

MISSION VIEJO NADADORES "JO QUALIFIER" AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-006
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET: January 9, 10 & 11, 2009
ENTRIES DUE: **December 29, 2008 (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 not been certified in accordance with 104.2.2 (C)

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 2008 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 **January 9, 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 AND CLUBS WHO ARE 2009 USA SWIMMING REGISTERED. Clubs must be 2009 members to have athletes represent them at this meet. 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 2008 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED SHORT COURSE YARD 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 minimum (see 2008 Swim Guide for exceptions). Non conforming times may be submitted and will be used for seeding purposes only.

AWARDS: INDIVIDUAL EVENTS RIBBONS 1st through 8th
RELAYS RIBBONS 1st through 3rd
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: **\$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 delivered to the address below up to 8:00 PM on Wednesday, December 31, 2008. 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 9, 10 & 11, 2009

Entries Due: December 29, 2008

Girls		Friday, January 18, 2008		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 19, 2008		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 12:00am 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.
 heats and their own lap counters.

***YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY**
***SUBMIT BEST RECORDED SHORT COURSE YARD TIMES**
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 AM OR 45 MINUTES AFTER THE CONCLUSION OF THE MORNING SESSION.**

Girls		Sunday, January 20, 2008		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 12:00am 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.