

BULLDOG AQUATICS CLUB MEET ENTRY CHECKLIST



LATE ENTRIES CANNOT BE PROCESSED

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

The entry deadline for Bulldogs is February 19, 2010.

The meet payment deadline is: February 26, 2010.

- Logon to www.DirectAthletics.com and enter the events you want your swimmer(s) to swim.
- Questions can be sent to BACMeetEntry@Bulldogaquaticclub.com
- Write a check made payable to BAC and have your swimmer put the check in the plastic envelope marked Meet Payments (located near the folders on deck) within 10 days of the meet entry deadline to avoid a late fee.
- Relays: If your swimmer participates in a relay you are responsible for ¼ of the relay entry fee. Please email Greg at gregphill@bulldogaquaticclub.com if your swimmer is interested in a relay. Include your swimmer's name and the relay event numbers you would like to enter. Also indicate the swim group (puppies, jr. dogs, etc.). If your swimmer is chosen to swim on a relay and participates you will be sent an email a few days AFTER the meet with the amount you owe.
- Confirm your entry. An email will be sent out when the psych sheet is available. It is YOUR responsibility to check for accuracy and omissions in meet event #'s and times. All corrections must be done by YOU using the on-line entry system by the stated deadline (in the email announcement).

No changes can be made once the team's entries have been submitted to the host team. A complete copy of the BAC Meet Entry procedures is available via a link that is on the meet entry & info page.

Entry Fees & Limits \$5.00 per individual event. \$12.00 per relay team. \$1.00 Michigan Swimming surcharge

Swimmers are limited to 1 individual events Friday PM; 3 individual events and 1 relay per day on Saturday and Sunday

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

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 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 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.

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.

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.

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 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.

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.

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**

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

September 2009

**10 & Under GIRLS
SCY**

(Q1) Slower than	(Q2) Faster than or equal to	EVENT
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**

(Q2) Faster than or equal to	(Q1) Slower than	EVENT
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**

(Q1) Slower than	(Q2) Faster than or equal to	EVENT
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**

(Q2) Faster than or equal to	(Q1) Slower than	EVENT
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**

**13-18 WOMEN
SCY**

**13-18 MEN
SCY**

(Q1) Slower than	(Q2) Faster than or equal to	EVENT	(Q2) Faster than or equal to	(Q1) Slower than
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*

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