

MISSION VIEJO NADADORES SPRING "JO MAX" CHAMPIONSHIP SHORT COURSE MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-023
Sponsored by: Mission Viejo Nadadores
Orange Committee

DATE OF MEET: February 19, 20, 21, 2010
ENTRIES DUE: **February 8, 2010 (Monday)**
WARM UP TIME: 4:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 9:00 AM (Sat/Sun)

PM Session begins no sooner than 11:30 AM or at the discretion of the meet referee.
The following Orange Committee Teams may enter this meet: AST, AVM, CDM, FAST, LBST, MVN, NGG, SCAT, SET, TD

- 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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at Start End Lanes 1 – 10 = 6.56', Turn End Lanes 1 – 10 = 6.56'.
- ENTRY RESTRICTIONS:** Swimmers may swim a maximum of FOUR events per day. Timers must be provided by each team. Swimmers in the 500, 1000 and 1650 yard Freestyle must provide timers for three heats and your own lap counters. **8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination. Relays will be swum, time permitting. 8 & Under swimmers may only swim the 50 yard Freestyle once. 10 & Under 500 yard Freestyle swimmers enter best 200 yard Freestyle time that meets or exceeds the stated minimum time. 15 & Up Maximum times are the "Spring JO" time standard.** Swimmers must not exceed the JO Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "JO" Maximum time standard for the stroke they swim in the relay, prior to this meet. The 400 IM, 500, 1000, 1650 Freestyle events will be swum alternating girls and boys. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.
- 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 must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **February 19, 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. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration application must be received by Monday prior to first day of meet by 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 2010 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**). All non conforming times will be seeded last. 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: 10 & Under, 11/12, 13/14 and 15 & Up: "Spring JO/BLUE/RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th
8 & Under: WAG ,BLUE and RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th WHITE Division – RIBBONS 1st – 8th
TEAM TROPHIES: 1st through 4th RELAYS: RIBBONS 1st – 3rd
Team Trophy points will be awarded as follows: WHITE: 9,7,6,5,4,3,2,1. RED: 19,17,16,15,14,13,12,11. BLUE: 29,27,26,25,24,23,22,21.
WAG: 39,37,36,35,34,33,32,31. RELAYS: 78,74,72,70,68,66,64,62.
- ENTRY FEE:** **\$3.00 for each INDIVIDUAL EVENT, plus \$5.75 SURCHARGE per swimmer must accompany each individual entry card, Relays \$7.00.** 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:** Entry forms bearing a postmark LATER THAN 12:00 MIDNIGHT on the due date of entry form WILL BE REJECTED. Space permitting, entries will be accepted if hand delivered to the address below up to 8:00 PM on Tuesday, February 9, 2010. NOTICE: Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be 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 call: Judi Divan at 949/496-3914 or email: divanj@cox.net Receipt of entry will not be verified by phone.

VISIT OUR SNACK BAR! A modified snack bar will be available...

MISSION VIEJO NADADORES "SPRING JO MAX" CHAMPIONSHIPS

DATE OF MEET: FEBRUARY 19, 20, 21, 2010

ENTRIES DUE: February 8, 2010 (Monday)

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last.
8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination.

You may swim a maximum of 4 events per day.

The following Orange Committee Teams may enter this meet: AST, AVM, CDM, FAST, LBST, MVN, NGG, SCAT, SET, TD
ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

FRIDAY, FEBRUARY 19, 2010 - EVENING SESSION - OLDERS - 5:00 PM

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	21:32.10	...	11/12	1650 Yard Freestyle	21:51.50	...	2
1	22:57.70	19:11.81	13/14	1650 Yard Freestyle	22:35.80	18:42.01	2
1	22:18.40	18:37.91	15 & Up	1650 Yard Freestyle	21:32.00	17:10.41	2
3	6:59.50	5:50.91	11/12	500 Yard Freestyle	7:05.30	5:53.61	4
5	6:07.30	4:56.91	13/14	400 Yard Individual Medley	5:47.30	4:49.01	6
5	5:51.50	4:49.51	15 & Up	400 Yard Individual Medley	5:28.80	4:30.51	6
5	5:48.20	...	11/12	400 Yard Individual Medley	5:48.90	...	6

SATURDAY, FEBRUARY 20, 2010 - MORNING SESSION - YOUNGERS 9:00 AM

RELAYS WILL BE SWUM, TIME PERMITTING

7	...	2:49.61	10 & Under	200 Yard Individual Medley	...	2:50.01	8
9	8 & Under	100 Yard Individual Medley	10
11	...	31.31	10 & Under	50 Yard Freestyle	...	31.01	12
13	8 & Under	25 Yard Freestyle	14
15	...	1:21.31	10 & Under	100 Yard Butterfly	...	1:21.51	16
17	8 & Under	50 Yard Backstroke	18
19	...	36.91	10 & Under	50 Yard Backstroke	...	37.01	20
21	8 & Under	50 Yard Freestyle	22
23	...	1:30.11	10 & Under	100 Yard Breaststroke	...	1:31.31	24
25	8 & Under	25 Yard Backstroke	26
27	Coaches Only		10 & Under	200 Yard Freestyle Relay	Coaches Only		28
29	Enter Relays on Deck		8 & Under	100 Yard Freestyle Relay	Enter Relays on Deck		30
31	2:56.80	...	10 & Under	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:56.50	...	32

SATURDAY, FEBRUARY 20, 2010 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:30am or at the discretion of the Meet Referee

33	...	2:29.01	11/12	200 Yard Individual Medley	...	2:29.71	34
35	...	2:19.11	13/14	200 Yard Individual Medley	...	2:14.11	36
35	...	2:17.41	15 & Up	200 Yard Individual Medley	...	2:05.61	36
37	...	1:00.21	11/12	100 Yard Freestyle	...	1:00.21	38
39	...	56.91	13/14	100 Yard Freestyle	...	53.81	40
39	...	55.11	15 & Up	100 Yard Freestyle	...	50.21	40
41	3:01.40	...	11/12	200 Yard Backstroke	3:07.30	...	42
41	...	2:20.31	13/14	200 Yard Backstroke	...	2:16.61	42
41	...	2:18.01	15 & Up	200 Yard Backstroke	...	2:07.61	42
43	...	1:08.71	11/12	100 Yard Butterfly	...	1:09.41	44
45	...	1:04.01	13/14	100 Yard Butterfly	...	1:01.21	46
45	...	1:01.21	15 & Up	100 Yard Butterfly	...	55.51	46
47	3:25.90	...	11/12	200 Yard Breaststroke	3:26.20	...	48
47	...	2:37.21	13/14	200 Yard Breaststroke	...	2:32.71	48
47	...	2:36.01	15 & Up	200 Yard Breaststroke	...	2:24.11	48
49	...	36.31	11/12	50 Yard Breaststroke	...	36.81	50
51	6:32.30	5:29.41	13/14	500 Yard Freestyle	6:20.30	5:19.71	52
51	6:29.90	5:20.01	15 & Up	500 Yard Freestyle	6:05.30	4:59.41	52
53	...	32.81	11/12	50 Yard Backstroke	...	32.81	54
55	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		56
57	Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Enter Relays on Deck		58

MISSION VIEJO NADADORES "SPRING JO MAX" CHAMPIONSHIPS

DATE OF MEET: FEBRUARY 19, 20, 21, 2010

ENTRIES DUE: February 8, 2010 (Monday)

Submit best recorded short course yard times.

8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination.

You may swim a maximum of 4 events per day.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SUNDAY, FEBRUARY 21, 2010 - MORNING SESSION - YOUNGERS - 9:00 AM

RELAYS WILL BE SWUM, TIME PERMITTING

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
59	8 & Under	100 Yard Freestyle	60
61	...	1:08.61	10 & Under	100 Yard Freestyle	...	1:08.31	62
63	8 & Under	25 Yard Butterfly	64
65	...	35.21	10 & Under	50 Yard Butterfly	...	35.41	66
67	8 & Under	25 Yard Breaststroke	68
69	...	42.01	10 & Under	50 Yard Breaststroke	...	42.01	70
71	8 & Under	50 Yard Freestyle	72
73	...	1:20.21	10 & Under	100 Yard Backstroke	...	1:20.41	74
75	8 & Under	50 Yard Butterfly	76
77	...	1:19.31	10 & Under	100 Yard Individual Medley	...	1:18.71	78
79	8 & Under	50 Yard Breaststroke	80
81	...	2:28.71	10 & Under	200 Yard Freestyle	...	2:29.31	82
83	Coaches Only		8 & Under	100 Yard Medley Relay	Coaches Only		84
85	Enter Relays on Deck		10 & Under	200 Yard Medley Relay	Enter Relays on Deck		86

SUNDAY, FEBRUARY 21, 2010 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:30am or at the discretion of the Meet Referee

87	...	2:11.31	11/12	200 Yard Freestyle	...	2:11.71	88
89	...	2:02.91	13/14	200 Yard Freestyle	...	1:57.81	90
89	...	1:59.91	15 & Up	200 Yard Freestyle	...	1:49.11	90
91	...	31.21	11/12	50 Yard Butterfly	...	31.31	92
93	...	1:18.51	11/12	100 Yard Breaststroke	...	1:20.01	94
95	...	1:13.21	13/14	100 Yard Breaststroke	...	1:10.31	96
95	...	1:12.61	15 & Up	100 Yard Breaststroke	...	1:04.81	96
97	...	27.91	11/12	50 Yard Freestyle	...	27.91	98
99	...	26.41	13/14	50 Yard Freestyle	...	25.01	100
99	...	25.81	15 & Up	50 Yard Freestyle	...	23.11	100
101	2:58.10	...	11/12	200 Yard Butterfly	3:02.60	...	102
101	...	2:23.01	13/14	200 Yard Butterfly	...	2:18.91	102
101	...	2:16.81	15 & Up	200 Yard Butterfly	...	2:06.01	102
103	...	1:09.51	11/12	100 Yard Individual Medley	...	1:10.31	104
105	...	1:05.11	13/14	100 Yard Backstroke	...	1:02.81	106
105	...	1:03.81	15 & Up	100 Yard Backstroke	...	58.31	106
107	...	1:09.91	11/12	100 Yard Backstroke	...	1:10.71	108
109	Coaches Only		13 & Up	400 Yard Medley Relay	Coaches Only		110
111	Enter Relays on Deck		11/12	200 Yard Medley Relay	Enter Relays on Deck		112
113	13:45.80	11:27.91	13/14	1000 Yard Freestyle	13:30.70	11:06.61	114
113	13:24.80	11:06.81	15 & Up	1000 Yard Freestyle	12:53.50	10:27.91	114
113	12:58.60	...	11/12	1000 Yard Freestyle	13:09.80	...	114

The 400 IM, 500, 1000 and 1650 Freestyle events will be swum fastest to slowest, alternating girls and boys.

Swimmers in the 500, 1000 and 1650 Freestyle must provide their own counters and timers

Swimmers in the 400 IM must provide their own timers.