

**SPEEDO ADAM SZMIDT MEMORIAL LONG COURSE JUNIOR OLYMPICS**  
**HOSTED BY ORINDA AQUATICS**  
*Co-sponsored by Pacific Swimming & Speedo*  
**JULY 7 – 10, 2016**  
**ENTER ONLINE: <http://ome.swimconnection.com/pc/oapb20160707>**



**Attention: No Wednesday night set-up allowed. Gates will not open until 7:00 each morning**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **16-072**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. By entering the meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

<b>MEET OFFICIALS:</b>	<b>Meet Referee: Mary Ruddell</b>	<b>Head Starter: Marie Lin</b>
	<b>Head Marshal: Jim Therien</b>	<b>Admin Referee: Susi Jackson</b>
	<b>Meet Director: Renee Owyong – <a href="mailto:r.owyong@att.net">r.owyong@att.net</a></b>	

**LOCATION: Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.**

**DIRECTIONS: Highway 24 West**-take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-meter competition pool with 8 lanes with electronic timing system. If entries warrant: a double-ended course configuration will be used. A separate pool will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 a.m. each day.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All individual events are preliminaries and finals, except the 800 and 1500 meter freestyle events which are timed finals.
- All relay events are timed finals.
- All preliminary events will swim fast to slow, with the fastest three (3) heats circle seeded.
- Athletes may enter as many individual events as they are qualified for, but may only compete in three (3) per day with a maximum of **eight (8) individual events**, plus relays for the entire meet.
- There is a Championship Final only with the top 8 athletes qualifying for each final.
- The 15-16 and 17-18 age groups will swim as a combined age group (15-18) in preliminary heats, but swim as separate age groups in final heats.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**SPECIAL RULES:**

- **Athletes in the 400 meter IM, 400, 800 and 1500 meter freestyle must provide their own timers.**
- **Athletes in the 800 and 1500 meter freestyle must provide their own lap counters.**
- **The 800 and 1500 meter freestyles will swim fastest to slowest alternating girls and boys.**
- Check in for the 800 and 1500 meter freestyles will close at 11:00 AM on each day the event is swum. Athletes may check in early on the designated 800/1500 check in sheets at the check-in desk.

- At the discretion of the Meet Referee, any distance race may swim two athletes per lane, starting at opposite ends of the pool with each athlete swimming the entire race on their respective side of the lane.
- **RELAYS:** All relays are timed finals. Entries must be received by the entry deadline. NO deck entered relays. Relay Only athletes must be entered on the relay only entry list in order to be eligible to swim relays. Do NOT include qualified athletes entered into the meet on the relay only list. Relay athletes must swim in their respective age groups. **Teams may enter a maximum of two (2) relays per event.**

**UNACCOMPANIED ATHLETES:** USA Swimming athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach.

**RACING STARTS:** Any athlete entered in this 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 the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers are exempt per applicable laws.
- Coaches, parents and siblings are not allowed in any of the swimming pools.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- This meet is only open to current members of Pacific Swimming.
- Athletes must have met the "JO" time standard in every event entered. Entries with **"NO TIME" will not be accepted.**
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in preliminaries only, no finals or awards. Such athletes must have met standards for the 17-18 age group.
- Athlete's age will be their age on the first day of the meet.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming Rules and Regulations Section 4.A. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry time must have been achieved after **January 1<sup>st</sup>, 2015** and prior to the closing date of entries for the meet (**Monday, June 27<sup>th</sup>, 2016 at 11:59 PM**). If the time cannot be proven prior to the meet, the athlete will not be allowed to check-in for the event until the entry time has been proven. When possible, coaches will be notified of any athletes who have not proven their entry time. No Refunds will be given if the time cannot be proven.

**ENTRY FEES:** \$7.50 per event, \$10.00 participation fee per athlete. \$20.00 per relay team. Note: Relay Only athletes are NOT required to pay the \$10.00 participation fee. All entries fees MUST be included with entry. No refunds will be made.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20160707> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely**

**voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through **Monday, June 27<sup>th</sup>, 2016.**

**MAILED OR HAND DELIVERED ENTRIES:** Individual entries must be on the attached consolidated entry form. Relay entries must be on the attached relay entry form & Relay Only Athlete form. ALL forms must be filled out completely and printed clearly with athlete's best time. Individual entries, Relay entries and Relay Only entries must be postmarked by midnight, **Friday, June 24<sup>th</sup>, 2016** or hand delivered by 6:30 p.m. **Monday, June 27<sup>th</sup>, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: [Orinda Aquatics](#)**

**Mail/Hand Deliver entries to: [Renee Owyong, 6537 Liggett Drive, Oakland, CA 94611](#)**

**SEEDING:** Event seeding will be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM) and non-conforming short course yards (SCY) per USA Swimming rules 207.11.7B. Preliminary heats will swim fastest to slowest, with the first three (3) heats being circle seeded. **See Special Rules for distance events seeding.**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event. **See Special Rules for distance events check-in.**

**SCRATCHES:**

- Pacific Swimming scratch rules will be enforced. A copy shall be posted at the clerk of the course.
- Athletes entered in an individual event in a Preliminaries and Finals meet that is Deck Seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event in which the athlete is entered on that day or their next meet day, whichever is first.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for a final race in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they shall be barred from their next preliminary event on the next day of the meet they are entered.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made payment.

**AWARDS:** Custom SPEEDO Junior Olympic medals will be awarded to the top 8 athletes in individual events and the top-3 relay teams in each Relay event. There are no awards for 15-16 & 17-18 age groups.

**ADMISSION:** Free. A four-day program will be available for a reasonable cost.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch and dinner. Hospitality will serve refreshments to timers.

PACIFIC SWIMMING SPEEDO ADAM SZMIDT MEMORIAL LC JUNIOR OLYMPIC

MEET EVENT SUMMARY

*Thursday, July 7, 2016*

10 & under	11-12	13-14	15-16	17-18
100 Fly	100 Fly	100 Fly	200 Fly	200 Fly
100 Free	100 Free	100 Free	100 Free	100 Free
200 IM	50 Breast	200 IM	400 IM	400 IM
	200 IM	<b>1500 Free*</b>		
	<b>1500 Free*</b>			
	400 Medley Relay	400 Medley Relay	15-18 400 Medley Relay	

*Friday, July 8, 2016*

10 & under	11-12	13-14	15-16	17-18
100 Back	200 Back	200 Back	100 Back	100 Back
50 Breast	100 Breast	100 Breast	100 Breast	100 Breast
	50 Fly	400 Free	200 Free	200 Free
	400 Free		<b>1500 Free*</b>	<b>1500 Free*</b>
200 Free Relay	400 Free Relay	400 Free Relay	15-18 400 Free Relay	

*Saturday, July 9, 2016*

10 & under	11-12	13-14	15-16	17-18
100 Breast	200 Free	200 Free	200 Breast	200 Breast
50 Fly	200 Fly	200 Fly	100 Fly	100 Fly
400 Free	50 Back	400 IM	200 IM	200 IM
	400 IM		<b>800 Free*</b>	<b>800 Free*</b>
200 Medley Relay	200 Medley Relay	200 Medley Relay	15-18 200 Medley Relay	

*Sunday, July 10, 2016*

10 & under	11-12	13-14	15-16	17-18
200 Free	200 Breast	200 Breast	200 Back	200 Back
50 Back	100 Back	100 Back	50 Free	50 Free
50 Free	50 Free	50 Free	400 Free	400 Free
	<b>800 Free*</b>	<b>800 Free*</b>		
	200 Free Relay	200 Free Relay	15-18 200 Free Relay	

**\*See Special Rules regarding 800 and 1500 Freestyle events.  
Relay events will swim at the conclusion of the finals session.**

**ORDER OF EVENTS**

<b>Thursday, July 7th</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	11-12 100 Fly	2
3	13-14 100 Fly	4
5	10 & Un 100 Fly	6
7	15-16 200 Fly 17-18 200 Fly	8
9	11-12 100 Free	10
11	13-14 100 Free	12
13	10 & Un 100 Free	14
15	15-16 100 Free 17-18 100 Free	16
17	11-12 50 Breast	18
19	10 & Un 200 IM	20
21	13-14 200 IM	22
23	11-12 200 IM	24
25	15-16 400 IM 17-18 400 IM	26
<b>201*</b>	<b>11-12 1500 Free 13-14 1500 Free</b>	<b>202*</b>
27	11-12 400 Medley Relay	28
29	13-14 400 Medley Relay	30
31	15-18 400 Medley Relay	32

<b>Friday, July 8th</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
33	11-12 200 Back	34
35	13-14 200 Back	36
37	15-16 100 Back 17-18 100 Back	38
39	10 & Un 100 Back	40
41	11-12 100 Breast	42
43	13-14 100 Breast	44
45	15-16 100 Breast 17-18 Breast	46
47	10 & Un 50 Breast	48
49	11-12 50 Fly	50
51	15-16 200 Free 17-18 200 Free	52
53	11-12 400 Free	54
55	13-14 400 Free	56
<b>203*</b>	<b>15-16 1500 Free 17-18 1500 Free</b>	<b>204*</b>
57	10&un 200 Free Relay	58
59	11-12 400 Free Relay	60
61	13-14 400 Free Relay	62
63	15-18 400 Free Relay	64

\*See special rules 1500 Freestyle.

Athletes in the 400 IM and 400 Freestyle must provide own timers.  
Athletes in the 1500 Freestyle must provide own timers & lap counter.

Relay events will swim at the conclusion of the finals session.

Time standards are located on the PC website: <http://www.pacswim.org/userfiles/cms/documents/809/jo-qualifying-1516.pdf>

Saturday, July 9th		
Girls Event #	Event	Boys Event #
65	11-12 200 Free	66
67	13-14 200 Free	68
69	15-16 200 Breast 17-18 200 Breast	70
71	10 & Un 100 Breast	72
73	11-12 200 Fly	74
75	13-14 200 Fly	76
77	15-16 100 Fly 17-18 100 Fly	78
79	10 & Un 50 Fly	80
81	11-12 50 Back	82
83	15-16 200 IM 17-18 200 IM	84
85	10 & Un 400 Free	86
87	11-12 400 IM	88
89	13-14 400 IM	90
<b>205*</b>	<b>15-16 800 Free 17-18 800 Free</b>	<b>206*</b>
91	10&Un 200 Medley Relay	92
93	11-12 200 Medley Relay	94
95	13-14 200 Medley Relay	96
97	15-18 200 Medley Relay	98

Sunday, July 10th		
Girls Event #	Event	Boys Event #
99	11-12 200 Breast	100
101	13-14 200 Breast	102
103	10 & Un 200 Free	104
105	15-16 200 Back 17-18 Back	106
107	11-12 100 Back	108
109	13-14 100 Back	110
111	10 & Un 50 Back	112
113	15-16 50 Free 17-18 50 Free	114
115	11-12 50 Free	116
117	13-14 50 Free	118
119	10 & Un 50 Free	120
121	15-16 400 Free 17-18 400 Free	122
<b>207*</b>	<b>11-12 800 Free 13-14 800 Free</b>	<b>208*</b>
123	11-12 200 Free Relay	124
125	13-14 200 Free Relay	126
127	15-18 200 Free Relay	128

**\*See special rules 1500 Freestyle.**

**Athletes in the 400 IM and 400 Freestyle must provide own timers.  
Athletes in the 1500 Freestyle must provide own timers & lap counter.**

**Relay events will swim at the conclusion of the finals session.**

Time standards are located on the PC website: <http://www.pacswim.org/userfiles/cms/documents/809/jo-qualifying-1516.pdf>

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2016 Pacific Swimming Speedo Adam Szmidt Memorial LC Junior Olympics**  
**July 7-10, 2016**

To be accepted, all entry information must be completely filled out.

Last Name			First Name			MI
LSC CODE (PC)		Club Abbrev.	Club Name			
Age	Age Group	Gender M F	Date of Birth	<b>USA Swimming Registration Number</b>		
Event #	Distance/Stroke		Entry Time		<b>*PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2.  Athletes must have met the <u>listed</u> Junior Olympic - Pacific Swimming time standard in any course for each event entered.  All entry times will be verified against the USA Swimming SWIMS database. If the time cannot be proven prior to the meet, the athlete will not be allowed to check-in for the event until the entry time has been proven.	
			LCM, SCY, SCM			
Contact Phone Number:			Total Entries _____ x \$7.50		\$	
Contact Email:			Participation Fee:		<b>\$10</b>	
Athlete's Coach			Total Amount Due:		\$	

**MAIL ENTRIES TO:**      **OAPB Meet Entries**  
**6537 Liggett Drive**  
**Oakland, CA 94611**  
**Entry questions: [r.owyoung@att.net](mailto:r.owyoung@att.net)**

Mail deadline postmarked: **Friday, June 24<sup>th</sup>, 2016, Midnight**  
Hand delivered/overnight mail: **Monday, June 27<sup>th</sup>, 2016 6:30 pm**  
Online entry: **Monday, June 27<sup>th</sup>, 2016 at 11:59pm**  
**LATE ENTRIES WILL NOT BE ACCEPTED**

<b>Events Entered</b>	<b>Total Due</b> \$10.00 Fee Included
1	\$17.50
2	\$25.00
3	\$32.50
4	\$40.00
5	\$47.50
6	\$55.00
7	\$62.50
8	\$70.00
9	\$77.50
10	\$85.00





**Team Relay Entry Form\***  
**2016 Pacific Swimming Speedo Adam Szmidt Memorial LC Junior Olympics**

\*To be submitted by Team

<b>Team Name</b>		<b>LSC</b>	<b>Team Abbr</b>
<b>Coach</b>	<b>Contact Phone and Email</b>		<b>Amount Enclosed</b>
	_____ Relays X \$20		\$

<b>10 &amp; Under Age Group Relays</b>			
Event #	Event	Team Entry Time	
		A	B
57	Girls 200 Free		
58	Boys 200 Free		
91	Girls 200 Medley		
92	Boys 200 Medley		

<b>11-12 Age Group Relays</b>			
Event #	Event	Team Entry Time	
		A	B
27	Girls 400 Medley		
28	Boys 400 Medley		
59	Girls 400 Free		
60	Boys 400 Free		
93	Girls 200 Medley		
94	Boys 200 Medley		
123	Girls 200 Free		
124	Boys 200 Free		

<b>13-14 Age Group Relays</b>			
Event #	Event	Team Entry Time	
		A	B
29	Girls 400 Medley		
30	Boys 400 Medley		
61	Girls 400 Free		
62	Boys 400 Free		
95	Girls 200 Medley		
96	Boys 200 Medley		
125	Girls 200 Free		
126	Boys 200 Free		

**15-18 Age Group Relays**

Event #	Event	Team Entry Time		
		A	B	
31	Girls 400 Medley			
32	Boys 400 Medley			
63	Girls 400 Free			
64	Boys 400 Free			
97	Girls 200 Medley			
98	Boys 200 Medley			
127	Girls 200 Free			
128	Boys 200 Free			

**MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards),  
OR "SCM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.**

Relays are \$20.00 per relay team entered.  
Maximum of 2 Relays per age group per team

**RELAYS/RELAY ONLY ATHLETES MAY BE ENTERED ONLINE**

Mail deadline: **Friday, June 24<sup>th</sup>, 2016, Midnight**  
Hand delivered/overnight package received by: **Monday, June 27<sup>th</sup>, 2016 6:30 pm**  
Online entry: **Monday, June 27<sup>th</sup>, 2016 at 11:59 pm**

Checks payable to: **Orinda Aquatics**

**No late entries** will be accepted. No fax entries will be accepted.

Please enclose team check and send to:  
**OAPB Meet Entries**  
**6537 Liggett Drive**  
**Oakland, CA 94611**

Entry Questions: [r.owyoung@att.net](mailto:r.owyoung@att.net)