

MISSION VIEJO NADADORES "BLUE" LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-088
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET: May 1, 2 & 3, 2009
ENTRIES DUE: **April 20, 2009 (Monday)**
WARM UP TIME: 3:30 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 4:30 PM (Fri), 9:00 AM (Sat/Sun)

Afternoon Session will begin no sooner than 12:00pm or 45 minutes after the conclusion of the Morning Session

POOL: LOWER MARGUERITE AQUATIC COMPLEX, 27474 CASTA DEL SOL, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper level. Do not park in the tennis lot.

COURSE: The LOWER MARGUERITE AQUATIC COMPLEX POOLS are outdoor, 50 meter pool with up to eight (8) swimming lanes. This competition course has been certified in accordance with 104.2.2 (C).

SPECIAL NOTICE: Swimmers may swim a maximum of FOUR (4) events per day. Entries will be limited to meet the "4 Hour" rule for each applicable session. Timers must be provided by each team. Swimmers in the 400 and 800 Meter Freestyle and 400 Meter IM must provide timers for three heats and your own lap counters. 11 and Older swimmers who meet the stated time standard may enter OPEN events. 8 & Under swimmers may enter 8 & Under or 10 & Under events but not a combination. 10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter Freestyle time that meets or exceeds the stated minimum time. **The 400 IM, 400 and 800 Freestyle events will be seeded fastest to slowest alternating girls and boys. The 800 Freestyle may be swum 2 to a lane in order for the session to meet the 4 hour rule.**

WARM UP RULES: USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2009 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on May 1, 2009. **In SCS age group events, a swimmer's suit may not extend past shoulder or the knee cap. Swimsuits worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process (a triangular projection of the scapula)), and shall not extend further down each leg than the top of the kneecap (patella). Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2009 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. **NO ON-DECK ENTRIES.** Registration applications must be received by the meet host or SCS office prior to the first day of the meet. **REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.** There are substantial penalties to swimmer and Club (See 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED LONG COURSE METER TIMES** from this or preceding swim season (**NO WORK OUT TIMES**). Swimmers must have achieved time standards listed for an event. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2009 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.

AWARDS: INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5/6, 7/8, 10 & Under, 11/12. OPEN events will not be awarded.

ENTRY FEE: **\$2.75 for each INDIVIDUAL EVENT, plus \$5.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) will be accepted **ONLY** when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers may be submitted by hard copy (this includes e-mail) **ONLY**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE**. A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

ENTRIES CLOSE: Entry forms bearing a postmark **LATER THAN 12:00 MIDNIGHT** on the due date of entry form **WILL BE REJECTED**. Space permitting, entries will be accepted if hand delivered to the address below up to 8:00 PM on Tuesday, April 21, 2009. **NOTICE:** Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be rejected). **To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

**NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING
EMAIL TO: divanj@cox.net
And MAIL TO: JUDI DIVAN
(Include Swimmer's name and SCS Number) 33561 Calle Miramar
San Juan Capistrano, CA 92675

For further meet Information call: Judi Divan at 949/496-3914 or email: divanj@cox.net Receipt of entry *will not* be verified by phone or email.

... A modified snack bar will be available...

MVN "BLUE" LONG COURSE AGE GROUP MEET

Date of Meet: May 1, 2 & 3, 2009

Entries Due: April 20, 2009 (Monday)

SUBMIT BEST RECORDED LONG COURSE METER TIMES
YOU MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY
ENTRIES WILL BE LIMITED TO MEET THE "4 HOUR" RULE

Friday, May 1, 2009 4:30 pm

No.	Minimum	Age	Event	Minimum	No.
1	3:02.70	10 & Under	400 Meter Freestyle (Enter 200 Meter Freestyle Time)	3:02.40	2
3	3:07.90	11/12	200 Meter Individual Medley	3:08.20	4
5	11:29.00	OPEN	800 Meter Freestyle	11:01.20	6
7	5:47.30	11/12	400 Meter Freestyle	5:46.60	8

**8 & Under swimmers may enter 8 Under or 10 & Under events
but not a combination**

**10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter
Freestyle time that meets or exceeds the stated minimum time standard.**

**11 and older swimmers who meet the stated time standard may
enter OPEN events.**

Saturday, May 2, 2009 9:00 am

No.	Minimum	Age	Event	Minimum	No.
9	3:02.70	10 & Under	200 Meter Freestyle	3:02.40	10
11	2:42.90	11/12	200 Meter Freestyle	2:43.60	12
13	1:39.30	8 & Under	100 Meter Freestyle	1:35.50	14
15	46.40	10 & Under	50 Meter Backstroke	46.30	16
17	41.60	11/12	50 Meter Backstroke	42.00	18
19	54.40	8 & Under	50 Meter Backstroke	53.20	20
21	1:52.20	10 & Under	100 Meter Breaststroke	1:52.90	22
23	1:40.00	11/12	100 Meter Breaststroke	1:40.10	24
25	43.20	10 & Under	50 Meter Butterfly	43.10	26
27	38.40	11/12	50 Meter Butterfly	39.20	28
29	38.40	10 & Under	50 Meter Freestyle	38.10	30
31	34.90	11/12	50 Meter Freestyle	34.40	32

Sunday, May 3, 2009 9:00 am

No.	Minimum	Age	Event	Minimum	No.
45	1:41.00	10 & Under	100 Meter Backstroke	1:41.30	46
47	1:29.40	11/12	100 Meter Backstroke	1:30.70	48
49	58.60	8 & Under	50 Meter Breaststroke	57.10	50
51	51.40	10 & Under	50 Meter Breaststroke	51.40	52
53	46.00	11/12	50 Meter Breaststroke	45.60	54
55	1:24.40	10 & Under	100 Meter Freestyle	1:23.90	56
57	1:15.60	11/12	100 Meter Freestyle	1:15.10	58
59	45.60	8 & Under	50 Meter Freestyle	44.40	60
61	1:40.50	10 & Under	100 Meter Butterfly	1:40.70	62
63	1:27.30	11/12	100 Meter Butterfly	1:28.10	64
65	52.00	8 & Under	50 Meter Butterfly	52.70	66
67	3:30.20	10 & Under	200 Meter Individual Medley	3:31.20	68

Afternoon Session will begin no sooner than 12:00pm

33	2:58.60	OPEN	200 Meter Individual Medley	2:49.00	34
35	1:12.40	OPEN	100 Meter Freestyle	1:07.90	36
37	1:25.70	OPEN	100 Meter Backstroke	1:22.10	38
39	3:24.40	OPEN	200 Meter Breaststroke	3:15.20	40
41	1:20.40	OPEN	100 Meter Butterfly	1:16.70	42

Afternoon Session will begin no sooner than 12:00pm

69	3:02.80	OPEN	200 Meter Backstroke	2:53.30	70
71	2:34.70	OPEN	200 Meter Freestyle	2:28.50	72
73	1:36.00	OPEN	100 Meter Breaststroke	1:29.20	74
75	3:00.90	OPEN	200 Meter Butterfly	2:53.10	76
77	33.30	OPEN	50 Meter Freestyle	30.20	78

10 Minute Break or at the discretion of the Referee

43	5:26.10	OPEN	400 Meter Freestyle	5:15.60	44
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10 Minute Break or at the discretion of the Referee

79	6:20.40	OPEN	400 Meter Individual Medley	6:00.20	80
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The 800 Meter Freestyle will be swum alternating girls and boys, fastest to slowest, and may be swum 2 per lane to meet the 4 hour rule. The 400 Meter Freestyle and 400 Meter IM will be swum alternating girls and boys, fastest to slowest.