

## 2010 Michigan Swimming Eastern Junior Olympics

Hosted By: Kingfish Aquatics of Waterford

March 5, 2010 – March 7, 2010 Friday, Saturday and Sunday

### Q1 TIMES ACHIEVED AT THIS MEET QUALIFY FOR THE STATE MEETS

ENTRIES MUST BE SUBMITTED VIA DIRECT ATHLETICS NO LATER THAN  
8pm, THURSDAY, FEBRUARY 18<sup>TH</sup>.

ANY NEW CUTS OR CHANGES TO ENTRIES AS A RESULT OF PERFORMANCES AT THE RDSC MEET OR THE DISTRICT MEET MUST BE SENT TO GREG VIA EMAIL PRIOR TO 8PM SUNDAY, FEBRUARY 28<sup>TH</sup>. Any cuts received from RDSC prior to 8pm Sunday night of that meet will be sent so as to be included in preliminary psyche sheets.

**Location:** Waterford Mott High School Pool, 1151 Scott Lake Rd., Waterford, Michigan 48328. Please [CLICK HERE](#) for a map, directions and facility details.

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

**Entry Fees:** \$5.00 per individual event. Please include a \$3.50 surcharge for each swimmer entered. Make checks payable to: PONTE AQUATICS after fees have been posted to the website.

#### **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.

**Facilities:** The Waterford Mott High School pool is an 8 lane 25 yard indoor pool with lane markers and permanent starting blocks. This 3 year old facility has a separate 3 lane 25 yard pool which will be available for supervised warm-up and warm down. The competition pool is 14 feet deep at the start and 8 feet deep at the turn, has Keifer wave eater lane lines, large platform starting blocks, and a Colorado Timing System. There is ample balcony seating for spectators. Lockers will be available (provide your own lock). The 25 yard events will be swum from the starting blocks. The competition course has **not** been certified in accordance with 104.2.2C(4) /

**Meet Hotels:** Please see the attached list of area motels.

**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. Swimmers who "over-qualify" for an event -- enter an event and then swim a Q1 time at Districts -- are entitled to a refund.

## **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.

**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. Coaches must hand-check swimmers' eligibility for events in the 13-18 age group.

## **Entry**

**Procedures:** Entries may be submitted to the Entry Chairperson starting on January 25, 2010 at 8 am. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website ([www.uss-michigan.com](http://www.uss-michigan.com)). Entries are not deemed valid until such time as the entry chairperson has received: (a) your entry, (b) the signed release/waiver, (c) your club's certification of entered athletes, and (d) your entry fees.

**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 hallway 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 9<sup>th</sup> through 16<sup>th</sup> place for all individual events and will be available for pick up during the meet. Relays will be awarded custom Michigan swimming Medals for 1<sup>st</sup> – 3<sup>rd</sup> place and custom ribbons for 4<sup>th</sup>-8<sup>th</sup> 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](http://www.uss-michigan.com). They will also be available on the KAW web site at [CLICK HERE](#). Teams bringing to the meet a formatted thumb drive may make a copy of results after each day's session.

**Concessions:** Food and beverages will be available in the Waterford Mott 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 at the pool office 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.

**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 Waterford Mott 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.

**Vendors:** Action Accents, [www.actionaccents.com](http://www.actionaccents.com), JBL Medal Engravers

**Photographer:** Youth Sports Action Photography, [www.youthsportsactionphotography.com](http://www.youthsportsactionphotography.com)

**T-Shirts:** A limited number of custom meet shirts will be available at the meet. Late orders will be accepted only if shirts are still available. If you are pre-ordering a meet T-Shirt, please have orders given to Greg prior to Friday, February 12<sup>th</sup>. Checks for shirts must be made payable to GREG WOLFF.

### **FRIDAY EVENING**

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

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
<b>EVENT #</b>		<b>EVENT #</b>
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

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
<b>EVENT #</b>		<b>EVENT #</b>
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.

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
<b>EVENT #</b>		<b>EVENT #</b>
	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

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
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

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
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**



## Tee Shirt Order Form MI Junior Olympics 2010

Team name \_\_\_\_\_

Contact name \_\_\_\_\_  
(Team Representative)

Address \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

	Youth Med	Youth Large	Adult Small	Adult Med	Adult Large	Adult XL	Adult XXL	How Many?	Price	Total
White Tee-Shirt									\$13.00 (xxl = \$15.00)	
Navy Tee-Shirt									\$15.00 (xxl = \$17.00)	
Grey Hooded Sweat Shirt									\$24.00 (xxl = \$26.00)	
									Total =	
<b>Submit orders to Greg by Friday February 12, 2010 with check payable to GREG WOLFF</b>										

# JUNIOR OLYMPIC GOOD LUCK ADS



If you would like to place an ad to wish you swimmer good luck and well wishes, we will include it in our commemorative program.

All good luck ads are approximately business card sized and cost \$5.00 for three lines.

Please fill out the lines below send your check payable to Waterford School District and mailed to:

JO good luck ads  
c/o Debbie Wright  
2651 Desmond  
Waterford, MI 48329

Name \_\_\_\_\_ Phone # \_\_\_\_\_

AD: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

September 2009

**10 & Under GIRLS**

**SCY**

<b>(Q1) Slower than</b>	<b>(Q2) Faster than or equal to</b>	<b>EVENT</b>
31.69	33.59	50 Freestyle
1:09.49	1:15.99	100 Freestyle
2:31.59	2:50.09	200 Freestyle
6:50.59*	7:42.89	500 Freestyle
37.29	40.39	50 Backstroke
1:20.29	1:27.79	100 Backstroke
42.09*	45.59	50 Breaststroke
1:32.49	1:42.79	100 Breaststroke
35.89	39.79	50 Butterfly
1:26.29	1:40.99	100 Butterfly
1:19.99*	1:26.59	100 IM
2:54.39	3:16.09	200 IM

**10 & Under BOYS**

**SCY**

<b>(Q2) Faster than or equal to</b>	<b>(Q1) Slower than</b>	<b>EVENT</b>
34.59	31.59	50 Freestyle
1:19.09	1:10.29	100 Freestyle
2:55.69	2:35.29	200 Freestyle
8:05.99	6:56.99	500 Freestyle
41.69	37.99	50 Backstroke
1:32.29	1:21.49	100 Backstroke
48.09	43.69	50 Breaststroke
1:44.29	1:35.09	100 Breaststroke
42.69	37.19*	50 Butterfly
1:40.59	1:31.29*	100 Butterfly
1:30.99	1:21.89	100 IM
3:24.69	2:57.09	200 IM

**11-12 GIRLS**

**SCY**

<b>(Q1) Slower than</b>	<b>(Q2) Faster than or equal to</b>	<b>EVENT</b>
27.89*	29.09	50 Freestyle
1:00.79	1:05.09	100 Freestyle
2:13.39	2:24.39	200 Freestyle
5:53.49	6:27.99	500 Freestyle
32.59	35.09	50 Backstroke
1:10.09*	1:16.39	100 Backstroke
2:31.19	2:48.09	200 Backstroke
36.59	39.99	50 Breaststroke
1:20.19	1:27.69	100 Breaststroke
2:51.99*	3:11.09	200 Breaststroke
31.19*	34.19	50 Butterfly
1:11.29	1:22.99	100 Butterfly
2:45.49	3:12.59	200 Butterfly
1:10.79	1:16.29	100 IM
2:32.89*	2:47.59	200 IM
5:25.59	6:19.89	400 IM

**11-12 BOYS**

**SCY**

<b>(Q2) Faster than or equal to</b>	<b>(Q1) Slower than</b>	<b>EVENT</b>
30.59	28.29	50 Freestyle
1:09.19	1:02.09	100 Freestyle
2:32.99	2:14.59*	200 Freestyle
6:42.19	6:01.89	500 Freestyle
37.09	33.29*	50 Backstroke
1:20.19	1:11.69*	100 Backstroke
3:09.59	2:34.79	200 Backstroke
41.99	37.79*	50 Breaststroke
1:32.09	1:21.69*	100 Breaststroke
3:25.79	2:59.99*	200 Breaststroke
36.29	32.29	50 Butterfly
1:26.69	1:13.99*	100 Butterfly
3:23.99	2:55.89	200 Butterfly
1:20.29	1:12.89*	100 IM
2:55.69	2:35.49*	200 IM
6:30.89	5:36.19*	400 IM

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**

<b>13-18 WOMEN SCY</b>			<b>13-18 MEN SCY</b>		
<b>(Q1) Slower than</b>	<b>(Q2) Faster than or equal to</b>	<b>EVENT</b>	<b>(Q2) Faster than or equal to</b>	<b>(Q1) Slower than</b>	
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*	

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).

## **HOTELS – all within 10 miles from the pool.**

### **Courtyard Detroit Auburn Hills** (248) 373-4100

(8 miles from the pool)

1296 Opdyke Rd.

Auburn Hills, MI 48236

<http://www.marriott.com/hotels/travel/dtwab-courtyard-detroit-auburn-hills>

### **Fairfield Inn Detroit Auburn Hills** (248) 373-2228

(8 miles from the pool)

1294 Opdyke Rd.

Auburn Hills, MI 48236

<http://www.marriott.com/hotels/travel/dtwah-fairfield-inn-detroit-auburn-hills>

### **Holiday Inn Select Detroit – Auburn Hills (1-75)** (248)373-4550

(9 miles from the pool)

1500 N. Opdyke

Auburn Hills, MI 48236

<http://www.ichotelsgroup.com/h/d/sl/1/en/hotel/dttah?rpb=hotel&crUrl=/h/d/sl/1/en/hotelsearchresults>

### **Holiday Inn Express Waterford**

★★★★☆5 reviews - [Write a review](#)

4350 Pontiac Lake Rd

Waterford, MI 48328

(248) 674-3434

[holiday-inn.com](http://holiday-inn.com)

### **COMFORT INN of Waterford**

[Write a review](#)

Placement on map is approximate

7076 Highland Rd.

Waterford, MI 48327

(248) 666-8555