online prior to registering. All entries are due by Wednesday, February 24 @ 6:00 P.M. Any swimmer qualifying for the J.O. Meet at the District Meet MUST email Coach Andy by Sunday, February 28 @ 10:00 P.M. in order to be entered in any additional events. These are very STRICT deadlines! No late entries will be accepted! Coaches will be selecting events for this meet.
- Refunds:** Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part, except as specified in the Time Standards paragraph.
- Check In:** Check In will be available as of 30 minutes before start of warm up. **CHECK IN IS REQUIRED NO LATER THAN 15 MINUTES AFTER THE START OF WARMUP FOR EACH SESSION. CHECK IN MUST COMPLY WITH THE MICHIGAN SWIMMING APPROVED CHECK IN RULES.** Failing to swim an event after check in will disqualify a swimmer from his or her next event. Check in will be located in the Commons past the pool entrance.
- Marshaling:** All events will be self-marshaled. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently. Heat cards will not be used.
- Time Trials:** Time Trials will be offered at the discretion of the meet director and meet referee if time permits. The cost is \$7 per event. Only 1 Time Trial will be allowed per swimmer per day provided they do not exceed the 3 events per day limitation.
- Scratch Rules:** Once a swimmer has checked in and is seeded, that swimmer must compete in that event or the swimmer will be scratched from his/her next scheduled event. **Prior** to check in closing, a swimmer may scratch events at the Clerk of Course. **After** check in closes, you must see the Meet Referee to scratch an event.
- Seeding:** All events are timed finals and will be seeded slowest to fastest other than the 500 and 1650 freestyles, which will be seeded fastest to slowest. The 13-18 500 Free and 1650 Free will be swum alternating genders (women-men). Genders may be combined to reduce the number of heats.
- Admissions:** Fri. Eve. \$4 (includes heat sheet)
Sat & Sun: \$4 per person. (12 & under free)
Sat & Sun Programs: \$4 per day
- Scoring/
Awards/
Photos:** Custom Michigan Swimming Medals will be awarded for 1st through 8th place. Custom Ribbons will be awarded 9th through 16th place for all individual events and will be available for pick up during the meet. Relays will be awarded custom Michigan swimming Medals for 1st – 3rd place and custom ribbons for 4th-8th place. No awards will be mailed. No individual or team scoring will be kept.
- Results:** Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Teams bringing to the meet a formatted 3.5" disk or a thumb drive may make a copy of results after each day's session.
- Concessions:** Food and beverages will be available in the Holt High School Commons area. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.
- Lost and**

Found: Articles may be turned in/picked up at the pool office. Articles not picked up by the end of the meet will be retained in the home of the Concessions Manager for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).

Swimming Safety: Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers will be required to slip into the pool except when sprint lanes have been designated. Penalties for violating these rules will be in the sole discretion of the meet referee.

Deck Personnel: **Only swimmers, registered coaches and meet officials/workers are allowed on the deck. Coaches and officials must display their registration cards at all times. Coaches must be current in all certifications through the final date of the meet.**

Swimmers With Disabilities: All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please indicate them on the entry form and with the Clerk of Course and/or the Meet Referee during warm ups.

Info: Any errors or omissions in the program will be documented by the Meet Referee and available for review at the Clerk of Course for review. Information will also be covered at the Coaches' Meeting.

First Aid: Supplies will be kept in the pool office.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Holt High School.
 - (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
 - (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
 - (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Marshall and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection at the pool office.

Meet Director: Damon Robertson, 517-402-2557, coachdtr1@hotmail.com

Clerk of Course: Damon Robertson

Meet Referee: Scott Appleyard
269-383-0343

Safety Marshall: Patrick Saucedo
saucedop@msu.edu

T-Shirts: A limited number of custom meet shirts will be available at the meet. A preorder form is attached and is due on **February 19, 2010**. Late orders will be accepted only if shirts are still available.

FRIDAY EVENING

PCC Swimmers Arrive 4:45 p.m. Warm-up 5:00 p.m. Meet Start 6:00 p.m.

Girls	EVENTS	Boys
EVENT #		EVENT #
1	11 -12 400 IM	2

3	10&U 500 FREE	4
5	13-18 1650 FREE**	6

**** If a swimmer has the 1000 yd freestyle Q2 time they can enter the 1650 at the Q2 cutoff Time.**

SATURDAY MORNING

PCC Swimmers Arrive 7:15 a.m. Warm-up 7:30 a.m. Meet Start 8:30 a.m.

Girls	EVENTS	Boys
EVENT #		EVENT #
7	11-12 Girls 200 Back	
8	10 & Under 50 Free	9
10	11-12 Girls 50 Free	
11	10 & Under 100 IM	12
13	11-12 Girls 100 IM	
14	10 & Under 50 Fly	15
16	11-12 Girls 50 Fly	
17	10 & Under 200 Free	18
19	11-12 Girls 200 Free	
20	10 & Under 100 Breast	21
22	11-12 Girls 100 Breast	
23	10 & Under 50 Back	24
25	11-12 Girls 50 Back	
26	11-12 Girls 200 Fly	

SATURDAY AFTERNOON

PCC Swimmers Arrive 12:15 p.m. Warm-up 12:30p.m. Meet Start 1:30p.m.

Girls	EVENTS	Boys
EVENT #		EVENT #
	11-12 Boys 100 I.M.	30
31	13-18 400 IM*	32
	11-12 Boys 50 Back	33
34	13-18 200 Back*	35
	11-12 Boys 200 Free	36
37	13-18 200 Free*	38
	11-12 Boys 50 Fly	39
40	13-18 200 Fly*	41
	11-12 Boys 200 Back	42
43	13-18 50 Free*	44
	11-12 Boys 50 Free	45
46	13-18 100 Breast*	47
	11-12 Boys 100 Breast	48
	11-12 Boys 200 Fly	49

SUNDAY MORNING

PCC Swimmers Arrive 7:15 a.m. Warm-up 7:30 a.m. Meet Start 8:30 a.m.

Girls	EVENTS	Boys
EVENT #		EVENT #
53	11-12 Girls 200 Breast	
54	10 & Under 200 IM	55
56	11-12 Girls 200 IM	
57	10 & Under 100 Back	58
59	11-12 Girls 100 Back	
60	10 & Under 100 Free	61
62	11-12 Girls 100 Free	
63	10 & Under 50 Breast	64
65	11-12 Girls 50 Breast	
66	10 & Under 100 Fly	67
68	11-12 Girls 100 Fly	
72	11-12 Girls 500 Free	

SUNDAY AFTERNOON

PCC Swimmers Arrive 12:15 p.m. Warm-up 12:30p.m. Meet Start 1:30p.m.

Girls	EVENTS	Boys
EVENT #		EVENT #
	11-12 Boys 200 Breast	73
74	13-18 200 Breast*	75
	11-12 Boys 200 IM	76
77	13-18 200 IM*	78
	11-12 Boys 100 Back	79
80	13-18 100 Back*	81
	11-12 Boys 100 Free	82
83	13-18 100 Free*	84
	11-12 Boys 50 Breast	85
86	13-18 100 Fly*	87
	11-12 Boys 100 Fly	88
92	13-18 500 Free*	93
	11-12 Boys 500 Free	94

*** Must be slower than Q1 (state qualifying) time for their age group**

**Qualifying Period: January 1, 2009
to entry deadline**

September 2009

10 & Under GIRLS		EVENT	10 & Under BOYS	
SCY			SCY	
(Q1) Slower than	(Q2) Faster than or equal to		(Q2) Faster than or equal to	(Q1) Slower than
31.69	33.59	50 Freestyle	34.59	31.59
1:09.49	1:15.99	100 Freestyle	1:19.09	1:10.29
2:31.59	2:50.09	200 Freestyle	2:55.69	2:35.29
6:50.59*	7:42.89	500 Freestyle	8:05.99	6:56.99
37.29	40.39	50 Backstroke	41.69	37.99
1:20.29	1:27.79	100 Backstroke	1:32.29	1:21.49
42.09*	45.59	50 Breaststroke	48.09	43.69
1:32.49	1:42.79	100 Breaststroke	1:44.29	1:35.09
35.89	39.79	50 Butterfly	42.69	37.19*
1:26.29	1:40.99	100 Butterfly	1:40.59	1:31.29*
1:19.99*	1:26.59	100 IM	1:30.99	1:21.89
2:54.39	3:16.09	200 IM	3:24.69	2:57.09

11-12 GIRLS		EVENT	11-12 BOYS	
SCY			SCY	
(Q1) Slower than	(Q2) Faster than or equal to		(Q2) Faster than or equal to	(Q1) Slower than
27.89*	29.09	50 Freestyle	30.59	28.29
1:00.79	1:05.09	100 Freestyle	1:09.19	1:02.09
2:13.39	2:24.39	200 Freestyle	2:32.99	2:14.59*
5:53.49	6:27.99	500 Freestyle	6:42.19	6:01.89
32.59	35.09	50 Backstroke	37.09	33.29*
1:10.09*	1:16.39	100 Backstroke	1:20.19	1:11.69*
2:31.19	2:48.09	200 Backstroke	3:09.59	2:34.79
36.59	39.99	50 Breaststroke	41.99	37.79*
1:20.19	1:27.69	100 Breaststroke	1:32.09	1:21.69*
2:51.99*	3:11.09	200 Breaststroke	3:25.79	2:59.99*
31.19*	34.19	50 Butterfly	36.29	32.29
1:11.29	1:22.99	100 Butterfly	1:26.69	1:13.99*
2:45.49	3:12.59	200 Butterfly	3:23.99	2:55.89
1:10.79	1:16.29	100 IM	1:20.29	1:12.89*
2:32.89*	2:47.59	200 IM	2:55.69	2:35.49*
5:25.59	6:19.89	400 IM	6:30.89	5:36.19*

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 and Open).

**Qualifying Period: January 1, 2009 to
entry deadline**

**13-18 WOMEN
SCY**

**13-18 MEN
SCY**

(Q1) Slower than	(Q2) Faster than or equal to	EVENT	(Q2) Faster than or equal to	(Q1) Slower than
26.69	27.59	50 Free, 13-14	27.09	25.29
25.89	27.59	50 Free, 15-18	27.09	23.49
57.79*	59.89	100 Free, 13-14	58.89	55.09
55.99*	59.89	100 Free, 15-18	58.89	50.89*
2:05.09*	2:11.69	200 Free, 13-14	2:11.09	2:01.09
2:01.29*	2:11.69	200 Free, 15-18	2:11.09	1:51.89
5:32.99*	5:50.99	500 Free, 13-14	5:53.69	5:25.09
5:25.29*	5:50.99	500 Free, 15-18	5:53.69	5:03.99*
11:35.99*	12:33.39*	1000 Free, 13-14	12:35.59*	11:19.99*
11:20.99*	12:33.39*	1000 Free, 15-18	12:35.59*	10:40.19
19:35.99*	20:57.09	1650 Free, 13-14	21:19.99	19:17.99*
18:58.89	20:57.09	1650 Free, 15-18	21:19.99	18:10.49
1:05.99*	1:09.59	100 Back, 13-14	1:10.99	1:04.09
1:04.59	1:09.59	100 Back, 15-18	1:10.99	59.19
2:21.59*	2:29.89	200 Back, 13-14	2:35.99	2:18.69*
2:18.59*	2:29.89	200 Back, 15-18	2:35.99	2:09.19*
1:13.99	1:20.69	100 Breast, 13-14	1:19.49	1:12.49
1:13.09*	1:20.69	100 Breast, 15-18	1:19.49	1:06.69
2:41.99	2:55.09	200 Breast, 13-14	2:54.49	2:38.09
2:39.69*	2:55.09	200 Breast, 15-18	2:54.49	2:27.99*
1:05.59*	1:10.29	100 Fly, 13-14	1:09.99	1:03.39*
1:02.99	1:10.29	100 Fly, 15-18	1:09.99	57.09
2:27.99*	2:48.59	200 Fly, 13-14	2:41.99	2:30.69
2:23.39	2:48.59	200 Fly, 15-18	2:41.99	2:15.99*
2:22.69	2:28.99	200 IM, 13-14	2:28.99	2:17.39
2:18.29*	2:28.99	200 IM, 15-18	2:28.99	2:06.99*
5:03.89*	5:26.89	400 IM, 13-14	5:24.99	4:59.99*
4:54.29*	5:26.89	400 IM, 15-18	5:24.99	4:40.99*

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