

Meet administration

- JSC provides meet Manager Events file 72hrs (or more) in advance of a meet
- Member teams respond with Team Manager Entries file 24-36hrs before meet
- Meet program is posted for download on the JSC website ('Results' tab) within 24hrs of meet
- No deck entries are allowed unless approved at sole discretion of clerk of course
- There are no formal "Team areas" during meets ... parents/guardians/coaches are responsible for their own swimmers. Event announcements will be made clearly via PA and a sign displaying an event number - parents/guardians/coaches are responsible for their respective swimmers getting to the clerk-of-course promptly. The clerk-of-course queues 3 heats at a time so there is a small window before a swimmer may miss his/her scheduled event.
- All events are co-ed
 - o 13-and-14, 15-to-18 age-group events at Championship meet will be gender specific

Volunteers

- Each team provides lane timers; 2 per half (tri-meet) or 3 per half (dual-meet)
- Each team provides team manager who will interact with the League staff
 - o The league provides paid individuals in the following roles: Starter, Clerk-of-Course, Assist. Clerk-of-Course, Computer Coordinator, Ribbon Labels

Event template

- The standard event template is as follows:

FIRST HALF

- o 10u, 100 Medley Relay
- o 11-and-older 200 Medley Relay
- o 6u, 25 Freestyle
- o 7-and-8, 25 Freestyle
- o 9-and-10, 25 Freestyle
- o 11-and-12, 50 Freestyle
- o 13-and-14, 50 Freestyle
- o 15-to-18, 50 Freestyle
- o 6u, 25 Backstroke
- o 7-and-8, 25 Backstroke
- o 9-and-10, 25 Backstroke
- o 11-and-12, 50 Backstroke
- o 13-and-14, 50 Backstroke
- o 15-to-18, 50 Backstroke

HALFTIME

10(ish)min
(occasionally there may be some sort of fun coaches event during halftime)

SECOND HALF

- o 11-and-12, 100 IM * IM events are often run in combined heats
- o 13-and-14, 100 IM
- o 15-to-18, 100 IM
- o 6u, 25 Breaststroke
- o 7-and-8, 25 Breaststroke
- o 9-and-10, 25 Breaststroke
- o 11-and-12, 50 Breaststroke
- o 13-and-14, 50 Breaststroke
- o 15-to-18, 50 Breaststroke
- o 7-and-8, 25 Butterfly * 6u swimmers can swim-up during this event
- o 9-and-10, 25 Butterfly
- o 11-and-12, 50 Butterfly
- o 13-and-14, 50 Butterfly
- o 15-to-18, 50 Butterfly
- o 10u, 100 Freestyle Relay
- o 11-and-older 200 Freestyle Relay

Fun curveballs

- In the 3rd and 4th league meets, coaches can agree to substitute different events for the IM, including; 100 freestyle, 200 Freestyle, etc.
- In the 4th league meet, we have traditionally invited parents to participate on relays with the kids. Efforts by coaches are generally made to pair parents with their own children regardless of how the relay team will perform against competition. Many memorable family moments have been achieved with this approach to parent relays

Relays

- 10u relays must have not-to-exceed qty. two (2) 9-and-10 age-group swimmers
- 11-and-older relays must have not-to-exceed qty. two (2) 15-to-18 age-group swimmers
 - o non-compliant relays CAN swim, but will be classified as "exhibition" and will not be eligible for awards.

Awards

- Ribbons for 8u swimmers are awarded based on heat; 1st place (blue), 2nd place (red), 3rd place (white), 4th, 5th, 6th place (rainbow participant)
- Ribbons for 9-and-older swimmers are awarded based on age-group; 1st, 2nd, 3rd, 4th (pink), 5th (yellow), 6th (green)
- Personal best ribbons are awarded for every race in which a swimmer achieves a personal best time (this does not include first-time ever swims). Printed label will not be provided for these ribbons.
- (TBD) labels will be applied to ribbons at the conclusion of each event so that a stack of ribbons will be ready for coaches to take within minutes of the end of the meet. Ribbons will only be given to coaches at the conclusion of the meet.

Disqualifications (DQs)

- There are no formal DQs for any children in the 1st three league meets.
 - o At any point during the 1st three league meets, a lane timer has the authority to DQ a swimmer for a clearly egregious and sustained violation during a race. Timers signal the starter with a hand-raised to discreetly indicate a DQ.
 - Examples that typically are allowed:
 - Scissor or flutter kick during breaststroke
 - Doggie paddle in lieu of breaststroke
 - A couple of repeated pulls underwater during breaststroke
 - Bumping into laneline during backstroke
 - Scissor or flutter kick during butterfly
 - Examples that typically are NOT allowed:
 - Entirely wrong stroke during a race
 - > a couple of strokes underwater during breaststroke
 - Underwater recovery during butterfly
 - Pulling on laneline during backstroke
- During the 4th league meet, lane timers will continue to have their own authority, AND 2 or more coaches, in agreement, have the authority to DQ any 9-and-older swimmer if coaches can agree that a swimmer has violated the rules during a race which results in a sustained competitive advantage OR in a situation where a swimmer is provocatively manipulating the rules to gain a competitive advantage. Coaches do not have unilateral authority to DQ on their own ... 2 or more coaches must agree and then at least one of those coaches must visit the computer table to have the DQ recorded electronically.
- Volunteers from each team will be enlisted as formal judges for the Championship meet.