

Mission Viejo Nadadores & Southern California Swimming present the 2009 TYR Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming

SPONSORED BY: Mission Viejo Nadadores

DATE OF MEET: June 18-21, 2009

SANCTION NO: #09-056

USA Swimming & FINA Athletes: Heats & Finals

ENTRIES DUE: Monday, June 8, 2009

START TIME: PRELIMS 9 am; FINALS 5 pm

WARM-UP: Pool will open for warm-up at 3:00 pm, THURS; 7:00 am FRI, SAT, and SUN

ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED.

FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION.

IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH.

HY-TEK ENTRY MUST BE ACCOMPANIED BY SIGNED HARD COPY AND SINGLE TEAM CHECK.

THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED.

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

COURSE: Competition pool is an outdoor, international depth, eight-lane, 50 meter course with adjacent eight lane 25 yard warm-up pool.

TICKETS: \$2 Prelims/\$4 Finals - all day \$5. An all-meet pass (all sessions) is \$15.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold a current 2009 USA Swimming Registration Card or FINA membership. Registration application must be at SCS Office by June 17, 2009. There are substantial penalties for swimmer and club (2009 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

QUALIFYING TIMES: Individual entries may be made on Southern California Swimming blue entry cards with proof of time box completed. Team entries may be submitted on Hy-Tek (signed hard-copy and single team check must be submitted). Swimmers must have achieved the time standard after Sept. 1, 2007. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day

NOTE: If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y".

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by "S".

If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L".

Enter BONUS events with swimmer's actual time: indicate "YB" on entry for BONUS time achieved in YARDS,

indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS,

indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on entry.

THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE AVAILABLE TIME (FIRST COME, FIRST SERVED).

PROOF OF TIME: This is a PROOF OF TIME meet. Completed Proof of Time form is required for entry to the meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE: Swimmers qualified in less than 5 events may swim 1, and only 1, bonus event; qualified in 5+ must prove all events.** EXCEPTIONS: (1) A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle. (2) A swimmer may not enter the 1500 Meter Freestyle as a BONUS event without providing proof of time in the 800 Meter Freestyle.

ENTRY FEES: \$10.00 per individual event must accompany entry card. \$10.00 surcharge per swimmer must accompany entry. Relays: \$20.00 per relay--team entered, and must be paid upon deck entry.

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

and MAIL ENTRIES TO:

Judi Divan

33561 Calle Miramar

San Juan Capistrano, CA 92675

divanj@cox.net

Or EMAIL ENTRIES TO:

ENTRIES CLOSE: Entries postmarked -or- emailed later than 12:00 midnight on June 8, 2009 will be rejected. Entries may be hand-delivered by 8:00 PM, Tuesday, June 9, 2009 to the above address.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will 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 for Heats and Finals Meets will be enforced (See 2009 SCS Swim Guide); the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for all events except the 800 & 1500 Freestyle.

If warranted, the meet will be swum in 'A' and 'B' flights on Friday and Saturday only. Events on Thursday and Sunday will not be separated by flight. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, June 15, 2009.

RELAYS: Relays will be contested at the end of Finals Friday through Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims (after 'A' and 'B' flights), and before the 1500 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Saturday.

SCRATCH DEADLINES:

***Thursday 6/18 4:30 p.m. positive checkin for Thursday events;
Scratches: Friday 6/19 8:00 a.m. for Friday events; Friday 6/19 5:30 pm for Saturday's events &
Saturday 6/20 5:30 p.m. for Sunday's events.***

A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual and relay events for the day and MUST positive check in for all subsequent days individual events by the scratch deadline for those events.

A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

Positive check-in must be made for the 800 and 1500 Meter Freestyle by the day's scratch deadline.

WARMUP: From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The diving pool will be available for warm-up/cool down at all times - No diving at any time.

AWARDS: Special awards presented to top three places in championship finals and the top three places in relays. Awards will be presented after the consolation final of the event immediately following the final in which the swimmer earned the award. There will be a high point award for the top female and the top male swimmer. Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.

**For Information, Call the Mission Viejo Nadadores at (949) 380-2552
-or- Southern California Swimming at (800) 824-6206.**

Mission Viejo Nadadores & Southern California Swimming

Present The

2009 TYR Swim Meet of Champions

Date of Meet: June 18-21, 2009

Entries Due: Monday, June 8, 2009

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order

Automatic Timing - Open to 2009 USA Swimming Registered Athletes and FINA Members

WOMEN				MEN				
Event No.	Time LCM	Time SCM	Time SCY	Event Name	Time LCM	Time SCM	Time SCY	Event No.
06/18/09								
1	9:19.13	9:03.13	10:34.99 Enter 1000Y Free Time	800 Meter Freestyle				
				1500 Meter Freestyle	17:00.50	16:30.50	16:34.80 Enter 1650Y Free Time	2
06/19/09								
3	1:00.49	58.98	53.22	100 Meter Freestyle	55.44	54.52	49.56	4
5	2:27.43	2:24.95	2:11.77	200 Meter Butterfly	2:16.39	2:11.59	1:59.63	6
7	2:31.09	2:24.98	2:11.80	200 Meter Backstroke	2:18.99	2:16.39	2:03.99	8
9	4:33.10	4:27.20	5:02.00 Enter 500Y Free Time	400 Meter Freestyle	4:19.80	4:11.80	4:44.80 Enter 500Y Free Time	10
11	Deck Entry	Deck Entry	Deck Entry	400 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	12
06/20/09								
13	2:08.90	02:05.70	01:52.80	200 Meter Freestyle	1:59.80	1:57.01	1:44.90	14
15	2:48.84	2:43.71	2:28.83	200 Meter Breaststroke	2:34.69	2:27.93	2:14.48	16
17	28.07	27.32	24.84	50 Meter Freestyle	25.59	24.21	22.01	18
19	5:17.79	5:11.00	4:42.73	400 Meter Individual Medley	4:51.84	4:43.01	4:17.28	20
21	Deck Entry	Deck Entry	Deck Entry	800 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	22
06/21/09								
23	1:07.45	1:05.98	59.98	100 Meter Butterfly	1:01.18	58.75	53.41	24
25	1:10.57	1:07.20	1:01.09	100 Meter Backstroke	1:04.00	1:01.18	55.62	26
27	1:18.76	1:15.64	1:08.76	100 Meter Breaststroke	1:11.17	1:08.29	1:02.08	28
29	2:28.27	2:26.06	2:11.59	200 Meter Individual Medley	2:17.10	2:11.62	1:59.65	30
31	18:05.62	17:35.62	17:39.59 Enter 1650Y Free Time	1500 Meter Freestyle				
				800 Meter Freestyle	8:45.29	8:29.29	10:05.87 Enter 1000Y Free Time	32
33	Deck Entry	Deck Entry	Deck Entry	400 Meter Medley Relay	Deck Entry	Deck Entry	Deck Entry	34

Individual Entries must be made on Southern California Swimming Blue Entry Cards with Proof of Time Box completed.

Team entries may be submitted on Hy-tek (signed hard copy and single team check must be submitted).

This is a Proof of Time Meet – Proof of Time Section on Card or Hy-tek Entry MUST be completed.

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by 'Y'.

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Nationals Qualifiers may enter at the National meter minimum; please indicate on entry.

NOTE: Swimmers qualified in less than 5 events may swim 1, and only 1, bonus event; qualified in 5+ must prove all events.

EXCEPTIONS: (1) A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle;

(2) A swimmer may not enter the 1500 Meter Freestyle without providing proof of time in the 800 Meter Freestyle.

The host club and referee reserve the right to limit the meet to the available time (first come, first served).

**For information, call the Mission Viejo Nadadores at (949) 380-2552 or
Southern California Swimming at (800) 824-6206.**

2009 TYR/MVN Swim Meet of Champions

MOTEL/HOTELS

Several hotels include breakfast. Ask hotels about airport shuttle services.

COURTYARD BY MARRIOTT
23175 Avenida de la Carlota
Laguna Hills, CA 92653
(800) 228-9290
(949) 859-5500

COURTYARD BY MARRIOTT
27492 Portola Parkway
Foothill Ranch, CA 92610
(800) 228-9290
(949) 951-5700

HILTON GARDEN INN
27082 Towne Center Drive
Foothill Ranch, CA 92610
(949) 859-4000

COUNTRY SUITES by AYRES
28941 Los Alisos Blvd.
Mission Viejo, CA 92692
(949) 455-2545
(888) 329-0227

BILLETING INFORMATION

A limited amount of billeting with Mission Viejo Nadadores families is available. Billeting space is available strictly on a first-come, first-served basis. All billeting inquiries must be approved by the Mission Viejo Nadadores IN ADVANCE before arrangements can be made. Inquiries must be received in the Mission Viejo Swim Office by Monday, May 4, 2009. For information on billeting, please contact the Mission Viejo Nadadores Swim Office at (949) 380-2552.