

2010 AAU JUNIOR OLYMPIC GAMES SWIMMING



LOCATION: Brittingham Midtown Community Center, 570 McLawhorne Drive, Newport News, VA 23601

DATES:

Monday, August 2	*Athlete Check-In (10am-7pm)	Midtown Community Center
Monday, August 2	Practice & Coaches Meeting	Midtown Community Center
Tuesday, August 3	Competition	Midtown Community Center
Wednesday, August 4	Competition	Midtown Community Center
Wednesday, August 4	Athletes' Celebration (7pm-10pm)	City Center at Oyster Point
Thursday, August 5	Competition	Midtown Community Center
Friday, August 6	Competition	Midtown Community Center

* Athletes must check in at least the day prior to their first event.

AGE DIVISIONS: Girls & Boys: 8 & Under 9-10 11-12 13-14 15-18
Athlete's age on the first day of competition shall determine the division of the competitor.

The 8 & Under division will be a recognized age group competing in the AAU Junior Olympic Games Swimming Championship. The heats for this age group may be combined with 9-10 division but will be awarded separately. The 8 & Under division is offered for the 50M events and 200M free relays.

AAU MEMBERSHIP: This meet is sanctioned by the AAU. All athletes and coaches must be AAU members. Athlete membership is \$12.00 and non-athlete (coach) membership is \$14.00. AAU membership can be obtained online at www.aausports.org.

ENTRY FEE: \$45.00 per swimmer, \$40.00 per coach (\$10 late fee if registering onsite). All entry fees are non-refundable.

ONLINE REGISTRATION & ENTRY DEADLINE: ***Deadline Extended! All entries must be completed online by Thursday, July 22.***

Register Online at www.aaujrogames.org. Visa, MasterCard, American Express and Discover are accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

In addition to registering online, we encourage all coaches to complete the HyTek Team Manager file online at www.aaujrogames.org.

ONSITE CHECK-IN: Swimming athletes and coaches must check-in at the Midtown Community Center in Newport News at least the day prior to their competition. Please follow the posted signs to the Check-In Area. For additional check-in hours and directions please visit the web at www.aaujrogames.org.

ENTRY LIMIT: Three (3) individual events per day, exclusive of relays. Any individual may only swim eight (8) events during the entire meet, exclusive of relays. Relay swimmers **can not** swim both a club and mixed relay of the same event.

COMPETITION FORMAT: This meet is pre-seeded WITH THE EXCEPTION OF RELAYS WHICH WILL BE DECK ENTERED. No other deck entry will be permitted. All 10 & Under events will swim as Timed Finals during the Prelim sessions. All other events will swim as Prelims and Finals except the 400 meter Freestyle for the 11-12 age group and the 1500 meter Freestyle for the 13-14 and 15-18 age group events and relays which will swim as Timed Finals only.

RULES: This meet will be an approved competition conducted under current USA Swimming & AAU Swimming rules.

QUALIFICATION: First, second, and third place finishers in AAU Club or District Swimming Championship Meets in individual events under 400M, will qualify for this AAU National Championship, in only those events unless they meet the time standards below to qualify in other events. Swimmers must list their Championship time on the entry form and bring their time verification from the Championship.

In addition, swimmers (ages 9 to 18) who meet or beat the U.S. Swimming long course **"A" minimum time standard for all 200M, 400M and 1500M events and "BB" time standards for events under 200M are eligible to compete** in the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only. The time standard must have been met during a bona fide competition, during the

period of July 16, 2009 through the entry deadline of July 16, 2010, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. No attempts against time are acceptable as a means of qualification. **No yard times will be accepted. Yard times must be converted to long course meter times!** For the 8 and under division, U.S. Swimming long course time standards have not been established.

**ENTRY TIME
VERIFICATION:**

Time verification must be provided for 400M and 1500M events prior to the event. Swimmers placing first, second or third in the Club Championship must also provide time verification from the Club meet. For all other events the Meet Director reserves the right to request time verification and reject entries whose qualifying times cannot be substantiated. Proof of Time may be requested at the time the entry is received, before the start of the meet (at coaches meeting) or during the meet by the Meet Director or Meet Referee. Times may only be proved by presentation of Final meet results from a bona fied meet.

**COACHES
CREDENTIALS:**

Coaches must complete the Coach's Entry Form and submit the \$40.00 coach's entry fee, in order to receive the coach's pass which allows admission into any of the venues for the AAU Junior Olympic Games. Coach entries received onsite in will require an additional \$10 late fee. All coaches must be non-athlete members of the AAU.

Only coaches meeting the certification requirements below will be eligible to receive credentials allowing access to the deck.

Coaches' certification requirements are as follows:

1. Current certification in CPR and First Aid.
2. American Red Cross Coaches Safety Training and First Aid, American Red Cross, or YMCA Life Guard Training

Swimmers with no certified coach will be assigned to another team for practice and warm-up.

Deck Access Coaches' Credentials will be provided to teams as follows:

1 – 5	Swimmers Entered	1 Coach
6 – 10	Swimmers Entered	2 Coaches
11 – 20	Swimmers Entered	3 Coaches
21 & Above	Swimmers Entered	4 Coaches

One of the coaches, per the schedule above, must be designated as the Team Head Coach at the Coaches Meeting on August 2. Only these coaches will receive a coach's packet, be allowed on the deck and attend coaches meetings.

COACHES PACKET WILL INCLUDE: Meet Information Sheet, Meet Schedule, Meet Psych Sheet, Relay Entry Forms, Scratch Sheets, Computer Input Error Form, Deck Information, Joel Ferrell Award Nomination Form.

COACHES MEETING:

A mandatory coaches meeting will take place at **4:00 p.m. on August 2** at the Midtown Community Center. Coaches packets will be distributed at this time.

DECK ACCESS:

AAU Junior Olympic Games credentials (Athlete, Coach, Official, and Volunteer) will be required to be shown for access to the deck. In addition, Coaches must also be able to present the AAU required coaches certifications during the meet.

AWARDS:

INDIVIDUAL: AAU Junior Olympic Games medals will be awarded to the TOP eight (8) finishers in each individual AGE GROUP EVENT. Ribbons will be awarded to athletes placing 9th – 16th.

RELAYS: AAU Junior Olympic Games medals will be awarded to every team member on each of the TOP eight (8) places in all AGE GROUP RELAY EVENTS. Ribbons will be awarded to each relay team member placing 9th – 16th. The Club and Mixed Relay events are separate.

AWARD CEREMONIES: AAU Junior Olympic Games medals will be formally presented to the top three (3) to eight (8) finishers during award ceremonies following the completion of the events.

RELAYS:

Determining criteria for Club vs. Mixed Relays:

CLUB: Only ONE (1) AAU Club is represented on the relay team regardless of team affiliation. More than one (1) relay team per Club is encouraged in each age group event.

MIXED RELAY: TWO (2) or more Clubs are represented on the relay team regardless of team affiliation.

Relay events – Age Group, Club and Mixed – may be seeded together in the same heats but will be scored separately.

SCRATCH MEETINGS: Will be held each morning at 8:00 am for each morning session. No swimmer may scratch an event to enter another. The scratch procedures will be in accordance with current USA Swimming policies (207.12.6.c).

SCRATCH RULE: Failure to swim a prelim event will mean disqualification from further individual and relay events for the day. Swimmers qualifying for a final in an individual event not wishing to swim finals must announce their intentions within the announced "30 minute scratch time" at the Announcers table. Any swimmers qualifying for a final in an individual event, who fails to compete in said event without scratching as noted above, shall be barred from further competition for the remainder of the meet. It is the swimmer's responsibility to report to the assigned heat and lane.

DECK ENTRIES: **INDIVIDUAL EVENTS:** No Deck entries will be accepted.

RELAYS: All relays will be deck entered by submitting Relay Entry Forms, included in coach's packet, (full relay for Club teams and individual swimmers for Mixed Relays) to the meet director as follows:

400 Meter Club Medley Relay – Due to meet director no later than 8:00 AM First day of meet.
400 Meter Club Freestyle Relay – Due to meet director no later than 10:00 AM Second day of meet
200 Meter Club Medley Relay – Due to meet director no later than 10:00 AM Third day of meet.
200 Meter Club Freestyle Relay – Due to meet director no later than 10:00 AM Third day of meet

400 Meter Mixed Freestyle Relay – Due to meet director no later than 8:00 AM Second day of meet
200 Meter Mixed Freestyle Relay – Due to meet director no later than 1:00 PM Third day of meet
Mixed Relays will be formed by the Meet Director or Meet Referee based on the entries received.

In the event the facility does not meet USA Swimming pool depth requirements, in water starts will be required for swimmers #2 and #4 for 200M Relay Events.

FINALS QUALIFIERS: Will have thirty (30) minutes after results are announced to scratch with the Announcer. If you do not scratch from the finals and do not swim, you will be disqualified from the meet. The Announcer will be located on the deck in front of the main pool house..

FACILITY: The Midtown Community Center is a 50 meter indoor pool.

SWIMMING SAFETY AND WARM UP PROCEDURE:

To protect all swimmers during warm-ups, swimmers will be required to enter the pool feet first only, no jumping or diving except as detailed below. The same rules will apply with respect to the warm-down pool. Penalties for violating these rules will be in the sole discretion of the meet referee which may include ejection from the meet. Controlled, supervised warm-up sessions will be utilized in accordance with the "warm-up procedure guidelines" suggested by USA Swimming.

The final 20 minutes of warm-ups will be conducted as follows:

· Lanes 1 & 8 push/pace with push off from start end of pool, or general warm up lanes at the discretion of the Meet Referee.

· Lanes 2 - 7 racing start lanes. Sprint lanes for racing starts from the blocks or backstroke starts. One length only and exiting the pool.

· Lanes 2, 5, 6, 9 general warm-up, no diving or racing starts. Any one, or all of these lanes, may be converted to sprint lanes at the discretion of the Meet Referee.

PRACTICE: Practice will be available on Monday, August 2 from 10:30 am to 7:00 pm. Athletes must register and have credentials prior to practicing.

PARKING: The majority of venues for the 2010 AAU Junior Olympic Games will offer complimentary parking; however, some locations may have a small fee. This is subject to change. Please note that some hotels may charge for parking. Contact your hotel for more information.

CELEBRATION OF ATHLETES:

The 2010 AAU Junior Olympic Games *Athletes' Celebration* will be held on August 4 from 7:00 pm to 10:00 pm at the City Center at Oyster Point in Newport News. This family-fun event will have something for everyone including an outdoor movie shown on a 25' screen, themed games, face painting, free popcorn, inflatable slide and more. Visit www.aajrogames.org (click Event Info/Handbook) for more details.

Participants can also take part in another Athletes' Celebration on Monday, August 2 at the Virginia Beach Oceanfront and Boardwalk. Join the party for entertainment and fun on the Virginia Beach Boardwalk. More details will be announced soon at www.aajrogames.org.

HOUSING: Anthony Travel is proud to be the Official Travel Provider for the 2010 AAU Junior Olympic Games. Participants in the AAU Junior Olympic Games should book hotel accommodations through Anthony Travel. Anthony Travel has negotiated specially-priced rates for AAU participants and their families. Visit www.aaujrogames.org to make reservations and view hotel lists. For assistance, please call Anthony Travel toll-free at 800-736-6377.

You will need to have the following information ready when making reservations:

1. The number of rooms you need
2. Your arrival and departure dates
3. Your credit card number

Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellations.

NEW: All participants will need to provide hotel information as part of the entry process for the AAU Junior Olympic Games. Hotel information can be submitted online at www.aaujrogames.org at the time of registering for the event or anytime prior to onsite check-in.

TRANSPORTATION: All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

SECURITY: All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

FOOD: All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

ADMISSION FEE: Credentialed athletes and coaches will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. All other spectators can purchase daily tickets or event passports valid for all the sport venues throughout the AAU Junior Olympic Games. Tickets can be purchased onsite at the venue. For more information on ticket options, please visit www.aaujrogames.org.

NO GUARANTEE: The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

RESULTS: **Complete meet results will be posted on the AAU Junior Olympic Games web site at www.aaujrogames.org.**

INFORMATION: AAU National Headquarters
P.O. Box 10,000, Lake Buena Vista, FL 32830
407-934-7200(O), 407-934-7242 (F)
anastasia@ausports.org
www.aaujrogames.org