



**2019 ISCA Elite Showcase West
Single Age Group Swimming Championship
presented by DOLFIN
International Swim Coaches Association
National Age Group Swimming Association**

APPROVED BY: Southern California Swimming/USA Swimming
SPONSORED BY: ISCA & Mission Viejo Nadadores
DATE OF MEET: April 3-6, 2019

Approval Number: #A19-012/Time Trials:#A19-013
USA Swimming and FINA Athletes: Heats & Finals
ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, March 27, 2019

START TIME: WED-THURS-FRI-SAT PRELIMS 8:30 am; FINALS 5:00 pm (4 pm Saturday)
PRELIMS GENERAL WARM-UP: 6:30-7:50 am SPECIFIC WARM-UP 7:50-8:20 am
FINALS GENERAL WARM-UP 3:30-4:20 pm SPECIFIC WARM-UP 4:20-4:50 (Hour earlier Saturday)

ELECTRONIC (E-MAIL HY3 FILE) ENTRY IS REQUIRED
THE E-MAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3)
AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH
SINGLE TEAM CHECK MUST BE SUBMITTED

FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION
THIS IS A PROOF-OF-TIME-MEET - PROOF OF TIME MUST BE SUBMITTED IF TIMES ARE NOT IN SWIMS

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway.

Swim parking lot is across from the tennis courts with the exit being at upper level. Do not park in tennis lot.

COURSE: Competition pool is outdoors, 25 yards x 50 meters with adjacent eight-lane 25 yard warm-up pool. Two 8 lane courses will be used for prelims; single 10 lane course for finals. The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at South End 2M, North End 3.5M. Colorado Timing will be used.

ADMISSION: Prelims \$5; Finals \$10 – All session pass \$30

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2019 USA Swimming or FINA membership. Unregistered swimmers must provide proof of registration prior to swimmer's first event. Before the first day of the meet, a swimmer may change his/her affiliation (confirmed in SWIMS). At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying \$10.

QUALIFYING TIMES: Times must have been achieved between January 1, 2018, and March 27, 2019. Times submitted must be recorded times. Times for 10-12-14 year olds must meet National AAA standard; 9(& younger)-11-13 year olds must meet National AA standard. DO NOT SUBMIT: Converted Times, NT (no time), ET (estimated time), or work out times. **Swimmer may swim a maximum of 3 events (including time trials) per day and 10 events for the meet plus relays. If more than 3 events per day are entered, only the first 3 events entered for that day will be accepted. No exceptions or refunds.** Team entries must be submitted electronically (signed hard-copy and single team check must be submitted).

BONUS RULES: One qualifying time = up to 4 bonus events; 2 or more qualifying times = up to 3 bonus events. Bonus events must have an entered time. 500/1000/1650 free and 400 IM may NOT be entered as bonus events.

NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.

NOTE: If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y".
If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L".
If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by "S".
Enter BONUS events with swimmer's actual time: indicate "YB" on entry for BONUS time achieved in YARDS,
indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS,
indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS.

ENTRY FEES: \$15.00 per individual event plus \$20.00 per swimmer surcharge. E-mail entry (entry.zip file) 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 would queue before a 10 PM). Full payment (single team check) for the e-mail entry must be postmarked within 48 hours of the e-mail entry. Time updates or added events will be processed when received by the processor by the entry deadline (5 pm March 27; submit ONLY by E-mail text). DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

RELAY ENTRY FEES: \$30 per relay team; relays must pre-entered and paid with team entry. Deletions will NOT be refunded. No "relay only" swimmers.

ENTRIES CLOSE: 5 pm, Wednesday, March 27, 2019. THERE WILL BE NO DECK ENTRIES AT THIS MEET.
E-mailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on March 27, 2019, will be rejected.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Mary Jo Swalley, mj64bear@earthlink.net

RULES: USA Swimming Rules will govern. (USA-S Safety rules will be enforced at all times) Age on April 3, 2019, will determine swimmer's age group for the meet. The National finals' scratch rule will be used: swimmer must scratch or declare intent to scratch an event within 30 minutes of announcement of preliminary results. Finals session "no-show" (original top 10 places by single age) will be removed from the remainder of the meet. A \$50.00 fee will be assessed to swimmers not in compliance with scratch rules unless relieved by the Meet Referee. Coaches and Officials must have concussion education certification to be on deck.

SEEDING: Prelims will be seeded slowest to fastest (last 3 heats circle seeded) in two year age groups (5-10, 11-12, 13-14) for events 200 yards or less. Finals will be top 10 qualifiers by single age: (5-9), 10-11-12-13-14. Timed finals events: 500 free (#15,16, 45, 46, 47,48) & 400 IM (#89, 90, 91, 92): fastest 10 will swim in finals (5-10, 11-12, 13-14, awarded by single age), all other heats swim in prelim event order slowest to fastest. 1000 (#1, 2) & 1650 free (#55, 56): fastest 10 will swim in finals (11-12, 13-14, awarded by single age), all other heats will swim at end of prelims (10 minute break) fastest to slowest.

RELAYS: Club may enter no more than **TWO** relays per event. Relay swimmers must have an individual qualifying time for the meet (No Relay Only). Fastest 10 checked in will swim in Finals.

There will be an option to swim 400 Free Relay on Saturday at the conclusion of prelims. Option must be declared by the scratch deadline (5:30 p.m.) on Friday.

POSITIVE CHECK IN: Required for all Relays, 500/1000/1650 free and 400 IM by scratch deadline for day to be swum.

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 acknowledgment and consent to this fact.

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

DECK CHANGES: Deck changes are prohibited.

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.

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.*

WARM-UP: *All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.*

No equipment will be allowed during warm-up times (including but not limited to fins, paddles, pull buoys, kickboards, snorkels).

Warm-up rules will be enforced in both courses. **Warm-Up may be divided into 2 sessions with team warm-up times assigned.**

From 6:30 am – 7:50 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work.

From 7:50-8:20 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision.**

Practice starts only in the sprint lanes. The diving pool will be available for warm-up/cool down at all times – 3-point slide in entry required (no jumping/diving)

AWARDS: Individual Events - Custom medals 1-10 Relay Events – Custom medals 1-3

Team Awards: Top Combined Team, Top Boys' Team, Top Girls' Team

High Point Boy/Girl by single age: 5-9 10 11 12 13 14

Scoring: 11-9-8-7-6-5-4-3-2-1. Relays will score double.

SCRATCH DEADLINES:

Scratches: Wednesday 8:00 a.m. for Wednesday events; Wednesday 5:30 pm for Thursday events, Thursday 5:30 p.m. for Friday events & Friday 5:30 pm for Saturday events

A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

Relays, 400 IM, 500/1000/1650 Positive check-in is required by the day's scratch deadline.

**Coaches' Meeting Tuesday, April 2, 5:00 PM at Marguerite Tennis Pavilion
The competition pool will be available 10 AM – 5 PM on Tuesday, April 2**

DECK-ENTERED TIME TRIALS – Approval #A19-013

DATES: April 3-6, 2019
ENTRY: Deck entry

TIME: Following the Preliminary sessions. **TIME PERMITTING**
ENTRY FEE: \$20.00/event (check/cash buys card at Clerk of Course).
No refunds.

EVENTS: Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

ELIGIBILITY: Open to USA-Swimming, or FINA registered swimmers entered in individual and/or relay events at the meet.

ENTRY WILL BE LIMITED TO THE FIRST 1,000 ATHLETES (FIRST COME, FIRST SERVED).

Team entries must be submitted electronically (signed hard-copy and single team check must be submitted)

E-MAIL ENTRIES TO: divanj@cox.net
MAKE CHECKS PAYABLE TO: Mission Viejo Nadadores
and MAIL TO: Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675

**For Information, Call the Mission Viejo Nadadores at (949) 380-2552
or e-mail: generalmanager@mvnswim.org**

Meet Referee: Mary Jo Swalley
Mj64bear@earthlink.net

Entry Chairman: Judi Divan
divanj@cox.net

ISCA Contact: Doug Fonder
DougFonder@gmail.com

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 meet.

Wednesday April 3rd, 2019

1	11	12:44.39	11-12	1000 Freestyle	11-12	12:38.69	11-12	2
	12	11:37.79				11:25.59		
3	5-9	34.99	5-10	50 Backstroke	5-10	35.29	5-9-10	4
	10	33.29				33.59		
5	11	2:31.89	11-12	200 Backstroke	11-12	2:32.09	11-12	6
	12	2:18.79				2:15.69		
7	13	2:21.19	13-14	200 Backstroke	13-14	2:14.19	13-14	8
	14	2:11.49				2:03.49		
9	5-9	1:27.49	5-10	100 Breaststroke	5-10	1:26.29	5-9-10	10
	10	1:23.09				1:22.39		
11	11	36.89	11-12	50 Breaststroke	11-12	37.09	11-12	12
	12	33.89				32.79		
13	13	1:14.49	13-14	50 Breaststroke**	13-14	1:09.59	13-14	14
	14	1:09.69				1:03.99		
15	5-9	6:27.99	5-10	500 Freestyle	5-10	6:20.79	5-9-10	16
	10	6:11.09				6:04.19		
17	11	28.89	11-12	50 Freestyle	11-12	28.59	11-12	18
	12	26.79				25.59		
19	13	27.49	13-14	50 Freestyle	13-14	25.69	13-14	20
	14	25.69				23.59		
21	5-10		5-10	200 Medley Relay	5-10		5-10	22
23	11-12		11-12	200 Medley Relay	11-12		11-12	24
25	13-14		13-14	200 Medley Relay	13-14		13-14	26

** Use 100 Breaststroke time to enter

Thursday April 4th, 2019

27	5-9	1:17.09	5-10	100 Individual Medley	5-10	1:16.19	5-9-10	28
	10	1:13.49				1:12.89		
29	11	2:33.29	11-12	200 Individual Medley	11-12	2:34.89	11-12	30
	12	2:21.99				2:17.49		
31	13	2:24.29	13-14	200 Individual Medley	13-14	2:16.59	13-14	32
	14	2:14.69				2:05.69		
33	5-9	34.39	5-10	50 Butterfly	5-10	33.69	5-9-10	34
	10	32.49				31.99		
35	11	2:36.19	11-12	200 Butterfly	11-12	2:36.09	11-12	36
	12	2:22.09				2:18.79		
37	13	2:23.99	13-14	200 Butterfly	13-14	2:15.49	13-14	38
	14	2:13.59				2:04.39		
39	11	32.59	11-12	50 Backstroke	11-12	33.09	11-12	40
	12	30.09				29.39		
41	13	1:05.69	13-14	50 Backstroke**	13-14	1:01.89	13-14	42
	14	1:00.59				56.59		
43	5-9	2:28.29	5-10	200 Freestyle	5-10	2:23.09	5-9	44

	10	2:20.99				2:16.89	10	
45	11	6:08.09	11-	500 Freestyle	11-	6:02.79	11	46
	12	5:37.09	12		12	5:27.89	12	
47	13	5:43.19	13-	500 Freestyle	13-	5:27.39	13	48
	14	5:21.69	14		14	5:03.79	14	
49	5-10		5-10	400 Medley Relay	5-10		5-10	50
51	11-		11-	400 Medley Relay	11-		11-	52
	12		12		12	12		
53	13-		13-	400 Medley Relay	13-		13-	54
	14		14		14	14		

** Use 100 Backstroke time to enter

Friday April 5th, 2019

55	13	19:45.39	13-	1650 Freestyle	13-	18:57.49	13	56
	14	18:22.79	14		14	17:31.99	14	
57	11	1:11.49	11-	100 Individual Medley	11-	1:11.59	11	58
	12	1:06.29	12		12	1:03.29	12	
59	5-9	1:15.59	5-10	100 Backstroke	5-10	1:15.69	5-9	60
	10	1:11.79				1:12.19	10	
61	11	1:10.59	11-	100 Backstroke	11-	1:10.79	11	62
	12	1:05.09	12		12	1:02.79	12	
63	13	1:05.69	13-	100 Backstroke	13-	1:01.89	13	64
	14	1:00.59	14		14	56.59	14	
65	5-9	39.89	5-10	50 Breaststroke	5-10	39.19	5-9	66
	10	37.99				37.29	10	
67	11	2:53.89	11-	200 Breaststroke	11-	2:51.99	11	68
	12	2:39.59	12		12	2:33.19	12	
69	13	2:41.79	13-	200 Breaststroke	13-	2:30.69	13	70
	14	2:30.89	14		14	2:20.09	14	
71	11	1:10.99	11-	100 Butterfly	11-	1:11.09	11	72
	12	1:04.69	12		12	1:02.79	12	
73	13	1:04.79	13-	100 Butterfly	13-	1:01.09	13	74
	14	1:00.49	14		14	56.09	14	
75	5-9	1:07.29	5-10	100 Freestyle	5-10	1:06.69	5-9	76
	10	1:04.19				1:03.69	10	
77	11	1:02.69	11-	100 Freestyle	11-	1:02.49	11	78
	12	57.79	12		12	55.79	12	
79	13	59.39	13-	100 Freestyle	13-	55.99	13	80
	14	55.69	14		14	51.59	14	
81	5-10		5-10	200 Freestyle Relay	5-10		5-10	82
83	11-		11-	200 Freestyle Relay	11-		11-	84
	12		12		12	12		
85	13-		13-	200 Freestyle Relay	13-		13-	86
	14		14		14	14		

Saturday April 6th, 2019

87	5-9	2:45.09	5-10	200 Individual Medley	5-10	2:43.59	5-9	88
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	10	2:37.39				2:36.19	10	
89	11	5:27.59	11-	400 Individual Medley	11-	5:27.89	11	90
	12	5:01.89	12		12	4:53.19	12	
91	13	5:06.79	13-	400 Individual Medley	13-	4:50.59	13	92
	14	4:47.39	14		14	4:28.59	14	
93	5-9	1:19.19	5-10	100 Butterfly	5-10	1:18.69	5-9	94
	10	1:14.19				1:13.89	10	
95	11	31.29	11-	50 Butterfly	11-	31.79	11	96
	12	28.89	12		12	28.19	12	
97	13	1:03.19	13-	50 Butterfly **	13-	1:01.09	13	98
	14	1:00.49	14		14	56.09	14	
99	11	1:20.79	11-	100 Breaststroke	11-	1:19.99	11	100
	12	1:13.49	12		12	1:11.29	12	
101	13	1:14.49	13-	100 Breaststroke	13-	1:09.59	13	102
	14	1:09.69	14		14	1:03.99	14	
103	5-9	30.19	5-10	50 Freestyle	5-10	29.79	5-9	104
	10	28.89				28.59	10	
105	11	2:16.19	11-	200 Freestyle	11-	2:15.49	11	106
	12	2:06.69	12		12	2:02.39	12	
107	13	2:08.39	13-	200 Freestyle	13-	2:01.59	13	108
	14	2:00.39	14		14	1:52.39	14	
109	5-10		5-10	400 Freestyle Relay	5-10		5-10	110
111	11-12		11-12	400 Freestyle Relay	11-12		11-12	112
113	13-14		13-14	400 Freestyle Relay	13-14		13-14	114

** Use 100 Butterfly time to enter

