

## 2010 Michigan Swimming Eastern Junior Olympics

Hosted By: Kingfish Aquatics of Waterford

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

***Meet Just Added Quick Turn Around For Entries  
All Entries due YPAC Black Box Feb 19, 7 PM***

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

**Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a Timed Final swimming meet on behalf of USA Swimming, Sanction # MI0910041. Michigan Swimming rules, safety, and warm up procedures will govern the meet as fully set forth in this meet announcement.

**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>

**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.

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

### **Entry Fees**

#### **Electronic:**

***PAID BY YPAC***

#### **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

#### **Deck Entries:**

No deck entries are allowed at the JO's.

#### **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. A preorder form is attached and is due by **February 15, 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

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

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

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

<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 =	

**Submit team orders by Monday February 15, 2010**

\*Note to Swimmers and Parents: Send your completed order form to **your team representative** by the deadline specified by **your team**, with your check payable to your team.

Please consolidate your team's order to **one** form and send **one** check payable to **Waterford School District**. A team representative can pick up pre orders at the meet.

**Send to: Jr. Olympic Tee shirt order  
c/o Debbie Wright  
2651 Desmond  
Waterford, MI 48329**

Email any questions to [dwright2570@yahoo.com](mailto:dwright2570@yahoo.com)

**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**

<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*

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