

# MISSION VIEJO NADADORES "BLUE" LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming  
Sanction Number: 10-093  
Sponsored by: Mission Viejo Nadadores  
Orange Committee

DATE OF MEET: April 30, May 1 & 2, 2010  
**ENTRIES RECEIVED BY 5:00 PM: April 21, 2010 (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)

**Afternoon Session will begin no sooner than 11:00am or at the discretion of the Meet Referee 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 POOL 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'.

**SPECIAL NOTICES:** Swimmers may swim a maximum of FOUR (4) events per day. Entries will be limited to meet the "4 Hour" rule for 12 & Under swimmers. 11 and Older swimmers who meet the stated time standard may enter OPEN events. 8 & Under swimmers may enter 8 & Under or 10 & Under events but not a combination. 10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter Freestyle time that meets or exceeds the stated minimum time. **Only swimmers 11 years and older who meet the 13/14 BLUE time standard may enter OPEN events.** Swimmers in the 400 and 800 meter freestyle and 400 meter IM must provide timers for three heats and lap counters for the 800. **The 400 IM, 400 and 800 Freestyle events will swim alternating girls and boys. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Timers must be provided by each team. 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.**

**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 2010 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 age group session must check in THIRTY MINUTES prior to the start of that 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 April 30, 2010. **Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.**

**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 2010 USA Swimming REGISTERED. Registration application must be received by the Monday prior to the first day of the meet 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. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All non-conforming times will be seeded last. 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.

**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 2010 Swim Guide for exceptions).

**AWARDS:** INDIVIDUAL EVENTS: RIBBONS 1<sup>st</sup> through 8<sup>th</sup>  
Ribbons will be awarded to the following age groups: 8 & Under (5/6, 7/8), 10 & Under, 11/12. OPEN events will not be awarded.

**ENTRY FEE:** \$3.00 for each INDIVIDUAL EVENT, plus \$5.25 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, APRIL 21, 2010. 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. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

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...**

# MVN "BLUE" LONG COURSE AGE GROUP MEET

**Date of Meet: April 30, May 1 & 2, 2010**

**Entries Due: April 21, 2010 (Wednesday)**

Submit BEST RECORDED TIMES short course or long course. All non conforming times will be seeded last.

YOU MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY

ENTRIES WILL BE LIMITED TO MEET THE "4 HOUR" RULE FOR 12 & UNDER SWIMMERS

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

**Only swimmers 11 years and older who meet the 13/14 BLUE time standard may enter OPEN events.**

**Friday, April 30, 2010 5:00 pm**

No.	Minimum	Age	Event	Minimum	No.
1	3:07.90	11-12	200 Meter Individual Medley	3:08.20	2
3	3:02.70	10 & Under	400 Meter Freestyle (Enter 200 Meter Freestyle Time)	3:02.40	4
5	5:47.30	11-12	400 Meter Freestyle	5:46.60	6
7	11:29.00	OPEN	800 Meter Freestyle	11:01.20	8

**Saturday, May 1, 2010 9:00 am**

No.	Minimum	Age	Event	Minimum	No.
9	3:02.70	10 & Under	200 Meter Freestyle	3:02.40	10
11	2:42.90	11/12	200 Meter Freestyle	2:43.60	12
13	1:39.30	8 & Under	100 Meter Freestyle	1:35.50	14
15	46.40	10 & Under	50 Meter Backstroke	46.30	16
17	41.60	11/12	50 Meter Backstroke	42.00	18
19	54.40	8 & Under	50 Meter Backstroke	53.20	20
21	1:52.20	10 & Under	100 Meter Breaststroke	1:52.90	22
23	1:40.00	11/12	100 Meter Breaststroke	1:40.10	24
25	43.20	10 & Under	50 Meter Butterfly	43.10	26
27	38.40	11/12	50 Meter Butterfly	39.20	28
29	38.40	10 & Under	50 Meter Freestyle	38.10	30
31	34.90	11/12	50 Meter Freestyle	34.40	32

Afternoon Session will begin no sooner than 11:00 am

33	2:57.30	OPEN	200 Meter Individual Medley	2:49.00	34
35	1:11.90	OPEN	100 Meter Freestyle	1:07.90	36
37	1:25.10	OPEN	100 Meter Backstroke	1:22.10	38
39	3:24.40	OPEN	200 Meter Breaststroke	3:15.20	40
41	1:20.30	OPEN	100 Meter Butterfly	1:16.70	42
43	5:26.10	OPEN	400 Meter Freestyle	5:15.60	44

**8 & Under swimmers may enter 8 Under or 10 & Under events**

**but not a combination**

**10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter Freestyle time that meets or exceeds the stated minimum time standard.**

**11 and older swimmers who meet the stated time standard may enter OPEN events.**

**Sunday, May 2, 2010 9:00 am**

No.	Minimum	Age	Event	Minimum	No.
45	1:41.00	10 & Under	100 Meter Backstroke	1:41.30	46
47	1:29.40	11/12	100 Meter Backstroke	1:30.70	48
49	58.60	8 & Under	50 Meter Breaststroke	57.10	50
51	51.40	10 & Under	50 Meter Breaststroke	51.40	52
53	46.00	11/12	50 Meter Breaststroke	45.60	54
55	1:24.40	10 & Under	100 Meter Freestyle	1:23.90	56
57	1:15.60	11/12	100 Meter Freestyle	1:15.10	58
59	45.60	8 & Under	50 Meter Freestyle	44.40	60
61	1:40.50	10 & Under	100 Meter Butterfly	1:40.70	62
63	1:27.30	11/12	100 Meter Butterfly	1:28.10	64
65	52.00	8 & Under	50 Meter Butterfly	52.70	66
67	3:30.20	10 & Under	200 Meter Individual Medley	3:31.20	68

Afternoon Session will begin no sooner than 11:00am

69	3:02.80	OPEN	200 Meter Backstroke	2:53.30	70
71	2:34.10	OPEN	200 Meter Freestyle	2:28.50	72
73	1:33.90	OPEN	100 Meter Breaststroke	1:29.20	74
75	3:00.90	OPEN	200 Meter Butterfly	2:53.10	76
77	33.30	OPEN	50 Meter Freestyle	30.20	78
79	6:20.40	OPEN	400 Meter Individual Medley	6:00.20	80

**The 800 Meter Freestyle may be swum 2 per lane.**

**The 400 IM, 400 and 800 Meter Freestyle events will be swum alternating girls and boys.**

**Swimmers in the first four events of each age group session must check in THIRTY MINUTES prior to the start of that session.**