



2009 AAU JUNIOR OLYMPIC GAMES SWIMMING



- LOCATION:** Birdland Swimming Pool, 300 Holcomb Avenue, Des Moines, IA 50309
- DATES:**
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| Monday, August 3 | Athlete Check-In | Veterans Auditorium |
| Monday, August 3 | Practice & Coaches Meeting | Birdland Swimming Pool |
| Monday, August 3 | Celebration of Athletes | Wells Fargo Arena |
| Tuesday, August 4 – Friday, August 7 | Competition | Birdland Swimming Pool |
- 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. All entry fees are non-refundable.
- ONLINE REGISTRATION & ENTRY DEADLINE:** All entries must be completed online by **Friday, July 17**.
- Register Online at www.aaujogames.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.
- We encourage all coaches who have the ability to send entries on a formatted Hy-Tek disk in addition to registering online. Please send disks to 2009 AAU Junior Olympic Games, c/o Swimming, 400 Locust Street, Suite 265, Des Moines, IA 50309.
- ONSITE CHECK-IN:** Check-In for participants will be held in downtown Des Moines at Veterans Memorial Auditorium (Iowa Events Center) located at 730 3rd Street, Des Moines, IA 50309. Parking fees will typically range around \$6.00 per day, but other area events can cause parking fees to fluctuate. Please follow the posted signs to the Check-In Area. For check-in hours, maps, parking information and additional directions please visit www.aaujogames.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. USA Swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules. Please be aware that in accordance with USA Swimming rule 202.4.10, for approved meets, "In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- 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 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 17, 2008 through the entry deadline of July 17, 2009, 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!**

**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 3. 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, Facility Map, Deck Information, Joel Ferrell Award Nomination Form, Coach Credentials / Deck Access

COACHES MEETING:

A mandatory coaches meeting will take place at **4:00 p.m. on August 3** at the Birdland Swimming Pool. Coaches packets, including meeting information, meet schedule, meet entry psych sheet, relay forms, scratch sheets, entry input error form, facility map, deck information and coach deck access credentials, will be available for the coached identified on the Entry form (see Team Coaches section).

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: Birdland Park Pool is an outdoor pool - Pop-up tents will be allowed by teams in designated areas. Spectator seating will be limited and there is limited shade at the pool. Bringing your own seating is recommended.

Birdland Park Pool is an 8-lane, 50 meter pool with attached dive well which will be used for warm up/cool down during competition. Depth at start is 12 ft and 3'6" at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system will be used.

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 3.** Times to be determined. Athletes must check-in at the Registration Site before they may practice. Additional information will be available on-line at www.aaujrogames.org.

PARKING: Some locations may have parking fees including the Iowa Events Center and Drake University. Please visit www.aaujrogames.org for additional parking information and maps. Also, please note that some downtown hotels will charge for parking at their location. These prices vary. Please contact your hotel directly for more information on parking fees.

**CELEBRATION
OF ATHLETES:**

The 2009 AAU Junior Olympic Games ***Celebration of Athletes*** will be held on Monday, August 3 at 7:30 p.m. at Wells Fargo Arena in downtown Des Moines. All athletes are encouraged to attend, as you won't want to miss this year's celebration. Check the web site at www.aaujrogames.org for more announcements on the ***Celebration of Athletes***.

HOUSING:

The Des Moines Convention and Visitors Bureau will handle all requests for hotels. **Visit www.aaujrogames.org to make reservations, view hotel lists, maps and more.** For assistance, please call the Des Moines Convention & Visitors Bureau at (800) 451-2625. You will need to have the following information ready when making reservations:

1. The sport in which you will compete
2. The number of rooms you need
3. Your arrival and departure dates
4. Your credit card number

Important: Please check online regarding deposit requirements and cancellation policies. AAU is not responsible for any refunds from cancellations.

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:

Admission to all venues and the Celebration of Athletes for credentialed participants are included in your entry fee. Please note that you must check-in and pick up your athlete or coach credential prior to receiving admittance into any venue, including the Celebration of Athletes. All other spectators will be able to enjoy any of the sporting events and ceremonies throughout the AAU Junior Olympic Games by purchasing an admission ticket that is valid for all the sports involved in the Games. For more information on ticket options, please refer to the Event Handbook or 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.

CONTACT

INFORMATION:

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2009 AAU JUNIOR OLYMPIC GAMES SWIMMING MEET SCHEDULE

Monday, August 3, 2009:

Athlete Check-In*:	Veterans Auditorium
Practice and Coaches Meeting:	Birdland Swimming Pool
Celebration of Athletes:	Wells Fargo Arena

* Athletes must check-in at least a day prior to competing.

First Day - Tuesday, August 4, 2009

Prelims: Warm-up 7:00 AM, Competition 8:30 AM

Finals: Warm-up 5:00 PM, Competition 6:00 PM

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
1	2:58.49	9-10 200 Meter Freestyle	2:52.39	2
3	2:37.69	11-12 200 Meter Freestyle	2:34.89	4
5	2:31.79	13-14 200 Meter Freestyle	2:23.29	6
7	2:27.19	15-18 200 Meter Freestyle	2:17.19	8
9	2:02.29	9-10 100 Meter Breaststroke	1:59.79	10
11	1:41.89	11-12 100 Meter Breaststroke	1:40.89	12
13	3:11.99	13-14 200 Meter Breaststroke	3:01.99	14
15	3:05.69	15-18 200 Meter Breaststroke	2:54.29	16
17		8 & Under 50 Meter Butterfly		18
19	48.59	9-10 50 Meter Butterfly	46.89	20
21	39.39	11-12 50 Meter Butterfly	39.59	22
23	1:22.89	13-14 100 Meter Butterfly	1:16.99	24
25	1:20.39	15-18 100 Meter Butterfly	1:13.39	26
27	6:00.99	13-14 400 Meter Individual Medley	5:44.49	28
29	5:50.59	15-18 400 Meter Individual Medley	5:27.09	30
31		11-12 400 Meter Club Medley Relay		30
33		13-14 400 Meter Club Medley Relay		34
35		15-18 400 Meter Club Medley Relay		36

Second Day - Wednesday, August 5, 2009

(ALL TIMED FINALS)

Warm-up 7:00 AM, Competition 8:30 AM

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
37	5:32.39	11-12 400 Meter Freestyle (1)	5:27.09	38
39	20.39.79	13-14 1500 Meter Freestyle (1), (2)	19.55.69	40
41	20.28.39	15-18 1500 Meter Freestyle (1), (2)	19.13.39	42

Notes:

- (1) These events will swim fastest to slowest alternating Girls and Boys.
- (2) These events will be seeded together, scored separately.

Third Day - Thursday, August 6, 2009

Warm-up 7:00 AM, Competition 8:30 AM

Finals: Warm-up 5:00 PM, Competition 6:00 PM

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
43	34.49	15-18 50 Meter Freestyle	31.19	44
45	35.19	13-14 50 Meter Freestyle	32.79	46
47	36.39	11-12 50 Meter Freestyle	35.29	48
49		8 & Under 50 Meter Freestyle		50
51	40.79	9-10 50 Meter Freestyle	40.19	52
53	2:47.29	15-18 200 Meter Individual Medley	2:35.89	54
55	2:51.49	13-14 200 Meter Individual Medley	2:42.39	56
57	2:59.79	11-12 200 Meter Individual Medley	2:58.09	58
59	3:19.89	9-10 200 Meter Individual Medley	3:18.89	60
61	1:22.69	15-18 100 Meter Backstroke	1:16.49	62
63	1:24.29	13-14 100 Meter Backstroke	1:20.59	64
65	42.29	11-12 50 Meter Backstroke	42.19	66
67		8 & Under 50 Meter Backstroke		68
69	49.89	9-10 50 Meter Backstroke	50.09	70
71	5:16.59	13-14 400 Meter Freestyle	5:02.79	72
73	5:08.89	15-18 400 Meter Freestyle	4:50.19	74
75		11-12 400 Meter Club Free Relay		76
77		11-12 400 Meter Mixed Free Relay		78
79		13-14 400 Meter Club Free Relay		80
81		13-14 400 Meter Mixed Free Relay		82
83		15-18 400 Meter Club Free Relay		84
85		15-18 400 Meter Mixed Free Relay		86

Fourth Day - Friday, August 7, 2009

Warm-up 7:00 AM, Competition 8:30 AM

Finals: Warm-up 5:00 PM, Competition 6:00 PM

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
87		8 & Under 200 Meter Club Free Relay		88
89		9-10 200 Meter Club Free Relay		90
91		8 & Under 200 Meter Mixed Free Relay		92
93		9-10 200 Meter Mixed Free Relay		94
95		11-12 200 Meter Club Free Relay		96
97		11-12 200 Meter Mixed Free Relay		98
99		13-14 200 Meter Club Free Relay		100
101		13-14 200 Meter Mixed Free Relay		102
103		15-18 200 Meter Club Free Relay		104
105		15-18 200 Meter Mixed Free Relay		106
107	1:48.89	9-10 100 Meter Backstroke	1:45.69	108
109	1:31.09	11-12 100 Meter Backstroke	1:31.39	110
111	2:47.39	13-14 200 Meter Backstroke	2:40.69	112
113	2:44.29	15-18 200 Meter Backstroke	2:31.29	114
115		8 & Under 50 Meter Breaststroke		116
117	54.89	9-10 50 Meter Breaststroke	55.09	118
119	45.59	11-12 50 Meter Breaststroke	47.09	120
121	1:36.39	13-14 100 Meter Breaststroke	1:28.09	122
123	1:33.89	15-18 100 Meter Breaststroke	1:26.39	124
125	1:55.19	9-10 100 Meter Butterfly	1:53.19	126
127	1:30.79	11-12 100 Meter Butterfly	1:29.49	128
129	2:48.29	13-14 200 Meter Butterfly	2:38.79	130
131	2:42.69	15-18 200 Meter Butterfly	2:30.59	132
133		9-10 200 Meter Club Medley Relay		134
135		11-12 200 Meter Club Medley Relay		136
137		13-14 200 Meter Club Medley Relay		138
139		15-18 200 Meter Club Medley Relay		140
141	1:32.99	9-10 100 Meter Freestyle	1:31.09	142
143	1:19.59	11-12 100 Meter Freestyle	1:17.39	144
145	1:16.19	13-14 100 Meter Freestyle	1:11.49	146
147	1:14.39	15-18 100 Meter Freestyle	1:08.39	148