

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

Sanctioned by: Southern California Swimming  
Sanction Number: 10-050  
Sponsored by: Mission Viejo Nadadores  
Orange Committee

DATE OF MEET: March 19, 20, 21, 2010  
ENTRIES DUE: **March 8, 2010 (Monday)**  
WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)  
MEET START TIME: 6:00 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, 25 yard pools with up to ten (10) swimming lanes. One or two courses may be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at Start End Lanes 1 – 10 = 6.56', Turn End Lanes 1 – 10 = 6.56'.
- SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR events per day. **MVN will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. Swimmers in the 400 Freestyle, 800 Freestyle and 400 IM must provide timers for three heats. You must provide your own lap counters. **Please note: Swimmers may enter a stroke and distance only once even if it is offered twice. Only swimmers 11 years and older who meet the 13/14 BLUE time standard may enter OPEN events. 8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- 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 2010 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 must swim in their actual Age Group as determined by their age on March 19, 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 astening 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. 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 2010 Swim Guide for exceptions).
- AWARDS:** INDIVIDUAL EVENTS: RIBBONS 1<sup>st</sup> through 8<sup>th</sup>  
Ribbons will be awarded to the following age groups: 8 & Under, 9/10, 11/12, 13/14, 15 & Up.
- 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 hand delivered to the address below up to 8:00 PM on Wednesday, March 10, 2010. 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.

**VISIT OUR SNACK BAR! A modified snack bar will be available...**

# MISSION VIEJO NADADORES MARCH BLUE LONG COURSE AGE GROUP SWIM MEET

Date of Meet: March 19, 20, 21, 2010

Entries Due: March 8, 2010 (Monday)

## SUBMIT BEST RECORDED SHORT COURSE YARD TIMES

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

**Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the Morning Session**

Girls		Friday, March 19, 2010		6:00pm		Boys	
No.	Minimum	Age	Event	Minimum	No.		
1	3:06.50	10 & Under	200 Meter Individual Medley	3:07.40	2		
3	6:24.60	11/12	400 Meter Freestyle	6:29.80	4		
5	5:59.60	OPEN	400 Meter Freestyle	5:48.60	6		

**YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY**  
**MVN WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE**  
**Swimmers may enter a stroke and distance only once even if it is offered twice.**  
 Times submitted must be Best Recorded Times short course or long course.  
 All non conforming times will be seeded last.

Girls		Saturday, March 20, 2010		9:00am		Boys	
7	1:28.60	10 & Under	100 Meter Backstroke	1:28.70	8		
9	2:24.10	11/12	200 Meter Freestyle	2:24.60	10		
11	1:14.70	10 & Under	100 Meter Freestyle	1:14.30	12		
13	1:28.40	8 & Under	100 Meter Freestyle	1:25.00	14		
15	1:17.90	11/12	100 Meter Backstroke	1:20.50	16		
17	45.60	10 & Under	50 Meter Breaststroke	45.60	18		
19	40.80	11/12	50 Meter Breaststroke	41.00	20		
21	52.30	8 & Under	50 Meter Breaststroke	51.00	22		
23	30.70	11/12	50 Meter Freestyle	30.80	24		
25	40.50	10 & Under	50 Meter Backstroke	40.40	26		
27	48.10	8 & Under	50 Meter Backstroke	46.80	28		
29	1:16.10	11/12	100 Meter Butterfly	1:18.20	30		
31	1:29.30	10 & Under	100 Meter Butterfly	1:29.40	32		
33	5:48.20	11/12	400 Meter Individual Medley	5:48.90	34		

Girls		Sunday, March 21, 2010		9:00am		Boys	
No.	Minimum	Age	Event	Minimum	No.		
47	2:46.20	11/12	200 Meter Individual Medley	2:46.50	48		
49	2:42.00	10 & Under	200 Meter Freestyle	2:41.80	50		
51	1:06.70	11/12	100 Meter Freestyle	1:06.20	52		
53	1:28.40	8 & Under	100 Meter Freestyle	1:25.00	54		
55	36.20	11/12	50 Meter Backstroke	36.60	56		
57	38.30	10 & Under	50 Meter Butterfly	38.20	58		
59	46.30	8 & Under	50 Meter Butterfly	47.00	60		
61	34.30	11/12	50 Meter Butterfly	34.50	62		
63	33.90	10 & Under	50 Meter Freestyle	34.10	64		
65	40.50	8 & Under	50 Meter Freestyle	39.40	66		
67	1:28.90	11/12	100 Meter Breaststroke	1:29.00	68		
69	1:40.00	10 & Under	100 Meter Breaststroke	1:40.50	70		
71	12:58.60	11/12	800 Meter Freestyle	13:09.80	72		

Afternoon session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

35	2:16.10	OPEN	200 Meter Freestyle	2:10.90	36		
37	1:23.40	OPEN	100 Meter Breaststroke	1:19.10	38		
39	2:39.60	OPEN	200 Meter Backstroke	2:31.00	40		
41	1:11.00	OPEN	100 Meter Butterfly	1:07.70	42		
43	29.30	OPEN	50 Meter Freestyle	27.50	44		

10 Minute Break at the discretion of the Meet Referee

45	5:36.60	OPEN	400 Meter Individual Medley	5:18.20	46		
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Afternoon session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

73	2:36.60	OPEN	200 Meter Individual Medley	2:29.00	74		
75	1:03.40	OPEN	100 Meter Freestyle	59.60	76		
77	2:40.50	OPEN	200 Meter Butterfly	2:33.30	78		
79	1:14.10	OPEN	100 Meter Backstroke	1:11.30	80		
81	3:01.70	OPEN	200 Meter Breaststroke	2:50.80	82		

10 Minute Break at the discretion of the Meet Referee

83	12:37.00	OPEN	800 Meter Freestyle	12:23.20	84		
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**8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination.**

**Swimmers in the 400 IM, 400 and 800 Meter Freestyles must provide timers for three heats and the 800 Freestyles must provide lap counters.**

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

**Only swimmers 11 years and older, that meet the 13/14 Blue time standard, may enter OPEN events.**