

2010 SCS Long Course Junior Olympics

Hosted by Mission Viejo Nadadores and SCS

July 29th to August 2nd

- Estimated time line is based on **10%** scratches. **FLY OVER STARTS WILL BE USED.**
- The meet will **NOT** be delayed to meet the time line. Swimmers must be prepared to swim at the beginning of their race. Swimmers should plan on arriving early to the pool, to ensure they do not miss their events.
- Start time of final sessions will be adjusted each day if needed, and will start no sooner than 2 hours after the completion of the prelims (not including “Timed Final” events).
- Due to size of both JO Meets there will be NO Time Trials.

Thursday 7/29/09	Friday 7/30/09	Saturday 7/31/09
Backstroke: 9:00 am	Butterfly: 9:00 am	Freestyle: 9:00 am
Butterfly: 10:33 am	Freestyle: 9:19 am	Butterfly: 12:24 pm
Freestyle: 11:58 am	Backstroke: 11:21 am	Ind. Medley: 01:13 pm
Finish of Prelims: 12:46 pm	Ind. Medley: 11:43 am	
	Breaststroke: 1:49 pm	
Start of 800: 12:46 pm		
End of 800: 2:17 pm	Finish of Prelims: 3:00 pm	Finish of Prelims: 3:29 pm
Start of Finals: 5:00 pm	Start of Finals: 5:00 pm	Start of Finals: 5:30 pm
End of Finals: 7:00 pm	End of Finals: 7:30 pm	End of Finals: 8:13 pm

Sunday 8/1/08	Monday 8/2/08 (Relays)
Breaststroke: 9:00 am	
Backstroke: 10:51 am	
Freestyle: 11:57 am	
Finish of Prelims: 12:54 pm	
Start of 1500: 12:41 pm	Start of Meet: 9:00 am
End of 1500: 3:30 pm	Finish of Meet: 3:20 pm
Start of Finals: 5:30 pm	
End of Finals: 7:30 pm	

800m and 1500m DISTANCE EVENTS:

1. The 800 and 1500 meter Freestyle are 'timed finals' swum after prelims with the fastest heat of both men's and women's to be swum during the “finals session”.
2. The **800m** event will close for seeding at **10:30 am Thursday**; swimmers not wishing to swim in finals may declare their choice at check-in.
3. The **1500m** event will close for seeding by time at **5:00 pm Saturday**, swimmers checking in after that will be seeded into open lanes, regardless of entry times. The event will close to all competitors at **10:00 am Sunday**.
4. Swimmers are requested to provide one timer, to time a minimum of three heats, for these events