

MISSION VIEJO NADADORES "LAST CHANCE" BLUE LONG COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-161
Sponsored by: Orange Committee

DATE OF MEET: July 17, 18 & 19, 2009
ENTRIES DUE: **July 6, 2009 (Monday)**

WARM UP TIME: 4:30 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 5:30 PM Fri, 9:00 AM (Sat/Sun)

*Afternoon Session will begin no earlier than 11:30 am or 60 min. 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 pools with 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 **THREE (3) Individual events per day**. Entries will be limited to meet the "4 Hour" rule for the 12 & Under sessions. **Timers must be provided by each team. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM must provide timers for three heats and their own lap counters. Relays will be swim time permitting. 11/12 swimmers may swim the 200 IM once, either as 11/12 or OPEN. The 400 Meter IM, 400, 800 and 1500 Meter Freestyle events will be seeded fastest to slowest alternating girls and boys.**
- 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 a 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 two events of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers must swim in their actual Age Group as determined by their age on **July 17, 2009**. **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. **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**). 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 the minimum (see 2009 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:**
- | | |
|-------------------|---|
| INDIVIDUAL EVENTS | RIBBONS 1 st through 8 th |
| RELAYS | RIBBONS 1 st through 3 rd |
- Ribbons will be awarded to the following age groups: 8 & Under, 10 & Under, 11/12 and 13 & Up
- ENTRY FEES:** **\$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. (5PM postmark would queue before a 10 PM 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 July 6, 2009, **WILL BE REJECTED**. Space permitting, entries will be accepted if delivered to the address below up to 8:00 PM on Wednesday, July 8, 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.

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

For Further Information call: Judi Divan at 949-496-3914 or email: divanj@cox.net

Receipt of entry **will not** be verified by phone or email.

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

Date of Meet: **JULY 17, 18 & 19, 2009**

Entries Due: **JULY 6, 2009 (Monday)**

Girls Friday, July 18, 2008 5:30 pm Boys

No.	Age	Minimum	Event	Minimum	Age	No.
1	11/12	3:07.90	200 Meter Individual Medley	3:08.20	11/12	2
3	OPEN	6:31.20	400 Meter Individual Medley	6:32.30	OPEN	4
5	11/12	5:47.30	400 Meter Freestyle	5:46.60	11/12	6
7	13 & Up	Blue for Age	400 Meter Freestyle	Blue for Age	13 & Up	8

SUBMIT BEST RECORDED LONG COURSE METER TIMES
MVN WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
Swimmers will be limited to a maximum of 3 events per day
RELAYS WILL BE SWUM TIME PERMITTING.

11/12 swimmers entering the 200's of stroke must have achieved the stated 13/14 time standard.

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be seeded fastest to slowest, alternating girls and boys.

Girls Saturday, July 19, 2008 9:00 am Boys

No.	Age	Minimum	Event	Minimum	Age	No.
9	10 & Under	3:02.70	200 Meter Freestyle	3:02.40	10 & Under	10
11	11/12	2:42.90	200 Meter Freestyle	2:43.60	11/12	12
13	8 & Under	45.60	50 Meter Freestyle	44.40	8 & Under	14
15	10 & Under	1:40.50	100 Meter Butterfly	1:40.70	10 & Under	16
17	11/12	1:27.30	100 Meter Butterfly	1:28.10	11/12	16
19	10 & Under	46.40	50 Meter Backstroke	46.30	10 & Under	20
19	8 & Under	54.40	50 Meter Backstroke	53.20	8 & Under	20
21	11/12	41.60	50 Meter Backstroke	42.00	11/12	22
23	10 & Under	38.40	50 Meter Freestyle	38.10	10 & Under	24
25	11/12	34.90	50 Meter Freestyle	34.40	11/12	26
27	10 & Under	51.40	50 Meter Breaststroke	51.40	10 & Under	28
27	8 & Under	58.60	50 Meter Breaststroke	57.10	8 & Under	28
29	11/12	46.00	50 Meter Breaststroke	45.60	11/12	30
31	10 & Under	By Coach	200 Meter Medley Relay	By Coach	10 & Under	32
33	11/12	Deck Entered	400 Meter Freestyle Relay	Deck Entered	11/12	34

Girls Sunday, July 20, 2008 9:00 am Boys

No.	Age	Minimum	Event	Minimum	Age	No.
49	10 & Under	3:30.20	200 Meter Individual Medley	3:31.20	10 & Under	50
51	11/12	1:40.00	100 Meter Breaststroke	1:40.10	11/12	52
53	10 & Under	1:52.20	100 Meter Breaststroke	1:52.90	10 & Under	54
55	11/12	38.40	50 Meter Butterfly	39.20	11/12	56
57	10 & Under	43.20	50 Meter Butterfly	43.10	10 & Under	58
57	8 & Under	52.00	50 Meter Butterfly	52.70	8 & Under	58
59	11/12	1:29.40	100 Meter Backstroke	1:30.70	11/12	60
61	10 & Under	1:41.00	100 Meter Backstroke	1:41.30	10 & Under	62
63	11/12	1:15.60	100 Meter Freestyle	1:15.10	11/12	64
65	10 & Under	1:24.40	100 Meter Freestyle	1:23.90	10 & Under	66
65	8 & Under	1:39.30	100 Meter Freestyle	1:35.50	8 & Under	66
67	10 & Under	Deck Entered	200 Meter Freestyle Relay	Deck Entered	10 & Under	68
69	11/12	By Coach	200 Meter Freestyle Relay	By Coach	11/12	70

Second Session will begin no sooner than 12:30pm

35	13 & Up	Blue for Age	200 Meter Freestyle	Blue for Age	13 & Up	36
37	13 & Up	Blue for Age	100 Meter Butterfly	Blue for Age	13 & Up	38
39	13 & Up	Blue for Age	200 Meter Breaststroke	Blue for Age	13 & Up	40
39	11/12	3:24.40	200 Meter Breaststroke	3:15.20	11/12	40
41	13 & Up	Blue for Age	50 Meter Freestyle	Blue for Age	13 & Up	42
43	13 & Up	Blue for Age	200 Meter Backstroke	Blue for Age	13 & Up	44
43	11/12	3:02.80	200 Meter Backstroke	2:53.30	11/12	44
45	13 & Up	Deck Entered	400 Meter Medley Relay	By Coach	13 & Up	46

10 Minute Break

			800 Meter Freestyle	11:43.70	OPEN	47
48	OPEN	22:11.60	1500 Meter Freestyle			

Second Session will begin no sooner than 12:30pm

71	13 & Up	Blue for Age	200 Meter Individual Medley	Blue for Age	13 & Up	72
73	13 & Up	Blue for Age	100 Meter Freestyle	Blue for Age	13 & Up	74
75	13 & Up	Blue for Age	100 Meter Backstroke	Blue for Age	13 & Up	76
77	13 & Up	Blue for Age	200 Meter Butterfly	Blue for Age	13 & Up	78
77	11/12	3:00.90	200 Meter Butterfly	2:53.10	11/12	78
79	13 & Up	Blue for Age	100 Meter Breaststroke	Blue for Age	13 & Up	80
81	13 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	13 & Up	82

10 Minute Break

83	OPEN	11:44.20	800 Meter Freestyle			
			1500 Meter Freestyle	22:10.90	OPEN	84

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle must provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle must provide their own lap counters