

MISSION VIEJO NADADORES 2019 SCS SR Q CHALLENGE SHORT COURSE SWIM MEET QUALIFIER

Sanctioned by: USA Swimming and SCS
Sanction Number: S19-032
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET: January 18, 19 & 20, 2019
ENTRIES RECEIVED BY 5:00 PM: January 9, 2019 (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: Leann Colvin shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to lcolvin@vcccd.edu.

RULES: USA Swimming rules will govern. Current SCS Meet procedure will be enforced and take precedence over any errors or omissions on this entry form. In accordance with the 2019 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, a swimmer may not check-in or scratch. All coaches and officials must have completed the CDC or NFHS online Concussion course.

SPECIAL NOTICES: Swimmers may swim a maximum of FIVE (5) Individual events per day. The 1000 and 1650 yard Freestyle events will be swum alternating girls and boys. Swimmers entering the 50's of stroke must enter with their 100 time of that stroke. **50 of stroke events will not be Qualifying Events.** Swimmers with Junior National times in the 100's of stroke may enter the 50's of stroke. Swimmers in the 500, 1000 and 1650 Yard Freestyle are requested to provide timers for three heats and their own lap counters. Each team is asked to provide timers. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. The Top 6 finishers for each event except the 50's of stroke, will be eligible to compete at the SCS Senior Q Challenge Meet. Additionally, up to 6 athletes per event will be selected for consideration as part of 12 at large swimmers to be selected by SCS; to compete at the SCS Senior Q Challenge Meet. All swimmers competing in the SCS Senior Q Challenge Meet must declare their intent, to the meet admin by the end of the last session on Sunday, January 20, 2019.

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.

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 2019 USA Swimming REGISTERED. Registration application must be received by WEDNESDAY, January 9, 2019 by the meet processor, administrative referee or SCS Office. There are substantial penalties for swimmer and club (2019 Swim Guide) if USA Swimming registration is completed at the 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 (not Attach or Re-attach) by notifying the Admin Referee in writing and paying the appropriate fee.

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

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 the stated time standard listed for an event after September 1, 2017.. This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet.

ENTRY FEE: **\$7.50 for each INDIVIDUAL EVENT, plus \$14.00 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: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JANUARY 9, 2019. 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: 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.

MISSION VIEJO NADADORES 2019 SCS SR Q CHALLENGE SHORT COURSE SWIM MEET QUALIFIER

Date of meet: January 18, 19 & 20, 2019

Entries Due: January 9, 2019

Times submitted must be Best Recorded Times Short Course or Long Course

YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

All Events Timed Finals

Women	Min	Min	Max	Max	Event	Min	Min	Max	Max	Men
No.	Yards	Meters	Yards	Meters	Friday, January 18, 2019 5:00 PM	Yards	Meters	Yards	Meters	No.
1	11:37.20	10:22.30	10:03.60	9:03.50	Women's 1000 Yard Freestyle					
					Men's 1650 Yard Freestyle	18:39.20	19:01.60	15:47.00	16:15.00	2

Women	Yards	Meters	Yards	Meters	Saturday, January 19, 2019 9:00 AM	Yards	Meters	Yards	Meters	Men
3	1:17.40	1:27.90	1:03.70	1:14.30	100 Yard Breaststroke	1:08.80	1:18.40	57.40	1:07.20	4
5	26.60	30.40	23.5	27.00	50 Yard Freestyle	24.00	27.50	20.90	24.40	6
7	2:33.60	2:53.10	2:02.70	2:19.60	200 Yard Butterfly	2:18.20	2:36.00	1:52.10	2:08.20	8
9	2:05.20	2:22.20	1:49.70	2:05.40	200 Yard Freestyle	1:53.70	2:09.40	1:39.80	1:56.10	10
11	2:22.50	2:41.40	2:03.10	2:22.50	Women's 200 Yard Individual Medley					
13	1:04.70	1:13.20	50 Yard Butterfly	57.40	1:05.10	12
					Men's 400 Yard Individual Medley	4:47.70	4:21.60	4:00.20	4:38.40	14
15	1:06.00	1:14.50	56.10	1:05.50	100 Yard Backstroke	1:00.60	1:08.50	50.80	59.70	16
17	5:28.50	4:53.20	4:53.10	4:23.80	Women's 500 Yard Freestyle					
					Men's 1000 Yard Freestyle	11:10.00	9:58.00	9:25.50	8:33.80	18

Women	Yards	Meters	Yards	Meters	Sunday, January 20, 2019 9:00 AM	Yards	Meters	Yards	Meters	Men
19	1:04.70	1:13.20	55.80	1:03.40	100 Yard Butterfly	57.40	1:05.10	49.90	57.40	20
21	1:06.00	1:14.50	50 Yard Backstroke	1:00.60	1:08.50	22
23	2:47.50	3:10.00	2:19.80	2:40.10	200 Yard Breaststroke	2:31.00	2:51.60	2:05.70	2:26.90	24
25	57.80	1:05.80	50.90	58.40	100 Yard Freestyle	52.00	59.40	45.40	52.90	26
27	5:04.30	5:44.20	4:23.30	5:01.90	Women's 400 Yard Individual Medley					
					Men's 200 Yard Individual Medley	2:08.20	2:25.50	1:51.50	2:10.50	28
29	2:27.50	2:46.20	2:01.30	2:20.70	200 Yard Backstroke	2:16.30	2:33.70	1:50.60	2:09.60	30
31	1:17.40	1:27.90	50 Yard Breaststroke	1:08.80	1:18.40	32
					Men's 500 Yard Freestyle	5:11.10	4:37.70	4:30.50	4:06.30	33
34	19:19.40	19:42.60	16:46.20	17:20.50	Women's 1650 Yard Freestyle					

Swimmers the 1000/1650 Freestyle events should be prepared to supply a timer for 3 heats and will be responsible for providing their own lap counters
Swimmers with Junior National times in the 100's of stroke may enter the 50's of stroke.