

MISSION VIEJO NADADORES "JO QUALIFIER" AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-002
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET: January 8, 9 & 10, 2010
ENTRIES DUE: **December 28, 2009 (Monday)**
WARM UP TIME: 3:30 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 9:00 AM (Sat/Sun)

*** The Afternoon session will begin no sooner than 12:00am 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, 25 yard pools with up to ten (10) swimming lanes. One or two courses may be used. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lane 1 – 10 = 6.56', Turn End Lanes 1 – 10 = 6.56'.

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. MVN will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. The 400 IM, 500, 1000, and 1650 Freestyle events will be swum fastest to slowest alternating girls and boys. Swimmers must provide timers for three heats and their own lap counters. Relays will be swum, time permitting. Swimmers may only swim an event once, even if it is offered twice. 8 & Under swimmers may compete in 8 & Under or 10 & Under events but not any combination. 11 & Older swimmers who meet the time standard, may enter OPEN events.**

11/12 GIRLS SWIM IN THE AM SESSION. 11/12 BOYS SWIM IN THE PM SESSION

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 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 **January 8, 2010**. **Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.**

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 2010 USA SWIMMING REGISTERED. Clubs must be 2010 USA Swimming member clubs to be represented at this meet. SCS athletes must be members of the Orange Committee. **NO ON-DECK ENTRIES.** Registration application must be received by Monday prior to first day of meet by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. **REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.** There are substantial penalties to swimmer and Club (See 2010 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All non conforming times will be seeded last. 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 8 th
RELAYS	RIBBONS 1 st through 3 rd

The following age groups will be awarded: 5/6, 7/8, 10 & Under, 11/12, 13/14 and 15 & Up. Open events will not be awarded.

ENTRY FEE: **\$3.00 for each INDIVIDUAL EVENT, plus \$5.25 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 delivered to the address below up to 8:00 PM on Wednesday, December 30, 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 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...

MISSION VIEJO NADADORES "JO QUALIFIER" AGE GROUP SWIM MEET

Date of Meet: January 8, 9 & 10, 2010

Entries Due: December 28, 2009

Girls	Friday, January 8, 2010			5:00 pm		Boys
No.	Minimum	Age	Event	Minimum	No.	
1	5:48.20	OPEN	400 Yard Individual Medley	5:48.90	2	
3	2:42.00	10 & Under	200 Yard Freestyle	2:41.80	4	
5	2:24.10	11/12	200 Yard Freestyle	2:24.60	6	
7	12:58.60	OPEN	1000 Yard Freestyle	13:09.80	8	

Girls	Saturday, January 9, 2010			9:00am		Boys
No.	Minimum	Age	Event	Minimum	No.	
9	2:43.20	OPEN	200 Yard Butterfly			
10	3:06.50	10 & Under	200 Yard Individual Medley	3:07.40	11	
12	2:46.20	11/12	200 Yard Individual Medley			
13	48.10	8 & Under	50 Yard Backstroke	46.80	14	
15	36.20	11/12	50 Yard Backstroke			
16	40.50	10 & Under	50 Yard Backstroke	40.40	17	
18	52.30	8 & Under	50 Yard Breaststroke	51.00	19	
20	1:28.90	11/12	100 Yard Breaststroke			
21	45.60	10 & Under	50 Yard Breaststroke	45.60	22	
23	1:28.40	8 & Under	100 Yard Freestyle	1:25.00	24	
25	1:06.70	11/12	100 Yard Freestyle			
26	Deck	8 & Under	100 Yard Medley Relay	Deck	27	
28		11/12	200 Yard Medley Relay			
29	Entered	10 & Under	200 Yard Medley Relay	Entered	30	
31	2:46.20	OPEN	200 Yard Backstroke			
32	1:14.70	10 & Under	100 Yard Freestyle	1:14.30	33	
34	1:16.10	11/12	100 Yard Butterfly			
35	1:29.30	10 & Under	100 Yard Butterfly	1:29.40	36	
37	6:24.60	OPEN	500 Yard Freestyle			

PM Session will begin no sooner than 12:00pm or 45 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
		11/12	200 Yard Individual Medley	2:46.50	38
39	Blue for Age	13 & Up	200 Yard Individual Medley	Blue for Age	40
		11/12	50 Yard Backstroke	36.60	41
42	2:46.20	OPEN	200 Yard Backstroke	2:51.40	43
44	Blue for Age	13 & Up	100 Yard Butterfly	Blue for Age	45
		11/12	100 Yard Butterfly	1:18.20	46
47	Blue for Age	13 & Up	100 Yard Freestyle	Blue for Age	48
		11/12	100 Yard Freestyle	1:06.20	49
50	Blue for Age	13 & Up	100 Yard Breaststroke	Blue for Age	51
		11/12	100 Yard Breaststroke	1:29.00	52
53	Deck	13 & Up	400 Yard Medley Relay	Deck	54
	Entered	11/12	200 Yard Medley Relay	Entered	55
56	6:24.60	OPEN	500 Yard Freestyle	6:29.80	57

Swimmers in the 400 Yard IM, 500, 1000, and 1650 Yard Freestyle must provide timers

for three heats and you must provide your own lap counters.

11 & Older swimmers who meet the time standard, may enter OPEN events.

***YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY**

Times submitted must be Best Recorded Times Short Course or Long Course.

All non conforming times will be seeded last.

Swimmers may only swim an event once even if it is offered twice.

***MVN WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION**

***THE AFTERNOON SESSION WILL BEGIN NO SOONER THAN 12:00 PM OR 45 MINUTES AFTER THE CONCLUSION OF THE MORNING SESSION.**

Girls	Sunday, January 10, 2010			9:00am		Boys
No.	Minimum	Age	Event	Minimum	No.	
58	1:17.90	11/12	100 Yard Backstroke			
59	1:28.60	10 & Under	100 Yard Backstroke	1:28.70	60	
61	46.30	8 & Under	50 Yard Butterfly	47.00	62	
63	34.30	11/12	50 Yard Butterfly			
64	38.30	10 & Under	50 Yard Butterfly	38.20	65	
66	1:41.20	8 & Under	100 Yard Individual Medley	1:38.50	67	
68	1:17.70	11/12	100 Yard Individual Medley			
69	1:26.60	10 & Under	100 Yard Individual Medley	1:26.90	70	
71	40.50	8 & Under	50 Yard Freestyle	39.40	72	
73	30.70	11/12	50 Yard Freestyle			
74	33.90	10 & Under	50 Yard Freestyle	34.10	75	
76	3:08.80	OPEN	200 Yard Breaststroke			
77	Deck	8 & Under	100 Yard Freestyle Relay	Deck	78	
79		11/12	200 Yard Freestyle Relay			
80	Entered	10 & Under	200 Yard Freestyle Relay	Entered	81	
82	40.80	11/12	50 Yard Breaststroke			
83	1:40.00	10 & Under	100 Yard Breaststroke	1:40.50	84	

PM Session will begin no sooner than 12:00pm or 45 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
		11/12	100 Yard Individual Medley	1:17.70	85
86	2:43.20	OPEN	200 Yard Butterfly	2:47.40	87
		11/12	50 Yard Breaststroke	41.00	88
89	Blue for Age	13 & Up	200 Yard Freestyle	Blue for Age	90
		11/12	50 Yard Butterfly	34.50	91
92	Blue for Age	13 & Up	100 Yard Backstroke	Blue for Age	93
		11/12	100 Yard Backstroke	1:20.50	94
95	Blue for Age	13 & Up	50 Yard Freestyle	Blue for Age	96
		11/12	50 Yard Freestyle	30.80	97
98	Deck	13 & Up	400 Yard Freestyle Relay	Deck	99
	Entered	11/12	200 Yard Freestyle Relay	Entered	100
101	3:08.80	OPEN	200 Yard Breaststroke	3:09.00	102
103	21:32.10	OPEN	1650 Yard Freestyle	21:51.50	104

8 & Under swimmers may compete in 8 & Under or 10 & Under events but

not any combination.

RELAYS WILL BE SWUM, TIME PERMITTING.