

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

Entry Dead line: Monday February 22. At the close of the business day for the Holland Aquatic Center.

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

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.

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.

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.

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 \$5.00 Michigan Swimming surcharge for each swimmer entered.

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Time

Conversions: Time conversions are allowed. Convert to SCY. **YOU** must state the meet that you are using for the conversion.

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.

Deck Entries: No deck entries are allowed at the JO's.

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.

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

Warm-up 5:00 Check In Closes 5:15 Start 6:00

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

Warm-up 7:30 Check In Closes 7:45 Start 8:30

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	
27	10 & Under 200 Med Rel	28
29	11-12 Girls 200 Med Rel	

SATURDAY AFTERNOON

Warm-up 12:30p.m. Check In Closes 12:45 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
50	13-18 400 Med Relay	51
	11-12 Boys 200 Med Rel	52

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

SUNDAY MORNING

Warm-up 7:30 Check In Closes 7:45 Start 8:30

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	
69	10 & Under 200 Free Rel	70
71	11-12 Girls 200 Free Rel	
72	11-12 Girls 500 Free	

SUNDAY AFTERNOON

Warm-up 12:30p.m. Check In Closes 12:45 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
89	13-18 400 Free Rel	90
	11-12 Boys 200 Free Rel	91
92	13-18 500 Free*	93
	11-12 Boys 500 Free	94

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

JUNIOR OLYMPICS 2010 APPAREL ORDER FORM

Swimmers Name: _____

Team Name: _____

Phone Number:(____)_____ E-Mail: _____

APPAREL	YL	AS	AM	AL	AXL	A2X	QTY	PRICE	TOTAL
T-SHIRT <i>Forrest Green</i>								\$16.00	
HOODED SWEATSHIRT <i>Forrest Green</i>								\$32.00	
							TOTAL CHECK #		

1. Print and complete order form.
2. Attach check payable to **Spartan Swim Club**
3. **Mail completed order form and check to:** JO Apparel
c/o Damon Robertson
329 Smith Ave
Lansing MI 48910

Order Forms and Payment must be received by February 19, 2010

A limited number of t-shirts and sweat shirts will be available for purchase at the meet

Apparel will be distributed at the meet.

