

2008

Metropolitan Short Course

Junior Olympics

Swimming Championships

March 28 – 30, 2008

AT

Nassau County Aquatic Center

Eisenhower Park

East Meadow, NY 11554

Hosted By:

Old Westbury Aquatics

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction # 0803058

Time Trials Sanction # 080353-T



2008 Metropolitan Short Course Junior Olympics
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Important Reminders:

DATES

ENTRY AND PAYMENTS:	March 18, 2008
EXTENDED PAYMENTS (see instructions):	March 26, 2008
WORM-UP SCHEDULE	March 20, 2008
TEAM BIOS:	March 01, 2008
SPONSORSHIP AND ADS:	March 15, 2008
TIMER VOLUNTEER FORMS:	As Soon As Possible

TEAM BIOS: SEND YOUR INPUT NOW TO BE INCLUDED!

Each participating Team shall be presented in the Program and on the website.
We need your input. Please check the TEAM BIO section in this information pack.

TIMER VOLUNTEERS NEEDED

Timing is an opportunity to see the swimmers from the best seat in the house:
right at the finish line.

Every Timer Volunteer shall receive a free admission and a commemorative T-shirt.
Please check the TIMERS section in this information pack.

OFFICIALS

Metro Officials wishing to volunteer: please check the OFFICIALS section in this
information pack.

VOLUNTEERS

Please contact the MEET DIRECTOR if you can help as a volunteer.

SPONSORSHIP OPPORTUNITIES for TEAMS and FAMILIES

There are sponsorship opportunities designed specifically for Teams and Families.
Please check the Sponsorship Information Pack on swimowa.com website.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

Content

I. MEET INFORMATION	4
ON-LINE INFORMATION AND CHANGES	4
QUESTIONS	4
VENUE.....	4
PARKING.....	4
RULES	4
SESSIONS.....	4
PLANNED.....	4
WARM-UPS.....	4
EVENTS	4
AWARDS	5
TEAM SPIRIT AWARD.....	5
SCORING.....	5
EVENTS	5
ELIGIBILITY	5
ENTRY LIMIT	5
QUALIFYING TIME STANDARDS	5
ENTRIES DIRECTOR.....	5
ENTRY DEADLINE.....	6
EXTENDED PAYMENT DEADLINE.....	6
ENTRIES.....	6
ENTRY FEES.....	7
E-MAIL ENTRIES	7
MAILED ENTRIES AND PAYMENTS	7
PAYMENTS.....	7
DISTANCE EVENTS	7
TIMED TRIALS.....	8
SCRATCH RULES AND PROCEDURES.....	8
ADMISSION	8
PROGRAMS	8
TEAM BIO	8
OFFICIALS	9
COACHES.....	9
CREDENTIALS	9
MEET DECORUM.....	9
FOOD	9
TIMERS.....	9
PROTESTS.....	10
PROTEST COMMITTEE	10
REFERENCES	10
ENCLOSURES.....	10
MEET DIRECTOR.....	10
II. QUALIFYING TIMES AND ORDER OF EVENTS	11
III. TEAM ENTRY FORM.....	17
IV. DIRECTIONS TO THE VENUE.....	18

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

I. MEET INFORMATION

ON-LINE INFORMATION AND CHANGES All information, including warm-up schedules, any time, session and other changes and any eventual urgent information will be accessible from the Metropolitan Swimming and the Old Westbury Aquatics websites:

www.metroswimming.org

swimowa.com under **JO 2008**

QUESTIONS Up-to-date information shall be available ON-LINE (SEE 'ON-LINE INFORMATION AND CHANGES', PAGE 4). Check the Frequently Asked Questions (FAQ) section under **JO 2008**. In case of any additional questions, please contact the MEET DIRECTOR (page 10).

VENUE The meet will be held at the **Nassau County Aquatic Center**, East Meadow, NY, also known as the Eisenhower Park Pool.

There will be two pools in use during the morning sessions, referred to as the EAST POOL (diving pool side) and the WEST POOL. Afternoon and evening sessions are planned to be in the EAST POOL only.

PARKING Parking Lots 1A, 6A and 6

RULES Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Refer to [1] and [2] (REFERENCES, page 10) for the governing rules.

SESSIONS, PLANNED

Friday, Saturday, Sunday

15-18, 11-12, 13-14	Prelims:	Warm-up 7:00 – 8:15 am	Meet: 8:30 am
10 & under	Timed Finals:	Warm-up: 12:30 – 1:20 pm	Meet: 1:30 pm
15-18, 11-12, 13-14	Finals:	Warm-up 4:15 p.m.	Meet: 5:15 pm

Number of lines:	Preliminaries:	10 lines
	Finals:	8 lines

Session and warm-up start times may be changed. Any changes will be posted ON-LINE. (SEE 'ON-LINE INFORMATION AND CHANGES')

WARM-UPS WARM-UP SCHEDULE WILL BE POSTED ON-LINE BY **March 20, 2008**.

(SEE 'ON-LINE INFORMATION AND CHANGES')

Two or more warm-up/warm-down lanes will be available throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes). No equipment permitted during warm-up. Swimmers must enter the water feet first with at least one hand in contact with the pool deck, except when executing a controlled racing start supervised by a coach. The Referee or the Meet Director may alter warm-up procedures to meet the needs of the swimmers.

EVENTS All events are prelims – finals, except 10 & under events and 11-12 400 IM. 11-12 500 Freestyle, 13-14 1000 freestyle, 15-18 1650 freestyle which are all timed finals. All 11-12, 13-14, 15-18 relays are timed finals and will be swum in the prelims only.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

AWARDS

Individual Events: Medals for 1st – 8th places, Ribbons for 9th – 16th places.

Relay Events: Medals for 1st – 3rd, ribbons for 4th – 8th.

Individual High Point Awards in each Age Group for 1st – 3rd place.

Team High Point Trophy 1st – 3rd place

Team Combined Scored Award for Male and Female

Team Spirit Trophy

**TEAM SPIRIT
AWARD**

Team Spirit Award shall be awarded on Sunday, the last day of the meet, by a Committee consisting of the Meet Director, a Coach (selected on the initial Coaches' Meeting), and the Metropolitan Swimming Age Group Chairman.

SCORING

Individual Events (1st – 16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events (1st – 16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

(only two relays per club may score)

EVENTS

All events are prelims – finals, except 10 & under events and 11-12 400 IM. 11-12 500 Freestyle, 13-14 1000 freestyle, 15-18 1650 freestyle which are all timed finals. All 11-12, 13-14, 15-18 relays are timed finals and will be swum in the prelims only.

ELIGIBILITY

All swimmers must be registered with USA-Swimming and Metropolitan Swimming. A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the Qualifying Time Standards. Times must have been achieved between **March 19, 2007** and **THE ENTRY DEADLINE** (SEE ENTRY DEADLINE, PAGE 6).

Swimmers with disabilities are encouraged to enter. Please contact the Meet Director in case of any special needs. Please make every effort to make any special needs known as soon as possible; thank you.

ENTRY LIMIT

The ENTRY FEES must be paid as specified for a swimmer to be eligible to compete.

A swimmer may swim no more than three (3) individual events per day for a total of nine (9) events.

**QUALIFYING
TIME
STANDARDS**

ENTRY TIMES MUST EQUAL OR BETTER THE QUALIFYING TIMES DEFINED BY METROPOLITAN SWIMMING, also listed in Section II here. ONLY SHORT COURSE YD TIMES WILL BE ACCEPTED. TIMES MAY NOT BE CONVERTED. HY-TEK TEAM MANAGER REPORT WITH PROOF OF TIMES MUST ACCOMPANY THE ENTRIES.

Metropolitan Swimming will impose a \$50.00 fine on any swimmer failing to equal or better the Qualifying Time if entry time cannot be proven within 30 days following the conclusion of the Meet. This includes DQ's, No Shows, and scratches made after the meet is seeded.

**ENTRIES
DIRECTOR**

Entries Director:

Bruce Waring

Email questions to:

entries@swimowa.com

Phone contact:

(631)262-9188

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

ENTRY DEADLINE **6:00 PM EASTERN STANDARD TIME, WEDNESDAY MARCH 18, 2008**
NO POST ENTRIES WILL BE ACCEPTED.

EXTENDED PAYMENT DEADLINE **6:00 PM EASTERN STANDARD TIME, WEDNESDAY MARCH 26, 2008**
EXTENDED PAYMENT DEADLINE is applicable only to teams whose entries included an organizational check request as per the PAYMENTS section (page 7).

ENTRIES PLEASE SEE THE INSTRUCTIONS AND ADDRESS FOR ENTRIES FURTHER BELOW. Teams are encouraged to send entries via email; please read all instructions below.

ALL ENTRIES MUST BE SUBMITTED USING A HY-TEK COMPUTER FILE (ref. [2] 303.8). **PLEASE ENSURE THAT HY-TEK TEAM MANAGER is up to date.** Entries in non-HY-TEK format shall not be accepted. An extra fee of \$1.00 per swimmer may be charged for any entries requiring manual intervention by the host organizer (for example, due to incompatibility of the format, missing information, corruptions, and similar issues).

A Hy-Tek entry file must be sent as attachment to the email. List all attending coaches, contact phone numbers, and RELAY ONLY swimmers in the body of the e-mail. The file on a disk sent via mail, although acceptable, should be avoided; email should be used instead. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the entrant's team. Electronic mail confirmation will be sent upon receipt of file.

Email (or disk) entries must be followed up with a mailing of the payment check accompanied with the filled and signed Team Entry Form, found in Section III of this information pack, and the paper copy of the Hy-Tek entry report. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Team Entry Form, including "relay-only" swimmers. A signed paper-copy of the Hy-Tek meet entry report may be used in lieu of the Team Entry Form, provided that all information required on the Team Entry Form is listed on the printer report. The Team Entry Form and the Hy-Tek report must be signed by the team representative who is a current USA Swimming member. **In case of dispute, the official paper copy of the Team Entry consisting of the filled and signed Team Entry Form and the Hy-Tek meet entry report shall be deemed as the only document of entry.** It is the entrant's team responsibility to provide the proof of mailing if necessary.

A swimmer's age as of the first day of the meet will determine the swimmer's age group for the meet. All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file.

Swimming exhibition or deck entries (including relay only swimmers) will not be permitted. Entries may be submitted via email and via ordinary mail (see instructions below). Telephone entries will not be accepted.

Entries must be RECEIVED by the ENTRY DEADLINE. Entries received after the deadline or with payments received after the PAYMENT DEADLINE will not be accepted.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

ENTRY FEES \$3.00 per timed final, \$4.00 per prelim-final, \$8.00 per relay event
\$1.00 surcharge for Metropolitan Swimming, including relay-only Swimmers.
Different fee applies to Timed Trials; please see under TIMED TRIALS below.

Please see the format requirements under 'ENTRIES' above. An additional fee of \$1.00 per entry shall be charged for entries requiring manual entry editing by the host organizer due to entry format incompatibility, missing information or information inconsistency.

**E-MAIL
ENTRIES**

E-mail entries are preferred.

Attach Hy-Tek Team Manager export file and Report with Proof of times with entries. There is no need to send hard-disk, unless specifically asked to do so by Entries Director. Place all information contained in the Team Entry Form into the text body of the email. Send email with the Hy-Tek export file attached to:

entries@swimowa.com

Subject: **JO 2008**

Emailed entries are not deemed 'received' until the Team Entry Form, along with the payment (or copy of organization check request as specified below) has been received by the Entries Director by the listed deadline.

Follow by mailing paper version of the Entry Form with the check payment using the same mailing address listed below for the MAILED ENTRIES.

Paper copy and check must be RECEIVED by the Entry Deadline; please allow sufficient number of days for mailing. Entries received after the deadline will not be accepted.

**MAILED
ENTRIES AND
PAYMENTS**

All entries should be sent on a **Hy-Tek** disk. Include paper version of the Entry Form with the check payment or organization check request proving that the payment check has been requested no later than the DEADLINE for entries. Entry must be RECEIVED by the Entry Deadline; please allow sufficient number of days for mailing. Entries received after the deadline will not be accepted.

Sign the waiver allowing delivery without signature.

Enclose a stamped, self-addressed postcard if you want entries acknowledged.

Mail to:

Bruce Waring

Entries Director – JO 2008

PO BOX 617

CENTERPORT NY 11721-0617

PAYMENTS

Make CHECKS payable to SWIM OWA, Ltd.

Organization requiring more time to process check requests may include a copy of the check request with the mailed entries, provided that the date of the request is no later than the ENTRY DEADLINE. In such cases the payment must be received by the EXTENDED PAYMENT DEADLINE (see page 6). If the entry fees are not received by the specified date, the swimmers will not be able to enter the meet.

**DISTANCE
EVENTS**

SWIMMERS ENTERED IN THE 1000 OR 1650 FREE MUST PROVIDE THEIR OWN TIMERS AND COUNTERS.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

on line during January 2008. Team Bio submission deadline: **March 01, 2008.**

OFFICIALS Certified Metro Officials will be used. Metro Officials wishing to volunteer at the meet must contact **Holger Fietkau** at **holgerfusa@aol.com** or **516-660-2003**.

COACHES All coaches must be registered for 2008 and will only be allowed on deck if all their certifications are current.

CREDENTIALS All Coaches, Officials and volunteers must wear **BOTH** the **up-to-date USA SWIMMING 2008 REGISTRATION CARD** (except those volunteers who do not need to be registered) **AND** the **JO 2008 CREDENTIALS** provided by the organizer in such a way that they are visible at all times when on the pool deck or any of the rooms used for the meet. Due to increased security, this rule shall be enforced: no credentials, no pool deck access; no exceptions.

MEET DECORUM Meet Marshall instructions and safety procedures must be obeyed by all meet participants at all times.

Any suggestion for an immediate improvement should be communicated to the Meet Director or Head Meet Marshal. We welcome all suggestions and will take action to implement improvements as soon as feasible.

Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

FOOD Refreshments will be available for purchase on the second floor adjacent to the spectator stands throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.

Food and refreshments for Officials, Coaches and Volunteers shall be served in a dedicated Hospitality Room; please check the location of the Hospitality Room upon the arrival to the venue. Only people with valid credentials that can be verified by Meet Marshals shall be allowed entry to the Hospitality Room; thank you for cooperation. Please note:

NO FOOD OR DRINKS ARE ALLOWED ON THE POOL DECK, except plastic spill-proof bottles containing drinking water or sport drinks (Gatorade, Powerade and similar).

TIMERS **TIMER VOLUNTEERS ARE NEEDED FOR ALL SESSIONS.** Timing is an opportunity to see the swimmers from the best seat in the house: directly at the finish line. Every Timer Volunteer shall receive a free admission and a commemorative T-shirt (that we ask volunteers to wear during the session they help with).

All teams are asked to communicate the Timer Volunteer Pack information to their teams and parents. The Pack is included at the end and is also available in the PDF format for download ON-LINE at swimowa.com.

All parents interested in volunteering may contact the Meet Director at this email address: meetdirector@swimowa.com

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

- PROTESTS** All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which alleged infraction occurred. All Protests requiring Protest Committee shall be handled as soon as possible after being presented to the Meet Director.
- PROTEST COMMITTEE** The members of the Protest Committee are the Referee, the Meet Director, the Metropolitan Swimming Age Group Chairman, a Coaches' representative and the Athletes' representative (both selected on the first Coaches' Meeting).
- REFERENCES** [1] USA Swimming Rules and Regulations
[2] Metropolitan Swimming Policies and Procedures Manual, May 16, 2007
- ENCLOSURES** Sponsorship Opportunities
Timer Volunteer Pack with the volunteer registration form
- MEET DIRECTOR** Meet Director: **Davor Dokonal**
Email questions to: **meetdirector@swimowa.com**
Phone contact: **(631) 614-3617**

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

II. QUALIFYING TIMES AND ORDER OF EVENTS

(All Events in Yards)

SESSION 1 – Friday Morning, March 28, 2008 --WEST POOL

11-12 Girls & Boys, 15-18 Boys – PRELIMINARIES (except events marked as Timed Finals)

Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event	
1.	5:27.99	Girls 11-12 400 Individual Medley	Timed Final
2.	5:27.99	Boys 11-12 400 Individual Medley	Timed Final
3.	4:45.99	Boys 15-18 400 Individual Medley	
4.	31.79	Girls 11-12 50 Butterfly	
5.	32.09	Boys 11-12 50 Butterfly	
6.	1:00.49	Boys 15-18 100 Backstroke	
7.	1:11.59	Girls 11-12 100 Backstroke	
8.	1:11.59	Boys 11-12 100 Backstroke	
9.	2:31.99	Boys 15-18 200 Breaststroke	
10.	2:55.99	Girls 11-12 200 Breaststroke	
11.	2:59.99	Boys 11-12 200 Breaststroke	
12.	52.29	Boys 15-18 100 Freestyle	
13.	1:02.29	Girls 11-12 100 Freestyle	
14.	1:02.29	Boys 11-12 100 Freestyle	
15.	4:29.99	Boys 15-18 400 Medley Relay	
16.	5:09.99	Girls 11-12 400 Medley Relay -	
17.	5:09.99	Boys 11-12 400 Medley Relay	

SESSION 2 – Friday Morning, March 28, 2008 -- EAST POOL (Diving Pool side)

13-14 Girls & Boys, 15-18 Girls – PRELIMINARIES (except events marked as Timed Finals)

Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
18.	5:06.99	Girls 13-14 400 Individual Medley
19.	4:57.99	Boys 13-14 400 Individual Medley
20.	5:04.99	Girls 15-18 400 Individual Medley
21.	1:07.89	Girls 13-14 100 Backstroke
22.	1:04.99	Boys 13-14 100 Backstroke
23.	1:06.49	Girls 15-18 100 Backstroke
24.	2:42.99	Girls 13-14 200 Breaststroke
25.	2:42.99	Boys 13-14 200 Breaststroke
26.	2:42.99	Girls 15-18 200 Breaststroke
27.	58.49	Girls 13-14 100 Freestyle
28.	55.99	Boys 13-14 100 Freestyle
29.	57.79	Girls 15-18 100 Freestyle
30.	4:49.99	Girls 13-14 400 Medley Relay
31.	4:49.99	Boys 13-14 400 Medley Relay
32.	4:49.99	Girls 15-18 400 Medley Relay

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

SESSION 3 – Friday Afternoon, March 28, 2008 -- EAST POOL (Diving Pool side)

10&UnderGirls & Boys - FINALS

Warm-Up 12:30pm; Start 1:30pm (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
33.	2:55.99	Girls 10&U 200 Individual Medley
34.	2:59.99	Boys 10&U 200 Individual Medley
35	1:22.19	Girls 10&U 100 Backstroke
36.	1:22.19	Boys 10&U 100 Backstroke
37	1:33.99	Girls 10&U 100 Breaststroke
38.	1:35.99	Boys 10&U 100 Breaststroke
39	1:11.49	Girls 10&U 100 Freestyle
40.	1:11.59	Boys 10&U 100 Freestyle
41	2:44.99	Girls 10&U 200 Medley Relay
42.	2:44.99	Boys 10&U 200 Medley Relay

SESSION 4 – Friday Evening, March 28, 2008 – only one pool used for evening finals

11-12, 13-14, 15-18 Girls & Boys - FINALS

Warm-Up 04:15pm; Start 5:15pm (planned times; check for updates or changes at swimowa.com)

Girls	Event	Boys
20.	15-18 400 Individual Medley	3.
18.	13-14 400 Individual Medley	19.
4.	11-12 50 Butterfly	5.
23.	15-18 100 Backstroke	6.
21.	13-14 100 Backstroke	22.
7.	11-12 100 Backstroke	8.
26.	15-18 200 Breaststroke	9.
24.	13-14 200 Breaststroke	25.
10.	11-12 200 Breaststroke	11.
29.	15-18 100 Freestyle	12.
27.	13-14 100 Freestyle	28.
13.	11-12 100 Freestyle	14.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

SESSION 5 – SATURDAY morning, March 29, 2008 -- EAST POOL (Diving Pool side)

11-12 Girls & Boys, 15-18 Boys - PRELIMINARIES (except events marked as Timed Finals)

Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event	
43.	2:32.29	Girls 11-12 200 Individual Medley	
44.	2:34.59	Boys 11-12 200 Individual Medley	
45.	2:10.99	Boys 15-18 200 Individual Medley	
46.	2:24.99	Girls 11-12 200 Medley Relay	
47.	2:24.99	Boys 11-12 200 Medley Relay	
48.	1:59.99	Boys 15-18 200 Medley Relay	
49.	33.29	Girls 11-12 50 Backstroke	
50.	33.49	Boys 11-12 50 Backstroke	
51.	1:08.49	Boys 15-18 100 Breaststroke	
52.	1:20.49	Girls 11-12 100 Breaststroke	
53.	1:24.09	Boys 11-12 100 Breaststroke	
54.	2:18.99	Boys 15-18 200 Butterfly	
55.	2:39.99	Girls 11-12 200 Butterfly	
56.	2:39.99	Boys 11-12 200 Butterfly	
57.	1:54.99	Boys 15-18 200 Freestyle	
58.	2:15.49	Girls 11-12 200 Freestyle	
59.	2:15.49	Boys 11-12 200 Freestyle	
60.	1:49.99	Boys 15-18 200 Freestyle Relay	
61.	2:04.99	Girls 11-12 200 Freestyle Relay	
62.	2:04.99	Boys 11-12 200 Freestyle Relay	
63.	18:19.99	Boys 15-18 1650 Free	Timed Final

SESSION 6 – SATURDAY morning, March 29, 2008 -- WEST POOL

13-14 Girls & Boys, 15-18 Girls – PRELIMINARIES (except events marked as Timed Finals)

Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
64	2:24.99	Girls 13-14 200 Individual Medley
65	2:18.99	Boys 13-14 200 Individual Medley
66	2:22.09	Girls 15-18 200 Individual Medley
67	2:14.99	Girls 13-14 200 Medley Relay
68	2:04.99	Boys 13-14 200 Medley Relay
69	2:09.99	Girls 15-18 200 Medley Relay
70	1:16.49	Girls 13-14 100 Breaststroke
71	1:14.49	Boys 13-14 100 Breaststroke
72.	1:15.59	Girls 15-18 100 Breaststroke
73.	2:30.99	Girls 13-14 200 Butterfly
74	2:29.99	Boys 13-14 200 Butterfly
75	2:29.99	Girls 15-18 200 Butterfly
76	2:07.99	Girls 13-14 200 Freestyle
77	2:01.99	Boys 13-14 200 Freestyle

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

SESSION 6 – SATURDAY morning, March 29, 2008 -- WEST POOL

13-14 Girls & Boys, 15-18 Girls – PRELIMINARIES (except events marked as Timed Finals)
Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event	
78	2:04.49	Girls 15-18 200 Freestyle	
79	1:59.99	Girls 13-14 200 Freestyle Relay	
80	1:55.99	Boys 13-14 200 Freestyle Relay	
81	1:59.99	Girls 15-18 200 Freestyle Relay	
82	11:09.99	Girls 13-14 1000 Free	Timed Final
83	10:45.99	Boys 13-14 1000 Free	Timed Final
84	19:09.99	Girls 15-18 1650 Free	Timed Final

SESSION 7 – SATURDAY Afternoon, March 29, 2008 -- EAST POOL (Diving Pool side)

10&Under Girls & Boys - FINALS

Warm-Up 12:30pm; Start 1:30pm (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
85	1:20.99	Girls 10&U 100 Individual Medley
86.	1:21.99	Boys 10&U 100 Individual Medley
87	2:35.99	Girls 10&U 200 Freestyle
88.	2:39.99	Boys 10&U 200 Freestyle
89	1:27.99	Girls 10&U 100 Butterfly
90.	1:27.99	Boys 10&U 100 Butterfly
91	41.99	Girls 10&U50 Breaststroke
92.	43.99	Boys 10&U50 Breaststroke
93	2:29.99	Girls 10&U 200 Free Relay
94.	2:29.99	Boys 10&U 200 Free Relay

SESSION 8 – SATURDAY evening, March 29, 2008 – only one pool used for evening finals

11-12, 13-14, 15-18 Girls & Boys - FINALS

Warm-Up 04:15pm; Start 5:15pm (planned times; check for updates or changes at swimowa.com)

Girls	Event	Boys
43.	11-12 200 Individual Medley	44.
66.	15-18 200 Individual Medley	45.
64.	13-14 200 Individual Medley	65.
49.	11-12 50 Backstroke	50.
72.	15-18 100 Breaststroke	51.
70.	13-14 100 Breaststroke	71.
52.	11-12 100 Breaststroke	53.
75.	15-18 200 Butterfly	54.
73.	13-14 200 Butterfly	74.
55.	11-12 200 Butterfly	56.
78.	15-18 200 Freestyle	57.
76.	13-14 200 Freestyle	77.
58.	11-12 200 Freestyle	59.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

SESSION 9 – SUNDAY morning, March 30, 2008 -- WEST POOL

11-12 Girls & Boys, 15-18 Boys - PRELIMINARIES (except events marked as Timed Finals)
Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
95.	6:03.99	Girls 11-12 500 Freestyle - TF
96	6:03.99	Boys 11-12 500 Freestyle - TF
97.	1:11.49	Girls 11-12 100 Individual Medley
98	1:12.29	Boys 11-12 100 Individual Medley
99.	5:19.99	Boys 15-18 500 Freestyle
100.	37.19	Girls 11-12 50 Breaststroke
101	38.09	Boys 11-12 50 Breaststroke
102.	58.99	Boys 15-18 100 Butterfly
103.	1:12.39	Girls 11-12 100 Butterfly
104.	1:13.49	Boys 11-12 100 Butterfly
105.	2:13.09	Boys 15-18 200 Backstroke
106.	2:35.99	Girls 11-12 200 Backstroke
107.	2:37.99	Boys 11-12 200 Backstroke
108.	23.79	Boys 15-18 50 Freestyle
109.	28.69	Girls 11-12 50 Freestyle
110.	28.69	Boys 11-12 50 Freestyle
111.	3:49.99	Boys 15-18 400 Freestyle Relay
112.	4:39.99	Girls 11-12 400 Freestyle Relay
113.	4:39.99	Boys 11-12 400 Freestyle Relay

SESSION 10 – SUNDAY morning, March 30, 2008 -- EAST POOL (diving side)

13-14 Girls & Boys, 15-18 Girls - PRELIMINARIES (except events marked as Timed Finals)
Warm-Up 7:00am; Start 8:30am (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
114.	5:35.99	Girls 13-14 500 Freestyle
115.	5:32.09	Boys 13-14 500 Freestyle
116.	5:31.99	Girls 15-18 500 Freestyle
117.	1:06.69	Girls 13-14 100 Butterfly
118.	1:03.99	Boys 13-14 100 Butterfly
119.	1:05.49	Girls 15-18 100 Butterfly
120.	2:24.99	Girls 13-14 200 Backstroke
121.	2:18.99	Boys 13-14 200 Backstroke
122.	2:23.99	Girls 15-18 200 Backstroke
123.	26.99	Girls 13-14 50 Freestyle
124.	25.69	Boys 13-14 50 Freestyle
125.	26.59	Girls 15-18 50 Freestyle
126.	4:15.99	Girls 13-14 400 Freestyle Relay
127	4:07.99	Boys 13-14 400 Freestyle Relay
128.	4:11.99	Girls 15-18 400 Freestyle Relay

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

SESSION 11 – SUNDAY Afternoon, March 3, 2008 -- EAST POOL (Diving Pool side)

10&Under Girls & Boys - FINALS

Warm-Up 12:30pm; Start 1:30pm (check for updates or changes at swimowa.com)

#	Qualifying Time	Event
129	6:44.99	Girls 10&U 500 Freestyle
130.	6:44.99	Boys 10&U 500 Freestyle
131	37.09	Girls 10&U50 Butterfly
132.	36.79	Boys 10&U50 Butterfly
133	37.99	Girls 10&U50 Backstroke
134.	37.99	Boys 10&U50 Backstroke
135	32.09	Girls 10&U50 Freestyle
136.	32.09	Boys 10&U50 Freestyle
137	5:19.99	Girls 10&U 400 Free Relay
138.	5:19.99	Boys 10&U 400 Free Relay

SESSION 12 – SUNDAY evening, March 30, 2008 – only one pool used for evening finals

11-12, 13-14, 15-18 Girls & Boys - FINALS

Warm-Up 04:15pm; Start 5:15pm (planned times; check for updates or changes at swimowa.com)

Girls	Event	Boys
97.	11-12 100 Individual Medley	98
116.	15-18 500 Freestyle	99.
114.	13-14 500 Freestyle	115.
100.	11-12 50 Breaststroke	101
119.	15-18 100 Butterfly	102.
117.	13-14 100 Butterfly	118.
103.	11-12 100 Butterfly	104.
122.	15-18 200 Backstroke	105.
120	13-14 200 Backstroke	121.
106.	11-12 200 Backstroke	107.
125.	15-18 50 Freestyle	108.
123.	13-14 50 Freestyle	124.
109.	11-12 50 Freestyle	110.

2008 Metropolitan Short Course Junior Olympics
Hosted by Old Westbury Aquatics at Nassau County Aquatic Center
March 28 – 30, 2008

III. TEAM ENTRY FORM

Team Name: _____	Team Code: _____
Team Representative's Name: _____	Day Phone: _____
Team Representative's Signature: _____	Evening Phone: _____
Team's Address: _____	State: _____
City: _____	ZIP: _____
E-Mail: _____	

PLEASE LIST ALL ATTENDING COACHES:

Full Name (First, Last)	Contact Phone Number	Cell Phone Number	e-mail

PLEASE LIST ALL RELAY-ONLY SWIMMERS:

Full Name (First, Last)	USA Swimming ID	Full Name (First, Last)	USA Swimming ID

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (Including relay only swimmers)

Females Entered _____ x \$ 1.00 = _____
Males Entered _____ x \$ 1.00 = _____

Individual and Relay Entry

Female Individual Timed Finals _____ x \$ 3.00 = _____
Male Individual Timed Finals _____ x \$ 3.00 = _____
Female Ind. Prelim-Finals _____ x \$ 4.00 = _____
Male Ind. Prelim-Finals _____ x \$ 4.00 = _____
Female Relay Entries _____ x \$ 8.00 = _____
Male Relay Entries _____ x \$ 8.00 = _____

Total Amount Entries (Made payable to SWIM OWA, Ltd.) = \$ _____

Mail Checks and Entry Information to:

Bruce Waring
Entries Director – JO 2008
PO BOX 617
CENTERPORT NY 11721-0617

Please sign Express Mail Waiver allowing delivery without signature.

Hy-Tek entry diskette, Hy-Tek athlete entry report and Meet Entry Report must be included with payment.

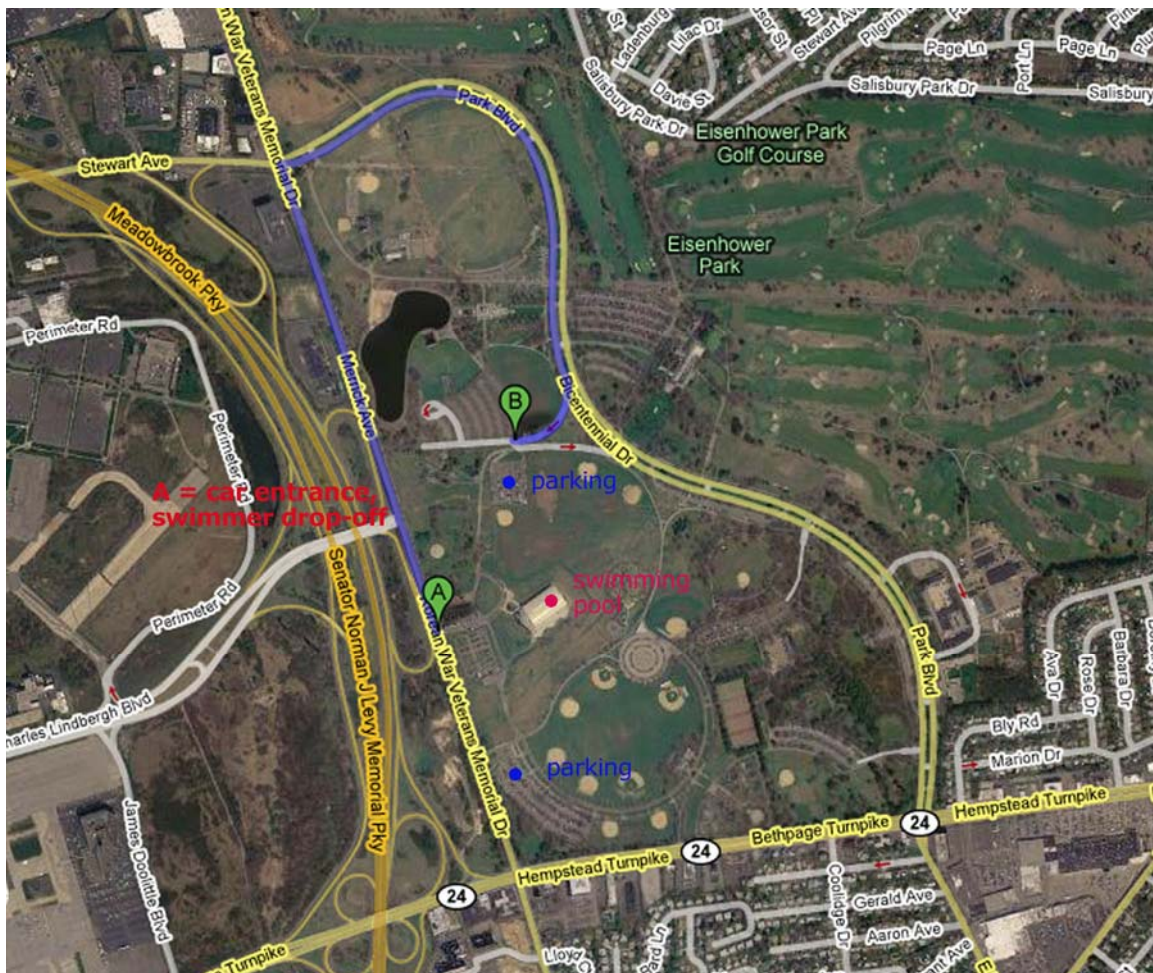
Hy-Tek diskette not needed if entering by email

2008 Metropolitan Short Course Junior Olympics
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March 28 – 30, 2008

IV. DIRECTIONS TO THE VENUE

From the **Verrazano Bridge and Kennedy Airport**, take the Belt Parkway east to the Southern State Parkway. Take the Southern State Parkway to the Meadowbrook Parkway going north (Exit 22N). From the Meadowbrook Parkway take Exit M5 — Hempstead Turnpike (Route 24) east. Make a left at the first traffic light onto Merrick Avenue (Korean War Veterans Memorial Drive) going north. Make a right at the first traffic light on Merrick Avenue. The Aquatic Center parking lot is No. 1A.

From the **Whitestone Bridge and Throgs Neck Bridge**, take the Cross Island Parkway south to Exit 29 — the Grand Central Parkway going east. The Grand Central Parkway will turn into the Northern State Parkway. Stay on Parkway to the Meadowbrook Parkway going south (Exit 31A toward Jones Beach). From the Meadowbrook Parkway take Exit M5, Hempstead Turnpike (Route 24) east. Make a left at the first traffic light onto Merrick Avenue (Korean War Veterans Memorial Drive) going north. Make a right at the first traffic light on Merrick Avenue. The Aquatic Center parking lot is No. 1A.



Metro Short Course Junior Olympics 2008 Information and Entry Pack – hosted by Old Westbury Aquatics – March 28-30, Nassau County Aquatic Center