

**10<sup>th</sup> ANNUAL  
SACRAMENTO VALLEY  
“MEET of CHAMPIONS”  
July 31<sup>st</sup> – Aug 1<sup>st</sup>, 2010  
[www.meetofchampions.com](http://www.meetofchampions.com)**

- LOCATION:** Woodland Community Swim Center, 155 N. West Street, Woodland CA.
- COURSE:** Outdoor 50 Meter pool using 10-16 lanes for competition, additional lanes for warm up/ warm down.
- TIME:**
- |           |  |
|-----------|--|
| Warm Ups: | 7:30AM – 8:45 AM   |
| Trials:   | 9:00AM   |
| Finals:   | Finals will start no sooner than 1 hour after the conclusion of prelims. |
- \* All times are for both days.
- RULES:** This meet will be a USA Swimming observed meet. **USA Swimming Rules will be in effect.** USA Swimming warm-up procedures will be in effect. All individual events are TRIALS/ FINALS. Swimmers may compete in any event that they qualify plus one “bonus event”. This meet is open to any Sacramento valley area summer league swimmer that meets the qualification guidelines.
- CHECK-IN:** Swimmers must check in each day before they compete. Swimmers must have a signed waiver on file at the check in table.
- RELAYS:** **All relay events are swum as Timed Finals during the finals session.** No Relay events will be swum during the morning sessions.
- RESTRICTIONS:** No tobacco products, alcohol, or dogs are permitted inside the pool facility.
- ELIGIBILITY:** All swimmers must be a current Recreation League swimmer. Swimmers are eligible to swim any event in which they place in the **top 10** of their recognized summer league championship meet **OR** who meet the minimum time standard for each event (see attached Q times chart). Proof of qualification will be the responsibility of each swimmer and/ or coach. Swimmers/ coaches may be asked to provide proof of qualification at the Meet Directors request (meet results, ribbons...). No unattached or incomplete entries will be accepted. All relays must be entered prior to the meet with relay member names and ages included.
- TIME STANDARDS:** Swimmers may qualify for events by meeting the published time standard for each event. Time standards may be achieved at any meet during the 2009 swim season. Swimmers using time standards to enter are not required to have placed in the top 10 at their championship meet. Time standards are published on the list of events attached to this meet information sheet.
- BONUS EVENTS:** Swimmers will be allowed to enter one additional event over and above the events they qualified for. This can be any event on either day.
- COORESPONDING EVENT:** Should a league not offer the same distance of a particular stroke, swimmers may enter the corresponding event that is being offered at The Sacramento Valley Meet of Champions. Swimmers should use the times achieved in the events they swam and will be seeded accordingly. Ex: Your league swims the 100 fly for 15-18s but at MOC we offer the 50 fly. You may enter the 50 fly at MOC as long as you finished in the top 10 at your league's champs in the cooresponding event.
- SCRATCHES:**
- Preliminaries** – This is a pre-seeded meet. It will be the responsibility of each swimmer to report for each race. No entry fee refunds will be given for missed races. There will be no “ready bench”.
- Finals** – If a swimmer makes it to finals but doesn't plan to swim please notify the meet referee so alternates can be notified.

**ENTRIES (Mailed):**

**INDIVIDUAL** entries can be submitted on the team entry forms that have been supplied to each team. Individuals may use the attached SAMMS entry form only if their team will not be submitting a team entry. An entry form must be filled out completely, including the best time for each event. No time or incomplete entries will NOT be accepted. NO late or deck entries will be accepted. No refunds.

**ENTRIES (Hy-Tek):**

The **preferred** method for entering a team is to use Hy-Tek's Team Manager software. Teams should make and send a CL file just like they would for a normal dual meet. Please use the correct event numbers listed on the attached chart. Please email entries to [e\\_entries@meetofchampions.com](mailto:e_entries@meetofchampions.com). Entry fees must be received by the entry deadline for the entries to be considered "on time"

**RELAY ENTRIES:**

Teams will be limited to 1 relay per team per event. No B relay teams will be accepted.

**EXCEPTION: A team can enter 2 relays in the 6-under Co-ed Relay event only.** Please include relay entries on the team entry forms. Entries must include the names and ages of each competitor, and may include 2 alternates. Deadline for finalizing relay names will be determined by the meet referee. No Relay entries submitted by individuals will be accepted. Relay entries must be received by the entry deadline. No late or deck entries will be accepted. 6-under Free Relay will be swum as a Co-Ed Relay. Each 6 and Un team should have at least 1 boy and 1 girl per team. **Swimmers will NOT be allowed to swim out of their age group for relays.** All swimmers competing in the relay event must have their names listed on the team entry form and have a signed and completed an insurance waiver form on file.

**FEES:**

**\$10.00 POOL SURCHARGE FEE FOR EACH SWIMMER TO ENTER THE MEET.**

**RELAY ONLY SWIMMERS ARE EXEMPT FROM THIS FEE. This fee will cover pool costs and insurance.**

**Additionally \$3.00 per Individual Event and \$10.00 per Relay.**

**Make checks payable to NORCAL SWIM SHOP. Entries and checks must be received no later than 6:00 PM Monday, July 26<sup>th</sup>, 2010. Mailed entries must also be received by July 26<sup>th</sup>, 2010.**

**ABSOLUTLY NO LATE ENTRIES WILL BE ACCEPTED**

**Mail OR hand deliver entries to:**

**NorCal Swim Shop (MOC Entries)  
120 Sunrise Ave  
Roseville, Ca. 95661  
(916) 771-7946**

**ADMISSION:**

**Free.** A two-day program will be available for sale at a reasonable price.

**AWARDS:**

**Individual:** **DISTINCTIVE MEDALS** will be awarded 1st through 8th place FINALISTS  
**DISTINCTIVE RIBBONS** will be awarded 9<sup>th</sup> through 16<sup>th</sup> place Consolation Finalists

**Relays:** **DISTINCTIVE MEDALS** will be awarded to 1<sup>st</sup> - 3<sup>rd</sup> place teams  
**DISTINCTIVE RIBBONS** will be awarded 4<sup>th</sup> through 8<sup>th</sup> place

**Team:** **CUSTOM TROPHIES** will be awarded to the TOP 3 scoring teams in two divisions. Team divisions will be based on the number of swimmers entered for each team.

**Individual Scoring:** 1<sup>st</sup> through 16<sup>th</sup> places 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**Relay Scoring** 1<sup>st</sup> through 16<sup>th</sup> places 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**HOSPITALITY:**

Hospitality will be available for officials, coaches, and timers. A snack bar will be available.

**QUESTIONS:**

Steffi Jones [information@meetofchampions.com](mailto:information@meetofchampions.com) (916) 303 0068



### Saturday Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
1:27.50	1	9-10	100 IM	2	1:27.50
1:18.00	3	11-12	100 IM	4	1:18.00
1:15.00	5	13-14	100 IM	6	1:08.00
1:12.00	7	15-18	100 IM	8	1:04.00
21.50	9	6 & Under	25 Free	10	22.00
17.00	11	7-8	25 Free	12	17.00
15.00	13	9-10	25 Free	14	15.00
30.00	15	11-12	50 Free	16	29.50
29.00	17	13-14	50 Free	18	27.00
28.00	19	15-18	50 Free	20	25.00
27.50	21	6 & Under	25 Back	22	28.00
22.00	23	7-8	25 Back	24	22.00
19.00	25	9-10	25 Back	26	19.00
37.00	27	11-12	50 Back	28	37.00
35.50	29	13-14	50 Back	30	33.50
1:15.00	31	15-18	100 Back	32	1:07.00

### Saturday Relay Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
No Time	33	<i>6 &amp; Under Mixed 100 Free Relay</i>		33	No Time
No Time	35	7-8	100 Med Relay	36	No Time
No Time	37	9-10	100 Med Relay	38	No Time
No Time	39	11-12	200 Med Relay	40	No Time
No Time	41	13-14	200 Med Relay	42	No Time
No Time	43	15-18	200 Med Relay	44	No Time

### Sunday Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
38.00	45	7-8	50 Free	46	38.50
33.50	47	9-10	50 Free	48	33.00
1:07.00	49	11-12	100 Free	50	1:07.00
1:04.00	51	13-14	100 Free	52	59.50
1:02.00	53	15-18	100 Free	54	56.00
23.50	55	7-8	25 Breast	56	24.00
20.00	57	9-10	25 Breast	58	20.50
39.50	59	11-12	50 Breast	60	40.00
38.00	61	13-14	50 Breast	62	36.50
1:22.00	63	15-18	100 Breast	64	1:14.00
19.50	65	7-8	25 Fly	66	20.50
16.50	67	9-10	25 Fly	68	17.00
34.50	69	11-12	50 Fly	70	34.50
33.00	71	13-14	50 Fly	72	30.00
31.00	73	15-18	50 Fly	74	28.00

### Sunday Relay Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
No Time	75	7-8	100 Free Relay	76	No Time
No Time	77	9-10	100 Free Relay	78	No Time
No Time	79	11-12	200 Free Relay	80	No Time
No Time	81	13-14	200 Free Relay	82	No Time
No Time	83	15-18	200 Free Relay	84	No Time