

MISSION VIEJO NADADORES "BB MINIMUM" LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S23 - 099
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET:
ENTRIES RECEIVED BY 5:00 PM:

May 5, 6 & 7, 2023
April 26, 2023 (Wednesday)

WARM UP TIME: 4:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 9:00 AM (Sat/Sun)

Afternoon Session will begin no sooner than 11:00am or 45 minutes after the conclusion of the AM Session.

POOL: LOWER MARGUERITE AQUATIC COMPLEX, 27474 CASTA DEL SOL, Mission Viejo, CA 92692.

COURSE: The LOWER MARGUERITE AQUATIC COMPLEX POOLS is an outdoor, 50 meter pool with up to eight (8) swimming lanes. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurement at Start End Lanes 1 – 10 = 6.56', Turn End Lanes 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.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

MEET REFEREE: Jason Rothlein shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to jtrothlein@gmail.com

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 2023 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 who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on May 5, 2023. 11/12 year old swimmers may only swim in one session per day. All coaches and officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet.

SPECIAL NOTICES: Swimmers may swim a maximum of THREE (3) Individual events per day. Entries will be limited to meet the "4 Hour" rule for the 5-12 sessions. 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. 7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle time that meets the stated minimum time standard. Swimmers entering OPEN events must be at least 11 years old and have achieved the stated time standard. The 400 Meter IM, 400, 800 and 1500 Meter Freestyle events will be swum alternating girls and boys. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM are requested to provide timers for three heats and their own lap counters. Each team is asked to provide timers. Relays will be swum time permitting. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** High School swimmers are responsible for ensuring they are unattached at this meet.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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. **"Tech" Suits are not permitted at this meet.**

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2023 USA Swimming REGISTERED. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No Late or deck registration will be accepted. All athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING within 30 days of turning 18 in order to compete.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Swimmers must have achieved time standards listed for an event. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. After entries close the meet admin will convert non conforming times for seeding purposes only.

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 2023 Swim Guide for exceptions).

AWARDS: INDIVIDUAL EVENTS: RIBBONS: 1st through 8th for the following age groups: 5-8 (5/6, 7/8), 9-10, 11/12. OPEN events will not be awarded.

ENTRY FEE: **\$5.50 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry card, \$10.00 per RELAY.** 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 PM, WEDNESDAY, APRIL 26, 2023. 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. PLEASE MAIL IN A BUSINESS SIZE ENVELOPE.

MAKE CHECKS PAYABLE TO: MISSION VIEJO NADADORES
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 949-280-6787 or email: 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.

MISSION VIEJO NADADORES LONG COURSE "BB MINIMUM" AGE GROUP SWIM MEET

Date of Meet: MAY 5, 6 & 7, 2023

Entries Due: April 26, 2023, 2022 (Wednesday)

Girls Friday, May 5, 2023 5:00 pm				Boys		
No.	Age	Minimum	Event	Minimum	Age	No.
1	11/12	3:11.39	200 Meter Individual Medley	3:08.49	11/12	2
3	OPEN	6:25.89	400 Meter Individual Medley	6:04.69	OPEN	4
5	11/12	5:56.49	400 Meter Freestyle	5:48.69	11/12	6
7	13 & Up	BB for Age	400 Meter Freestyle	BB for Age	13 & Up	8

Girls Saturday, May 6, 2023 9:00 am				Boys		
No.	Age	Minimum	Event	Minimum	Age	No.
9	7-10	3:20.99	200 Meter Freestyle	3:12.09	7-10	10
11	11/12	2:49.19	200 Meter Freestyle	2:44.89	11/12	12
13	5-8	1:39.30	100 Meter Freestyle	1:35.50	5-8	14
15	7-10	1:52.99	100 Meter Butterfly	1:50.79	7-10	16
17	11/12	1:28.49	100 Meter Butterfly	1:26.29	11/12	18
19	7-10	48.89	50 Meter Backstroke	49.19	7-10	20
21	5-8	54.40	50 Meter Backstroke	53.20	5-8	22
23	11/12	40.79	50 Meter Backstroke	40.39	11/12	24
25	7-10	39.89	50 Meter Freestyle	39.49	7-10	26
27	5-8	45.60	50 Meter Freestyle	44.40	5-8	28
29	11/12	35.69	50 Meter Freestyle	34.69	11/12	30
31	7-10	1:59.79	100 Meter Breaststroke	1:55.99	7-10	32
33	11/12	1:40.89	100 Meter Breaststroke	1:38.39	11/12	34
35	5-10	By Coach	200 Meter Medley Relay	By Coach	5-10	36
37	11/12	Deck Entered	200 Meter Medley Relay	Deck Entered	11/12	38

Second Session will begin no sooner than 10:30am

39	13 & Up	BB for Age	200 Meter Freestyle	BB for Age	13 & Up	40
41	13 & Up	BB for Age	100 Meter Butterfly	BB for Age	13 & Up	42
43	OPEN	3:23.99	200 Meter Breaststroke	3:10.79	OPEN	44
45	13 & Up	BB for Age	50 Meter Freestyle	BB for Age	13 & Up	46
47	13 & Up	BB for Age	200 Meter Backstroke	BB for Age	13 & Up	48
47	OPEN	2:58.69	200 Meter Backstroke	2:49.09	OPEN	48
49	13 & Up	Deck Entered	400 Meter Medley Relay	By Coach	13 & Up	50

10 Minute Break at the discretion of the referee

			800 Meter Freestyle	11:13.99	OPEN	51
52	OPEN	22:23.09	1500 Meter Freestyle			

SUBMIT BEST RECORDED LONG COURSE METER TIMES

MVN WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers will be limited to a maximum of 3 events per day

RELAYS WILL BE SWUM TIME PERMITTING.

Swimmers entering Open events must be at least 11 years old and have achieved

the stated time standard.

11/12 year old swimmers may only swim in one session per day.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

"TECH" SUITS ARE NOT PERMITTED AT THIS MEET

Girls Sunday, May 7, 2023 9:00 am						
No.	Age	Minimum	Event	Minimum	Age	
53	7-10	3:43.19	200 Meter Individual Medley	3:40.79	7-10	
55	11/12	1:18.09	100 Meter Freestyle	1:15.49	11/12	
57	7-10	1:31.19	100 Meter Freestyle	1:30.19	7-10	
59	11/12	38.29	50 Meter Butterfly	38.59	11/12	
61	7-10	47.09	50 Meter Butterfly	45.99	7-10	
63	5-8	52.00	50 Meter Butterfly	52.70	5-8	
65	11/12	45.49	50 Meter Breaststroke	45.19	11/12	
67	7-10	53.99	50 Meter Breaststroke	53.29	7-10	
69	5-8	58.60	50 Meter Breaststroke	57.10	5-8	
71	7-10	1:45.99	100 Meter Backstroke	1:43.09	7-10	
73	11/12	1:30.99	100 Meter Backstroke	1:27.99	11/12	
75	7-10	3:20.99	400 Meter Freestyle	3:12.09	7-10	
Enter with 200 Meter Freestyle Time						
77	11/12	Deck Entered	200 Meter Freestyle Relay	Deck Entered	11/12	
79	5-10	By Coach	200 Meter Freestyle Relay	By Coach	5-10	

Second Session will begin no sooner than 10:30am

81	13 & Up	BB for Age	200 Meter Individual Medley	BB for Age	13 & Up	
83	13 & Up	BB for Age	100 Meter Freestyle	BB for Age	13 & Up	
85	13 & Up	BB for Age	100 Meter Backstroke	BB for Age	13 & Up	
87	OPEN	2:59.19	200 Meter Butterfly	3:10.79	OPEN	
89	13 & Up	BB for Age	100 Meter Breaststroke	BB for Age	13 & Up	
91	13 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	13 & Up	

10 Minute Break at the discretion of the referee

93	OPEN	11:41.99	800 Meter Freestyle			
			1500 Meter Freestyle	21:27.39	OPEN	

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle are requested to provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle are requested to provide their own lap counters

7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle Time that meets the minimum time standard.

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Boys

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