

MISSION VIEJO NADADORES AGE GROUP SWIM MEET

DATE OF MEET: January 8, 9 & 10, 2016

Sanctioned by: USA Swimming and SCS
Sanction Number: S16-005
Sponsored by: Mission Viejo Nadadores
Orange Committee

ENTRIES RECEIVED BY 5:00PM: **December 30, 2015 (WEDNESDAY)**

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 11:00am 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 and Turn Ends Lane 1 – 10 = 6.56',

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 2016 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, 2016**.

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. Each team is asked to provide timers. The 400 IM, 500, 1000, and 1650 Freestyle events will be swum alternating girls and boys. Swimmers are asked to 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. 7-10 swimmers entering the 500 Yard Freestyle must enter with their 200 Yard Freestyle time that meets the minimum stated time standard. 7/8 swimmers may compete in 5-8 or 7-10 events but not any combination. 11 & Older swimmers who meet the time standard, may enter OPEN events. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 2016 USA SWIMMING REGISTERED. All Clubs must be 2016 USA Swimming member clubs to be represented at this meet, otherwise, swimmers will be unattached. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration application must be received by DECEMBER 30, 2015 by the 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 2016 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**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved the 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 time standard (see 2016 Swim Guide for exceptions). Discrepancy in the submitted times can lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin 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, 7-10, 11/12

ENTRY FEE: **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** \$10.00 per DECK ENTERED RELAYS. 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: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00PM, WEDNESDAY, DECEMBER 30, 2015. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST 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 email: Judi Divan divanj@cox.net Receipt of entry will not be verified by phone or email.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Date of Meet: January 8, 9 & 10, 2016

ENTRIES RECEIVED BY 5:00PM: DECEMBER 30, 2015 (WEDNESDAY)

Girls		Friday, January 8, 2016		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	7-10	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, 2016		9:00am		Boys	
No.	Minimum	Age	Event	Minimum	No.		
9	3:06.50	7-10	200 Yard Individual Medley	3:07.40	10		
11	2:46.20	11/12	200 Yard Individual Medley	2:46.50	12		
13	48.10	5-8	50 Yard Backstroke	46.80	14		
15	36.20	11/12	50 Yard Backstroke	36.60	16		
17	40.50	7-10	50 Yard Backstroke	40.40	18		
19	52.30	5-8	50 Yard Breaststroke	51.00	20		
21	1:28.90	11/12	100 Yard Breaststroke	1:29.00	22		
23	45.60	7-10	50 Yard Breaststroke	45.60	24		
25	1:28.40	5-8	100 Yard Freestyle	1:25.00	26		
27	1:06.70	11/12	100 Yard Freestyle	1:06.20	28		
29	1:14.70	7-10	100 Yard Freestyle	1:14.30	30		
31	1:16.10	11/12	100 Yard Butterfly	1:18.20	32		
33	1:29.30	5-10	100 Yard Butterfly	1:29.40	34		
35	Deck	5-8	100 Yard Medley Relay	Deck	36		
37		11/12	200 Yard Medley Relay		38		
39	Entered	7-10	200 Yard Medley Relay	Entered	40		

Second Session will begin no sooner than 11:00am or 45 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
41	Blue for Age	13 & Up	200 Yard Individual Medley	Blue for Age	42
43	Blue for Age	13 & Up	100 Yard Freestyle	Blue for Age	44
45	Blue for Age	13 & Up	100 Yard Butterfly	Blue for Age	46
47	2:46.20	OPEN	200 Yard Backstroke	2:51.40	48
49	Blue for Age	13 & Up	100 Yard Breaststroke	Blue for Age	50
51	Deck	13 & Up	400 Yard Medley Relay	Entered	52
53	6:24.60	OPEN	500 Yard Freestyle	6:29.80	54

Swimmers in the 400 Yard IM, 500, 1000, and 1650 Yard Freestyle are asked to 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.

7-10 Swimmers entering the 500 Yard Freestyle must enter with 200 Yard Freestyle time that meets the stated time standard.

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

Times submitted must be Best Recorded Times Short Course or Long Course. 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 11:00 AM OR 45 MINUTES AFTER THE CONCLUSION OF THE MORNING SESSION.**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls		Sunday, January 10, 2016		9:00am		Boys	
No.	Minimum	Age	Event	Minimum	No.		
55	1:17.90	11/12	100 Yard Backstroke	1:20.50	56		
57	1:28.60	7-10	100 Yard Backstroke	1:28.70	58		
59	46.30	5-8	50 Yard Butterfly	47.00	60		
61	34.30	11/12	50 Yard Butterfly	34.50	62		
63	38.30	7-10	50 Yard Butterfly	38.20	64		
65	1:41.20	5-8	100 Yard Individual Medley	1:38.50	66		
67	1:17.70	11/12	100 Yard Individual Medley	1:17.70	68		
69	1:26.60	7-10	100 Yard Individual Medley	1:26.90	70		
71	40.50	5-8	50 Yard Freestyle	39.40	72		
73	30.70	11/12	50 Yard Freestyle	30.80	74		
75	33.90	7-10	50 Yard Freestyle	34.10	76		
77	40.80	11/12	50 Yard Breaststroke	41.00	78		
79	1:40.00	7-10	100 Yard Breaststroke	1:40.50	80		
81	Deck	5-8	100 Yard Freestyle Relay	Deck	82		
83		11/12	200 Yard Freestyle Relay		84		
85	Entered	7-10	200 Yard Freestyle Relay	Entered	86		
87	2:42.00	7-10	500 Yard Freestyle	2:41.80	88		
Enter with 200 Yard Freestyle Time that meets the stated time standard							

Second Session will begin no sooner than 11:00am or 45 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
89	2:43.20	OPEN	200 Yard Butterfly	2:47.40	90
91	Blue for Age	13 & Up	200 Yard Freestyle	Blue for Age	92
93	Blue for Age	13 & Up	100 Yard Backstroke	Blue for Age	94
95	Blue for Age	13 & Up	50 Yard Freestyle	Blue for Age	96
97	3:08.80	OPEN	200 Yard Breaststroke	3:09.00	98
99	Deck	13 & Up	400 Yard Freestyle Relay	Deck	100
101	21:32.10	OPEN	1650 Yard Freestyle	21:51.50	102

7-8 swimmers may compete in 5-8 or 7-10 events but not a combination.

RELAYS WILL BE SWUM, TIME PERMITTING.