

2008 LONG COURSE JUNIOR OLYMPICS
SPONSORED BY ALLEGHENY MOUNTAIN SWIMMING
JULY 25 – 27, 2008
Sanction # LE 835 L

HOST: Allegheny Mountain Swimming

LOCATION: Youngstown State University, One University Plaza, Youngstown, Ohio, 44555

FACILITY: 8-Lane 50 Meter indoor pool with electronic timing system and touch pads at ends, backup button and one manual watch timer per lane. PM sessions will run with 8 lanes and AM sessions and Finals will run 6-Lanes with warm-up/warm down lane

DEADLINE: July 3, 2008. Entries will be accepted from June 26 – July 3, 2008

ENTRY LIMIT: Three (3) Individual Events per day (excluding relays)

ENTRY FEES: Individual Events: \$3.25

Relays: \$5.00

CHECKS PAYABLE TO: Allegheny Mountain Swimming

WARM-UPS: Warm-ups will be by Club. Each Club will be notified within ten (10) days, but no later than five (5) days prior to the start of the meet. The meet entry person will be notified along with it being posted on the AMS Website.

The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (before the day of the meet) or the referee (the day of the meet). There may be a warm-up period of up to 10 minutes prior to the distance events at those facilities that do not have a separate warm-up pool. (NOTED ON THE MEET STRUCTURE).

WARM UP & START TIMES:

SESSIONS	WARM-UPS	MEET START
AM Sessions	7:00 – 8:00 AM	8:05 AM
PM Sessions *	12:00 – 1:00 PM <i>(estimate)</i>	1:05 PM <i>(estimate)</i>
Finals (Fri/Sat)	5:00 – 6:00 PM	6:05 PM
Finals (Sun)	4:00 – 5:00 PM	5:05 PM

**To be confirmed based on the entries will be posted on website*

SEEDING: This meet will be pre-seeded with the exception of any events 400 meters or longer will be deck seeded with positive check-in required. Check in will close approximately 30 minutes prior to the event being swum.

ENTRIES: E-MAIL ENTRIES TO: ams-entries@amswim.org

ENTRY CHAIR: Georgiann Barry, 108 Heston Drive, Cranberry Twp., PA 16066 (724) 473-2257

All entries will only be accepted via e-mail or sent via U.S. mail with the proper completed coaches and master form. All entries, fees and properly completed entry forms must be postmarked no later than midnight on the: Entry Deadline Date.

The body of the e-mail shall contain the following:

Meet Name Team Name

Number of Individual Events

Number of Relay Events

Team Meet Entry Person's Contact Information

Entries using HY-TEK "Team Manager" are encouraged. There will be a charge of \$20.00 to be included with your entry for clubs with ten (10) or more swimmers not submitting mailed entries on disk. All teams submitting entries on disk should note that the disk WILL NOT BE RETURNED.

DURATION: The Meet Director reserves the right to return entries with the approval of the Age Group Committee to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet. In addition, the meet host may require swimmers to scratch down ONE event per day. When entries are submitted, please mark which event the swimmer will scratch, if needed. If no race is designated, the host team will scratch the swimmer's last event of the day. Refunds will be given for mandatory scratches.

MEET DIRECTOR: Laura Hartman, 17 Fieldstone Dr, Pittsburgh, PA 15220 (412) 200-2571, office@amswim.org

SAFETY CHAIR: Pete Barry

OFFICIALS: If you are able to help officiate at this meet please contact: Scott Wilshire at wilshires@comcast.net

WARM-UP RULES: Due to the insurance liability issue that is in effect from USA Swimming all warm-up policies will be strictly enforced by USA Swimming Officials. Swimmers warming up or down, before, during or after this swim meet must be under the direct supervision of an USA Swimming member certified coach. The coaches have the same responsibility for supervision of their swimmers at the meet as when on deck at practice.

Each competing club's coach must register with the MEET DIRECTOR before the club may warm up. The coaches' sign-in sheet will be forwarded to the AMS registrar for verification of current coaches' certification. The coaches must present their current USS registration card at the sign in table and keep it visible on deck at all times.

In the event that a club has fewer than five (5) swimmers per session, it is the responsibility of the club to have a representative register a contact person with the MEET DIRECTOR to assure compliance of their swimmers with the rules of conduct. The contact person signing in requirement is in addition to the requirement for every swimmer to be under the supervision of a USS registered coach.

For swimmers that are unattached, it is their responsibility, prior to the day of the meet, to obtain a coach who will supervise the swimmers on deck during warm-up, warm down, before, during, or after the meet. This information should be provided with their entries to the meet entry person. Failure to do so will result in not being entered in the meet.

MEET/DECK REFEREE: The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The meet/deck referee has final judgment for *any* issues that arise that day during the course of the meet.

ELIGIBILITY: All entrants must be registered members of USA Swimming. Age *as of the first day of the meet* determines eligibility. This meet is open to all USA swimming registered swimmers. "No Time" entries will not be accepted. Entry times are short course yard times OR as stated in the comments on the meet structure/schedule of events page.

QUALIFYING TIMES: Qualifying Times are shown on the attached Meet Structure

AMS RULES: The 2008/2009 USS Swimming Rules will govern the meet. Details will be provided in the meet program and posted. Smoking and the use of tobacco products are prohibited in the building. Sale and use of alcoholic beverages are similarly prohibited anywhere on the grounds.

Please note that all swimmers must be under the supervision of a USA swimming coach during warm-up and competition.

No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area.

DISABLED SWIMMERS: Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet.

SEEDING: Swimmers must follow the mandatory AMS operating procedure for check-in seeding: All swimmers must personally sign in with the Clerk of Course prior to each session for all of the events or at the first call of each event. A first call and a last call will be given. If after checking in, a swimmer decides not to swim the event, they must report back to the Clerk of Course and scratch by last call. **Failure to swim after being checked in and seeded will bar a swimmer from their next individual event.** Swimmers do not have to remain in the seeding area after checking in, but must return to pick up seeding time cards (if required).

SCRATCH RULE:

DECK SEEDED MEET: Failure to report to the Clerk of Course for an event will result in the swimmer being scratched from the event, but the swimmer will retain eligibility for future events. Once seeded, failure to compete will result in the swimmer being barred from their next individual event.

CHECK-IN SEEDED MEET: If after checking in with the Clerk of Course, a swimmer decides not to swim the event, they must report back to the Clerk of Course and SCRATCH by the last call. Failure to swim after being checked in and seeded will bar the swimmer from their next individual event.

PRE-SEEDED MEET: There is no penalty for failure to compete in a preliminary session at a pre-seeded meet. However, a swimmer qualifying for a bonus, consolation final or final race following the preliminary events must notify the Referee within thirty (30) minutes after the announcement of the qualifiers for that final race, that they may not intend to compete and must further declare their intention within thirty (30) minutes following their last individual event in the preliminary session. Failure to do so and failure to compete in the bonus, consolation final or final race will result in the swimmer being scratched from the remainder of the meet.

RELAYS: A Team may enter, in advance or deck enter the day of the meet, any number of relays. Entries of relays will close following a "last call", which will be approximately 30 minutes prior to the event being swum. Swimmers must already be entered in the meet to be eligible for a deck entered relay. The deck entry must include the list of swimmers and be accompanied by the entry fees. Teams are encouraged to submit relay entries early with individual entries or at the start of the meet each day. "NO TIMES" entries will not be accepted. NOTE: NAMES OF RELAY PARTICIPANTS MAY BE CHANGED WITHOUT PENALTY, ONLY UNTIL THEIR FIRST RELAY SWIMMER STEPS UP TO THE STARTING BLOCK.

CONCESSION: A wide variety of food and beverages will be available throughout the meet.

AWARDS: Team Awards: 1st and 2nd Place Only Individual Awards: 1st – 6th Place: Ribbons

SCORING: Individual Points: 1st (14 pts), 2nd (13 pts), 3rd (12 pts), 4th (11 pts), 5th (9 pts), 6th (7 pts), 7th (6 pts), 8th (5 pts), 9th (4 pts), 10th (3 pts), 11th (2 pts), 12th (1 pt). **Relay Points:** Doubled and only two relays can score per team

DIRECTIONS: Take the PA Turnpike to Exit 234 on the Ohio Turnpike. >From there, take I-680 approximately 10 miles to Exit 6B (Rt. 62 and Hubbard). Follow signs for YSU and take Rt. 422 West. Take the second exit (Fifth Avenue) and turn left on Fifth. Spring St is the first stop light past the stadium. Beeghley Center is to the left on Spring St. (no outlet). Parking is to the Right

MEET STRUCTURE
Junior Olympics
July 25-27, 2008

FRIDAY AM SESSION						
Girls	LCM	SCY	Senior	SCY	LCM	Boys
3	1:27.69	1:16.39	100 Breaststroke	1:09.19	1:20.59	4
11	2:29.39	2:11.49	200 Freestyle	2:00.79	2:18.99	12
19	1:15.89	1:06.89	100 Butterfly	1:00.49	1:09.09	20
27	2:48.09	2:28.39	200 Individual Medley	2:15.69	2:37.09	28
43	20:28.39	19:58.89	1500 Freestyle			
			800 Freestyle	11:12.19	10:04.59	44
35	NQT	NQT	400 Medley Relay	NQT	NQT	36
	NQT	NQT	800 Freestyle Relay	NQT	NQT	
			13 & 14			
5	1:29.09	1:17.99	100 Breaststroke	1:12.29	1:23.59	6
13	2:32.59	2:14.19	200 Freestyle	2:05.79	2:24.99	14
21	1:17.29	1:08.09	100 Butterfly	1:03.39	1:11.99	22
29	2:52.39	2:31.29	200 Individual Medley	2:21.89	2:42.79	30
37	NQT	NQT	400 Medley Relay	NQT	NQT	38

FRIDAY PM SESSION						
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
1	3:00.69	2:37.09	200 Backstroke	2:33.79	3:00.29	2
9	42.09	37.99	50 Breaststroke	37.59	43.09	10
17	1:14.09	1:03.09	100 Freestyle	1:02.89	1:11.59	18
25	36.59	32.69	50 Butterfly	32.39	36.59	26
33	3:00.19	2:38.59	200 Individual Medley	2:35.89	2:58.09	34
41	NQT	NQT	400 Medley Relay	NQT	NQT	42
			10 & Younger			
7	48.29	41.99	50 Breaststroke	42.49	48.49	8
15	1:21.89	1:12.29	100 Freestyle	1:10.79	1:20.59	16
23	42.09	37.29	50 Butterfly	36.69	40.99	24
31	3:20.59	2:55.99	200 Individual Medley	2:55.29	3:18.89	32
39	NQT	NQT	400 Medley Relay	NQT	NQT	40

Order of Finals Friday: Event 1 through Event 34 consecutively

SATURDAY AM SESSION						
Girls	LCM	SCY	Senior	SCY	LCM	Boys
45	5:56.59	5:14.09	400 Individual Medley	4:49.09	5:29.99	46
53	32.29	28.19	50 Freestyle	25.39	29.39	54
61	3:08.49	2:44.69	200 Breaststroke	2:30.09	2:54.29	62
69	1:18.29	1:07.69	100 Backstroke	1:01.29	1:11.69	70
75	5:12.19	5:48.39	400 Freestyle	5:25.29	4:53.29	76
81	NQT	NQT	400 Freestyle Relay	NQT	NQT	82
			13 & 14			
47	6:02.29	5:19.59	400 Individual Medley	5:02.39	5:46.19	48
55	32.79	28.69	50 Freestyle	26.59	30.59	56
63	3:11.99	2:47.99	200 Breaststroke	2:36.29	3:02.39	64
71	1:20.09	1:08.69	100 Backstroke	1:04.89	1:15.09	72
77	5:16.59	5:52.99	400 Freestyle	5:39.39	5:05.59	78
83	NQT	NQT	400 Freestyle Relay	NQT	NQT	84

SATURDAY PM SESSION						
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
49	3:02.59	2:39.69	200 Butterfly	2:38.29	3:00.89	50
57	39.19	34.29	50 Backstroke	33.69	38.79	58
65	1:33.79	1:22.19	100 Breaststroke	1:21.09	1:33.59	66
73	2:39.19	2:20.19	200 Freestyle	2:16.59	2:35.69	74
79	6:27.59	5:38.09	400 Individual Medley	5:31.99	6:24.29	80
87	NQT	NQT	400 Freestyle Relay	NQT	NQT	88
			10 & Younger			
51	43.69	38.19	50 Backstroke	38.39	44.19	52
59	1:47.09	1:33.39	100 Breaststroke	1:32.69	1:45.99	60
67	2:58.69	2:36.39	200 Freestyle	2:31.89	2:52.39	68
85	NQT	NQT	400 Freestyle Relay	NQT	NQT	86

Order of Finals Saturday: Event 45 through Event 80 consecutively

SUNDAY AM SESSION						
Girls	LCM	SCY	Senior	SCY	LCM	Boys
91	NQT	NQT	200 Freestyle Relay	NQT	NQT	92
99	2:47.29	2:25.89	200 Backstroke	2:12.69	2:34.29	100
107	1:09.59	1:01.09	100 Freestyle	55.39	1:04.09	108
115	2:44.69	2:26.59	200 Butterfly	2:14.39	2:32.19	116
125	10:41.89	11:55.89	800 Freestyle			
			1500 Freestyle	18:47.99	19:22.99	126
127	NQT	NQT	200 Medley Relay	NQT	NQT	128
			13 & 14			
93	NQT	NQT	200 Freestyle Relay	NQT	NQT	94
101	2:51.39	2:27.29	200 Backstroke	2:19.49	2:41.59	102
109	1:11.09	1:02.19	100 Freestyle	57.99	1:06.59	110
117	2:49.49	2:28.59	200 Butterfly	2:20.79	2:39.89	118
129	NQT	NQT	200 Medley Relay	NQT	NQT	130

SUNDAY PM SESSION						
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
89	NQT	NQT	200 Freestyle Relay	NQT	NQT	90
97	3:23.69	2:57.69	200 Breaststroke	2:52.99	3:21.19	98
105	1:26.29	1:14.89	100 Backstroke	1:12.29	1:23.59	106
113	33.69	29.79	50 Freestyle	28.59	32.99	114
121	1:22.89	1:13.59	100 Butterfly	1:12.19	1:22.09	122
131	NQT	NQT	200 Medley Relay	NQT	NQT	132
			10 & Younger			
95	NQT	NQT	200 Freestyle Relay	NQT	NQT	96
103	1:35.29	1:22.19	100 Backstroke	1:21.69	1:33.69	104
111	36.49	32.39	50 Freestyle	31.89	36.19	112
119	1:38.69	1:26.69	100 Butterfly	1:25.69	1:37.19	120
133	NQT	NQT	200 Medley Relay	NQT	NQT	134
			12 & Younger			
123	5:32.39	6:09.29	400 Freestyle	6:04.69	5:29.19	124

Order of Finals Sunday: Event 97 through Event 122 consecutively

Comments:

1. Proof of times **shall** be required
2. Swimmers are limited to 3 individual events per day
3. This is a team scored meet. Individual and relay events are eligible for scoring.
4. Teams shall be limited to an A and B relay only.
5. Relays may be deck entered
6. Relays only swimmers must appear on the master entries.
7. Entry times are faster than National "A" Time standards for each age group.
8. Senior events use the National 15-16 "A" time standards.
9. All events are prelims & finals except for the following
10. All 1500's and 800's are to be swum following the relays as timed finals
11. All relays shall be swum in the prelim sessions prior to the distance events
12. 12 & Younger 400 freestyle and 11-12 400 IM are to be swum as timed finals
13. 10 & Younger events shall only swim 1 heat at finals all other events shall swim 2 heats, consolations and final heats
14. Non-conforming times shall be seeded last
15. Positive check in for all 400 meter and above events
16. The scratch procedure will be done in accordance with USA Swimming rules 207.12.10 D&E. You shall have 30 minutes from the announcement of the results to declare their intention to scratch.