# Pacific Swimming Short Course Junior Olympic Trials and Finals Meet Hosted by SAN RAMON VALLEY LIVERMORE AQUATICS 

## March 20, 21 and 22, 2009

REVISED on 3/1/09 - Clarified that Friday's events and both the 1000 and 1650 freestyle events are timed finals. All other events on Saturday and Sunday are in a trials and finals format.
SANCTION: Held under USA/Pacific Swimming Sanction No.: 0339
LOCATION:
SAN RAMON OLYMPIC POOL AND AQUATIC PARK 9900 Broadmoor Drive, San Ramon, CA 94583. Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately $1 / 2$ mile, turn right at stop sign onto Broadmoor Dr., go approximately $1 / 4$ mile to pool located on left side. Parking is available behind the school in the south parking lot, and on some neighborhood streets. DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!! Parking between pool main entrance and tennis courts is for coaches and officials only.
COURSE: Outdoor heated pool with anti-turbulent lane lines. Up to sixteen (16), 25-yard competition lanes available, with additional lanes for warm up. Electronic timing system will be used.
TIME: $\quad$ The competition pool will be available for warm ups on Friday, March 20 from 4:00 pm to $4: 45 \mathrm{pm}$, the meet will start at $5: 00 \mathrm{pm}$. The competition pool will be available for pre-meet warm ups on Saturday, March 21 and Sunday, March 22 from 7:30 am to 8:45 am, the meet will start at 9:00 am. Finals will begin no sooner than one hour after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day.

RULES: Current U.S.A. Pacific Swimming rules will govern the meet. Pacific Swimming warmup procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. Friday's events will be timed finals. Saturday and Sundays events are trials and finals except the 1000 and 1650 Freestyle events. Swimmers may enter as many events as they have met or exceeded the listed time standards up to a maximum of seven (7) events. Swimmers are further restricted to swimming no more than three (3) events in any single day. This restriction includes distance events. If a swimmer enters more than seven events, he or she will be required to scratch down to the limit of seven events - no refunds will be given. The 15-16 and 17-18 age groups will be combined into one age group, $15-18$, and the events for this combined age group will have two final heats. All 16 finalists will receive awards regardless of preliminary finish (the $16^{\text {th }}$ place in preliminary can still place $1^{\text {st }}$ in finals). All swimmers in the 1000 and 1650 freestyle events must provide their own timers and lap counters. All swimmers in the 500 freestyle must provide their own lap counters. See special rules for distance events. Preliminary Events (trials) will be swum slowest to fastest starting with non-conforming long course meter "JO" time (LCM), then non-conforming short course meter "JO" time (SCM), and then conforming short course yard "JO" times (SCY), except where noted for distance events. Entry time submitted will be checked against USA computer database and may be changed in accordance with the Pacific Swimming entry time Verification Procedure. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches and deck official packets will only be given to those displaying their cards.

ATTENTION HIGH SCHOOL SWIMMERS: IF YOU ARE A HIGH SCHOOL SWIMMER IN SEASON, YOU NEED TO UNATTACH FROM THIS MEET. IT IS YOUR RESPONSIBILITY TO BE UNATTACHED FROM THIS MEET AND YOU WILL HAVE AN OPPORTUNITY TO DO SO AT THE MEET.

PROOF OF TIME: Proof of time will be required in advance for all swimmers in this meet per Section 4.C. 2 of the 2009 Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times must have been achieved prior to the closing date for entries to the meet (March 12, 2009). If a time can not be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass bottles and containers of any kind are not permitted in the pool area. Propane heaters or similar type devices are not permitted.

ELIGIBILITY: Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host must check all swimmer registrations against the computer 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. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and older may participate in the meet provided they meet the time standards for the 15-18 age group. Meet is open to all qualified swimmers with "JO" times or better.
DISTANCE: The 1000 Freestyle (events 57/58 11-UP) will begin 10 minutes after the conclusion of the Trials for event 56 on Saturday. The 1650 Freestyle (events 103/104 11-UP) will begin 10 minutes after the conclusion of Trials for event 102 on Sunday. The 1000 and 1650 freestyle will be swum fastest to slowest and may alternate girls and boys. If there are more heats than there is time to swim them between Trials and Finals then slower heats will be swum after Finals. The 1000 and 1650 yard freestyle events are timed finals. Swimmers in the $\mathbf{1 0 0 0}$ and 1650 free must provide their own timers and counters.

CHECK IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event with the exception of the 1000s and 1650s. Checkin for the 1000s and 1650s will close by 10:30am of the day of the event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: The Pacific Swimming scratch rules, per Section 3B.5.3, 3B.5.4 and 3B.5.5 of the 2009 Pacific Swimming Rules and Regulations, will be in effect. A copy of these rules will be posted at the Clerk-of-Course desk. A copy may be obtained from the Meet Director prior to the meet by providing a self- addressed, stamped envelope. Briefly, these rules include a provision that any swimmer originally qualifying for a final who fails to compete in that final will be barred from further competition for the remainder of the meet. If the failure to compete occurs on the last day the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined $\mathbf{\$ 2 5 . 0 0}$. Exceptions to that fine are only under the conditions stated in the Pacific Swimming scratch rules.

## ENTRIES:

## Option 1: Online Meet Entries:

Enter at: http://swimconnection.com/pc/meet/srvla to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is $\$ 1$ per swimmer plus $5 \%$ of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

## Option 2: Surface Mailed Entries:

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best time for each event. .
2. Mail entry forms and correct payment to the address below.

ENTRIES MUST BE COMPLETELY FILLED OUT, INCLUDING BEST TIME FOR EACH EVENT. Entered times must be submitted in yards (SCY) or non-conforming long course meters (LCM) / short course meters (SCM). Entries with "NO Time" or the omission of a time or a time slower than a "Junior Olympic" time will not be accepted. All swimmers must provide on the entry form, the date and name of meet where they achieved each qualifying entry time. Only times from sanctioned, approved, or observed meets will be acceptable. Entries must be entered through the online entry system no later than 11:59 PM on THURSDAY, March 12th or mailed with postmark by MIDNIGHT, MONDAY, March 9, 2009 or hand delivered no later than 11:59 PM ON THURSDAY, March 12th to the address below. No late entries will be accepted. NO REFUNDS will be made except for mandatory scratch downs. No fax entries will be accepted. For confirmation of mailed entries, include a self-addressed, stamped envelope or post card. No Phone calls.

Entry forms must be completely filled out, including best conforming short course time, or non conforming long/short course meter time for each event. All entries shall be noted by (SCY), (LCM) or (SCM) to the right of the entry time.
[SCY $=$ short course yards; $\underline{\mathbf{L C M}}=$ long course meters; $\underline{\mathbf{S C M}}=$ short course meters]
DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.
ENTRY FEES: $\$ 4.00$ per entry. $\$ 5.00$ participation fee per swimmer.
If mailing entries, make check payable to "SRVLA" and mail with paper entry form to: SRVLA Attention: Meet Entries

128 Minerva Way
San Ramon, CA 94583
SRVLA Email (for entry questions): rschmidt@rossmedonald.com

AWARDS: Distinctive awards will be awarded for 1st-3rd; ribbons for 4th-8th place for the 14 and under age groups and $4^{\text {th }}-16^{\text {th }}$ for the combined $15-18$ age group. Swimmers 19 years of age and older will not receive awards. All awards must be picked up at the meet. They will not be mailed. Pick up awards shortly after results have been posted to avoid a long wait at end of the day.

CERTIFICATION MEET: This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee prior to the meet via email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must be done over four (4) sessions in the position. N 2 evaluation must be done over three (3) sessions in the position. Recertification evaluations must each be done over two (2) sessions. However, the official must work at least four (4) sessions at the meet for any evaluation(s) to be valid.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Snacks and drinks will be provided to timers. Snack Bar will be available.

## ADMISSION: Admission is free. A three-day program will be available for a reasonable cost. <br> HOTEL: SRVLA has obtained special pricing for the Courtyard and Residence Inn by Marriott and well as by Hotel Sierra. See offers at the end of the meet sheet.

OFFICIALS: Head Referee: Brian Malick
Head Starter: Fred Vogelgesang

Meet Director: Bob Schmidt (925) 766-1247
Head Meet Marshal: Kathy Tafazzoli

All teams are requested to provide certified USA-Swimming Officials for the duration of
the meet.

| MEET SUMMARY |  |  |  |
| :---: | :---: | :---: | :---: |
| FRIDAY EVENTS - March 20 |  |  |  |
| 10 AND UNDER | 11-12 | 13-14 | 15-18 |
| 200 FREE | 500 FREE | 500 FREE | 500 FREE |
| 500 FREE | 400 I.M. | 400 I.M. | 400 I.M. |
| SATURDAY EVENTS - March 21 |  |  |  |
| 10\& UNDER | 11-12 | 13-14 | 15-18 |
| 100 I.M. | 100 I.M. | 100 FLY | 100 FLY |
| 50 FLY | 100 BREAST | 200 BREAST | 200 BREAST |
| 100 BREAST | 200 FLY | 50 FREE | 50 FREE |
| 50 FREE | 50 FREE | 200 BACK | 200 BACK |
| 100 BACK | 100 BACK | 100 FREE | 100 FREE |
|  | 50 FLY | 1000 FREE | 1000 FREE |
|  | 200 FREE |  |  |
|  | 1000 FREE |  |  |
| SUNDAY EVENTS March 22 |  |  |  |
| 10 \& UNDER | 11-12 | 13-14 | 15-18 |
| 200 I.M. | 200 I.M. | 200 I.M. | 200 I.M. |
| 50 BREAST | 50 BREAST | 100 BREAST | 100 BREAST |
| 100 FREE | 200 BREAST | 200 FREE | 200 FREE |
| 50 BACK | 100 FREE | 100 BACK | 100 BACK |
| 100 FLY | 50 BACK | 200 FLY | 200 FLY |
|  | 200 BACK | 1650 FREE | 1650 FREE |

## ****See pages 7 and 8 of this meet sheet for the 2009 "JO" time standards****

FRIDAY, MARCH 20, 2009

| EVENT NUMBER |  | AGE GROUP | EVENT |
| :---: | :---: | :---: | :---: |
| GIRLS | BOYS |  |  |
| 1 | 2 | $10-\mathrm{UN}$ | 200 FREE |
| 3 | 4 | $11-12$ | 500 FREE |
| 5 | 6 | $13-14$ | 500 FREE |
|  |  | $15-18$ | 500 FREE |
| 7 | 8 | $10-\mathrm{UN}$ | 500 FREE |
| 9 | 10 | $11-12$ | 400 I.M. |
| 11 | 12 | $13-14$ | 400 I.M. |
|  |  | $15-18$ | 400 I.M. |
|  |  |  |  |
|  |  |  |  |

All events swum on Friday are timed finals.
Events for the 13-14 and 15-18 age groups will be combined but will be awarded separately.
SATURDAY, MARCH 21, 2009

| EVENT NUMBER |  | AGE GROUP | EVENT |
| :---: | :---: | :---: | :---: |
| GIRLS | BOYS |  | 100 I.M. |
| 13 | 14 | $10-\mathrm{UN}$ | 100 I.M. |
| 15 | 16 | $11-12$ | 100 FLY |
| 17 | 18 | $13-14$ | 100 FLY |
| 19 | 20 | $15-18$ | 50 FLY |
| 21 | 22 | $10-\mathrm{UN}$ | 100 BREAST |
| 23 | 24 | $11-12$ | 200 BREAST |
| 25 | 26 | $13-14$ | 200 BREAST |
| 27 | 28 | $15-18$ | 200 FLY |
| 29 | 30 | $11-12$ | 100 BREAST |
| 31 | 32 | $10-\mathrm{UN}$ | 50 FREE |
| 33 | 34 | $11-12$ | 50 FREE |
| 35 | 36 | $13-14$ | 50 FREE |
| 37 | 38 | $15-18$ | 50 FREE |
| 39 | 40 | $10-\mathrm{UN}$ | 100 BACK |
| 41 | 42 | $11-12$ | 200 BACK |
| 43 | 44 | $13-14$ | 200 BACK |
| 45 | 46 | $15-18$ | 50 FLY |
| 47 | 48 | $11-12$ | 100 BACK |
| 49 | 50 | $10-\mathrm{UN}$ | 200 FREE |
| 51 | 52 | $11-12$ | 100 FREE |
| 53 | 54 | $13-14$ | 100 FREE |
| 55 | 56 | $15-18$ | $* 1000$ FREE |
| 57 | 58 | $11-12$ | $* 1000$ FREE |
|  |  | $13-14$ | $* 1000$ FREE |
|  |  | $15-18$ |  |
|  |  |  |  |

*1000 free swimmers must provide their own timers and lap counters. The 1000 free will be swum as a timed final event after the last Trials event and before Finals. The $\mathbf{1 5 - 1 8}$ age groups will be combined into one age
group for trials and finals. There will be two heats of finals for 15-18 year olds - Heat 1 and Heat 2. Swimmers in either heat are eligible for awards for $1^{\text {st }}-16^{\text {th }}$ place. $* * * *$ See pages 7 and 8 of this meet sheet for the 2009 "JO" time standards $* * * *$

SUNDAY, MARCH 22, 2009

| EVENT NUMBER |  | AGE GROUP | EVENT |
| :---: | :---: | :---: | :---: |
| GIRLS | BOYS |  |  |
| 59 | 60 | $11-12$ | 200 I.M. |
| 61 | 62 | $10-$ UN | 200 I.M. |
| 63 | 64 | $13-14$ | 200 I.M. |
| 65 | 66 | $15-18$ | 200 I.M. |
| 67 | 68 | $11-12$ | 50 BREAST |
| 69 | 70 | $10-\mathrm{UN}$ | 50 BREAST |
| 71 | 72 | $11-12$ | 200 BREAST |
| 73 | 74 | $13-14$ | 100 BREAST |
| 75 | 76 | $15-18$ | 100 BREAST |
| 77 | 78 | $11-12$ | 100 FREE |
| 79 | 80 | $10-\mathrm{UN}$ | 100 FREE |
| 81 | 82 | $13-14$ | 200 FREE |
| 83 | 84 | $15-18$ | 200 FREE |
| 85 | 86 | $11-12$ | 50 BACK |
| 87 | 88 | $10-\mathrm{UN}$ | 50 BACK |
| 89 | 90 | $11-12$ | 200 BACK |
| 91 | 92 | $13-14$ | 100 BACK |
| 93 | 94 | $15-18$ | 100 BACK |
| 95 | 96 | $11-12$ | 100 FLY |
| 97 | 98 | $10-\mathrm{UN}$ | 100 FLY |
| 99 | 100 | $13-14$ | 200 FLY |
| 101 | 102 | $15-18$ | 200 FLY |
| 103 | 104 | $11-12$ | $* 1650$ FREE |
|  |  | $13-14$ | $* 1650$ FREE |
|  |  | $15-18$ | $* 1650$ FREE |
|  |  |  |  |

*1650 free swimmers must provide their own timers and lap counters. The 1650 will be swum as a timed final event after the last Trials event and before Finals. The 15-18 age groups will be combined into one age group for trials and finals. There will be two heats of finals for 15-18 year olds - Heat 1 and Heat 2. Swimmers in either heat are eligible for awards for $1^{\text {st }}-16^{\text {th }}$ place.

2009 "JO" TIME STANDARDS

|  | GIRLS |  |  |  | BOYS |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| SCY | SCM | LCM |  | LCM | SCM | SCY |
|  |  |  | 10/Under |  |  |  |
| 32.19 | 35.49 | 36.49 | 50 Free | 36.79 | 35.09 | 31.89 |
| 1:12.49 | 1:19.79 | 1:21.99 | 100 Free | 1:20.09 | 1:17.49 | 1:10.39 |
| 2:36.49 | 2:52.19 | 2:56.19 | 200 Free | 2:55.79 | 2:51.49 | 2:35.89 |
| 6:52.29 | 5:45.99 | 5:52.39 | 400/500 Free | 5:59.99 | 5:53.59 | 6:29.79 |
| 39.49 | 43.49 | 44.49 | 50 Back | 44.39 | 42.79 | 38.89 |
| 1:25.09 | 1:33.59 | 1:35.99 | 100 Back | 1:32.99 | 1:31.19 | 1:22.89 |
| 43.09 | 47.39 | 48.39 | 50 Breast | 48.69 | 47.39 | 43.09 |
| 1:35.19 | 1:44.79 | 1:47.79 | 100 Breast | 1:46.69 | 1:42.89 | 1:33.49 |
| 36:39 | 40.09 | 41.09 | 50 Fly | 41.29 | 39.39 | 35.79 |
| 1:26.09 | 1:34.69 | 1:37.29 | 100 Fly | 1:35.89 | 1:34.99 | 1:26.29 |
| 1:22.99 | 1:31.29 | -- | 100 I.M. | -- | 1:29.59 | 1:21.39 |
| 2:58.49 | 3:16.39 | 3:20.39 | 200 I.M. | 3:20.59 | 3:15.59 | 2:57.79 |
|  |  |  | 11/12 |  |  |  |
| 28.89 | 31.99 | 32.79 | 50 Free | 32.59 | 31.59 | 28.69 |
| 1:02.99 | 1:10.09 | 1:11.69 | 100 Free | 1:11.59 | 1:09.59 | 1:03.19 |
| 2:16.49 | 2:30.99 | 2:34.19 | 200 Free | 2:34.39 | 2:30.39 | 2:16.69 |
| 6:05.39 | 5:23.19 | 5:29.59 | 400/500 Free | 5:29.59 | 5:23.19 | 6:05.39 |
| 12:21.19 | 10:58.19 | 11:10.99 | $\begin{gathered} \hline 800 / 1000 \\ \text { Free } \end{gathered}$ | 10:58.49 | 10:45.69 | 12:20.49 |
| 22:33.39 | 20:56.99 | 21:20.99 | $\begin{aligned} & 1500 / 1650 \\ & \text { Free } \end{aligned}$ | 21.15 .99 | 20:51.99 | 21:34.39 |
| 34.09 | 43.19 | 39.09 | 50 Back | 38.69 | 37.69 | 34.19 |
| 1:13.39 | 1:20.79 | 1:24.49 | 100 Back | 1:23.39 | 1:20.89 | 1:13.49 |
| 2:36.09 | 2:53.49 | 2:55.89 | 200 Back | 2:57.09 | 2:46.79 | 2:31.59 |
| 37.79 | 41.59 | 42.59 | 50 Breast | 43.09 | 41.59 | 37.79 |
| 1:22.99 | 1:32.09 | 1:34.09 | 100 Breast | 1:31.29 | 1:28.99 | 1:20.89 |
| 2:58.19 | 3:16.59 | 3:20.59 | 200 Breast | 3:17.49 | 3:12.79 | 2:55.19 |
| 32.09 | 35.59 | 36.29 | 50 Fly | 36.49 | 35.49 | 32.19 |
| 1:12.49 | 1:20.39 | 1:21.79 | 100 Fly | 1:22.79 | 1:20.29 | 1:12.99 |
| 2:37.79 | 2:57.19 | 2:59.99 | 200 Fly | 2:59.99 | 2:52.19 | 2:36.49 |
| 1:12.49 | 1:20.59 | -- | 100 I.M. | -- | 1:20.89 | 1:13.49 |
| 2:36.49 | 2:53.39 | 2:56.59 | 200 I.M. | 2:56.59 | 2:52.29 | 2:36.59 |
| 5:30.29 | 6:03.99 | 6:10.39 | 400 I.M. | 6:10.89 | 6:03.39 | 5:30.29 |
|  |  |  | 13/14 |  |  |  |
| 27.19 | 29.09 | 30.49 | 50 Free | 28.69 | 28.49 | 25.89 |
| 58.59 | 1:04.49 | 1:06.39 | 100 Free | 1:03.69 | 1:01.59 | 55.99 |
| 2:07.79 | 2:20.59 | 2:24.59 | 200 Free | 2:17.99 | 2:13.19 | 2:01.09 |
| 5:42.29 | 5:02.89 | 5:09.29 | 400/500 Free | 4:56.29 | 4:49.89 | 5:28.09 |
| 11:53.99 | 10:31.59 | 10:44.39 | $\begin{gathered} 800 / 1000 \\ \text { Free } \end{gathered}$ | 10:16.59 | 10:03.79 | 11:24.49 |
| 19:35.99 | 19:41.99 | 20:05.99 | $\begin{gathered} 1500 / 1650 \\ \text { Free } \end{gathered}$ | 19:29.99 | 19:05.99 | 19:35.99 |
| 1:08.29 | 1:15.19 | 1:18.29 | 100 Back | 1:15.49 | 1:13.99 | 1:07.19 |
| 2:24.59 | 2:39.09 | 2:46.79 | 200 Back | 2:40.39 | 2:41.39 | 2:26.69 |
| 1:17.19 | 1:24.19 | 1:28.39 | 100 Breast | 1:23.49 | 1:20.89 | 1:13.49 |
| 2:43.39 | 2:59.79 | 3:11.99 | 200 Breast | 3:01.89 | 2:57.89 | 2:41.69 |
| 1:07.59 | 1:14.39 | 1:16.29 | 100 Fly | 1:12.09 | 1:09.99 | 1:03.59 |


| $2: 32.29$ | $2: 47.59$ | $2: 51.59$ | 200 Fly | $2: 43.69$ | $2: 40.49$ | $2: 25.89$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $2: 24.39$ | $2: 38.89$ | $2: 43.29$ | 200 I.M. | $2: 34.19$ | $2: 34.99$ | $2: 20.89$ |
| $5: 12.69$ | $5: 43.99$ | $5: 49.79$ | 400 I.M. | $5: 42.99$ | $5: 34.99$ | $5: 04.49$ |

## 2009 "JO" TIME STANDARDS

|  | GIRLS |  |  |  | BOYS |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| SCY | SCM | LCM |  | LCM | SCM | SCY |


|  |  |  | 15/16 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 27.29 | 30.09 | 30.79 | 50 Free | 27.89 | 26.99 | 24.49 |
| 59.39 | 1:05.39 | 1:07.29 | 100 Free | 1:00.79 | 58.89 | 53.49 |
| 2:08.09 | 2:20.89 | 2:23.89 | 200 Free | 2:12.29 | 2:08.29 | 1:56.59 |
| 5:38.09 | 4:59.19 | 5:05.59 | 400/500 Free | 4:45.19 | 4:38.79 | 5:14.99 |
| 11:43.39 | 10:22.29 | 10:35.09 | 800/1000 Free | 10:07.39 | 9:54.59 | 11:11.99 |
| 19:46.49 | 19:58.49 | 20:22.49 | $\begin{aligned} & 1500 / 1650 \\ & \text { Free } \\ & \hline \end{aligned}$ | 19:23.99 | 18:59.99 | 18:53.99 |
| 1:09.89 | 1:16.89 | 1:18.89 | 100 Back | 1:12.09 | 1:10.09 | 1:03.69 |
| 2:29.09 | 2:43.99 | 2:48.09 | 200 Back | 2:36.49 | 2:32.49 | 2:18.59 |
| 1:18.69 | 1:26.59 | 1:28.59 | 100 Breast | 1:18.69 | 1:16.29 | 1:09.29 |
| 2:51.79 | 3:08.99 | 3:12.99 | 200 Breast | 2:53.89 | 2:49.89 | 2:34.39 |
| 1:06.19 | 1:12.89 | 1:14.89 | 100 Fly | 1:07.19 | 1:05.29 | 59.29 |
| 2:28.59 | 2:43.49 | 2:47.49 | 200 Fly | 2:32.59 | 2:28.59 | 2:15.09 |
| 2:24.89 | 2:39.39 | 2:43.39 | 200 I.M. | 2:30.29 | 2:26.29 | 2:12.99 |
| 5:14.99 | 5:46.49 | 5:45.19 | 400 I.M. | 5:30.29 | 5:22.29 | 4:52.99 |
|  |  |  | 17/18 |  |  |  |
| 28.09 | 30.89 | 31.89 | 50 Free | 27.89 | 26.99 | 24.49 |
| 1:00.09 | 1:06.09 | 1:08.09 | 100 Free | 1:00.19 | 58:29 | 52.99 |
| 2:12.09 | 2:25.29 | 2:29.29 | 200 Free | 2:12.29 | 2:08.29 | 1:56.59 |
| 5:51.79 | 5:11.19 | 5:17.59 | 400/500 Free | 4:50.99 | 4:44.59 | 5:21.49 |
| 12:14.99 | 10:50.79 | 11:03.59 | 800/1000 Free | 10:07.39 | 9:54.59 | 11:13.99 |
| 20:17.89 | 20:23.89 | 20:47.89 | $\begin{gathered} 1500 / 1650 \\ \text { Free } \\ \hline \end{gathered}$ | 19:23.99 | 18:59.99 | 18:55.99 |
| 1:12.69 | 1:19.99 | 1:21.89 | 100 Back | 1:11.89 | 1:09.89 | 1:03.49 |
| 2:39.59 | 2:55.59 | 2:59.59 | 200 Back | 2:42.99 | 2:38.99 | 2:24.49 |
| 1:21.09 | 1:29.19 | 1:31.19 | 100 Breast | 1:19.49 | 1:17.49 | 1:10.39 |
| 2:55.39 | 3:12.99 | 3:16.99 | 200 Breast | 2:57.29 | 2:53.29 | 2:37.49 |
| 1:07.19 | 1:13.99 | 1:15.99 | 100 Fly | 1:07.89 | 1:05.89 | 59.89 |
| 2:36.49 | 2:52.19 | 2:56.19 | 200 Fly | 2:38.79 | 2:34.79 | 2:20.69 |
| 2:30.89 | 2:45.99 | 2:49.89 | 200 I.M. | 2:30.79 | 2:26.79 | 2:13.39 |
| 5:28.69 | 6:01.59 | 6:09.59 | 400 I.M. | 5:36.09 | 5:28.09 | 4:58.19 |

# 2009 Pacific Swimming Short Course Junior Olympic T\&F Individual Entry Form <br> To be accepted, all entry information must be completely filled out. Please print! 

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.


- NO ENTRY TIME will be automatically disqualified from the event, no refunds
- Entry Times submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the "Junior Olympic" time standard must be proved on the day of competition.


## IMPORTANT!

Please print clearly. Be sure to include all information.
All entry times must be at least "Junior Olympic" time standard for each event. Entries with "NO Time" or the omission of a time or a time slower than a "Junior Olympic" time will not be accepted.
All teams will be assigned at least one lane for timing throughout the meet. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. So, Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.

Courtyard by Marriott - San Ramon
18090 San Ramon Valley Blvd.
San Ramon, CA 94583
Hotel: (925) 866-2900
Hotel Contact: Beth Quilalang
Email: Beth.Quilalang@marriott.com
$\$ 74.00$ per night plus taxes - 2 Queen Beds $\$ 69.00$ per night plus taxes King Size Bed \& Pull-Out Sofa

Residence Inn by Marriott - San Ramon
1071 Market Place
San Ramon, CA 94583
Hotel: (925) 277-9292
Contact: Erin Musni
Email: Erin.Musni@marriott.com
$\$ 89.00$ per night plus taxes -
Studio Suite - King Size Bed \& Pull Out Sofa Breakfast Included

Check-In 3:00 pm - Check-Out 12:00 pm (Early Check-In may be available upon request)
Book your reservations by Friday, March 13, 2009 by
Calling the hotel directly or by calling 1-888-236-2427 request the San Ramon Valley Aquatics rate. Visit www.marriott.com/oakrm for the Courtyard - Select your stay dates and enter the group code SNLSNLA for a room with two queen beds or SNLSNLB for a room with 1 king bed and pull out sofa
Visit www.marriott.com/oakrs for the Residence Inn - Select your stay dates and enter the group code LAQLAQA for a Studio Suite with a pull out sofa. (Rooms types may be limited and rates are subject to availability)

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