Athletes, Coaches, and Parents,

Thank you for your diligent efforts this year and welcome to the 2015 MCAL City Championships.

We are prepared for some great competition this year as we welcome new teams to MCAL.

Head Coaches please check in at the hospitality room to retrieve your meal tickets for your coaches, and get ready for an exciting meet to complete the summer swim season!

A few other reminders:

1. If you have an issue with scoring, judging, etc., your Head Coach must contact the meet referee. Do not address the judge. Parents should approach the coach, and then the coach addresses the meet referee.
2. Please ensure that all cheers used are appropriate and non-offensive.
3. Please turn in your ballots to the box in hospitality before noon on Saturday.
4. Hospitality is open to all coaches. Your lunch tickets are enclosed in your packet. Please do not let swimmers come into the hospitality room.
5. Please ensure that your swimmers are using the Clerk of Course.
6. Teams will be responsible for lining up relays.
7. Don’t forget that MCAL will be enforcing the rule regarding wearing swimwear for teams for which the swimmer is not competing in MCAL.

Most of all, let’s have fun! We have had a good summer season and the swimmers and coaches deserve a great meet!

Best of luck to you all!

Tyler Kerns

Meet Director

Mobile County Aquatic League (MCAL)

**City Championship Meet**

**July 24-25, 2015**

**Host:** City of Mobile Swim Association **Invitations:** All current MCAL teams.

**Location:** Bishop State CC Natatorium, Mobile, AL

**Directions: Bishop State Pool** is located on the main campus of Bishop State Community College.  The main campus of Bishop State College is located in the downtown Mobile area. From Government Street, take Broad Street (North). You will pass the entrance to Bishop State College and then take a left on Lyons Street. The swimming pool is located in the Evans Center with parking in the rear of the building.

**Facility:** 6-lane x 25 yard indoor competition pool with a 4 foot minimum depth, non-turbulent lane lines and fully automatic Colorado electronic timing system. This facility has bleacher seating and dressing rooms. All team areas will be assigned in the gymnasium**.** No posters may be hung in gym and bleachers will be off limits.

**Rules &** USA rules will govern the conduct of the meet unless otherwise noted herein. Southeastern **Safety:** Swimming Safety Guidelines will be in effect. Use of audio or visual recording devices,

including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Timing:** Primary:Colorado Timing System; Secondary: Stopwatch

**Times:** Friday AM Session: 8:30 AM

Friday PM Session: 1 hour following the AM session, not before 12:30 PM

Saturday AM Session: 8:30 AM

Saturday PM Session: 1 hour following the AM session, not before 12:30 PM

**Warm-ups:** Swimmers must enter the water in contact with the wall the first time they enter. Feet first entry is expected unless the team is in the start format of warm-up. **The deep end will not be open for warm-ups once the meet begins.**Meet warm-up assignments will be posted by Wednesday, July 22 on the Meet Dashboard at www.swimcmsa.com.

**Awards:** A team trophy will be awarded to the first place team in each of the three divisions. Individual high point awards in each age group (boy & girl) will be first, second and third place trophies. Points earned in age group do not count toward the senior trophy and vice versa. Medals will be awarded to the top six (6) finishers in individual events. Ribbons will be awarded for 7th through 12th places. Medals for the relay teams will be given for first place. Second through twelfth place will receive ribbons. All swimmers will receive one participation ribbon. The Awards Ceremony will take place approximately one (1) hour following the conclusion of the meet. Any unclaimed awards will be available at the next MCAL meeting.

**Eligibility:** Competitor’s age the first day of the meet will determine the age of all swimmers.
No swimmer will be allowed to compete if he or she has reached his or her 19th birthday. Swimmers must have competed in at least two (2) scheduled dual meets to qualify.

**Clerk of** Clerk-of-course will be set up for swimmers to line up before races. Swimmers will be able to **Course**: reach clerk-of-course from the team areas. Only swimmers, coaches, and meet workers will be

allowed under the clerk of course tent, all other visitors should stay in designated areas. It is the swimmer’s responsibility to report to the Clerk of Course.

**Entries:** \*See qualifying times report before completing entries\*
Contestants may enter up to five (5) individual events. Contestants may enter a maximum of (2) relays per day. Teams may enter as many relays as possible, however only two relays per team are eligible for scoring. The first twelve relays (regardless of time qualification A-B) will score. Relays will follow the USA Swimming rules with the following format: 6 & under, 8 & under, 10 & under, 11-12 year olds, 13-14 year olds and Senior.

**Entries:** Entries must be e-mailed to Tyler Kerns (SHSCcoachTK@aol.com) by Monday, July 20, 2015.
Hy-Tek entries are the only acceptable method of entry.

**Meet Format:** *This is a timed finals meet with entry standards for all events, except 6 and under swimmers, which will not have time standards for their events. For 7 and over athletes, time standards must be achieved in a sanctioned MCAL meet.*

 *ENTRIES WITHOUT TIMES WILL NOT BE LOADED INTO THE MEET.*

 *SWIMMERS WHO’S TIMES APPEAR AS ‘NT’ WILL NOT BE IMPORTED!*

Individual events will be timed finals based on times submitted, with events seeded slow to fast. All age groups are closed. In the event of a potentially misrepresented time, the concerned club will receive an e-mail to either confirm the change or deletion of the time.

**Scoring:** The first twelve (12) places in each event will be scored as follows:

* Individual: 16-13-12-11-10-9-7-6-5-4-3-2-1
* Relay: 32-26-24-22-20-18-14-12-10-8-6-4-2

**Disabilities:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

**Officials:** Meet Director: Tyler Kerns

Any problems should be communicated to the Meet Referee or Meet Director in writing by the Head Coach ONLY. Parents contacting the Meet Referee personally will be asked to leave and their child’s team will be penalized five (5) points.

**Concession:** Breakfast, lunch, snacks, and drinks will be available throughout the day.
Heat sheets and City Meet Shirts will be for sale.

**General Info:**

* No chairs or glass containers on the pool deck.
* There must be an adult supervising each team area at all times, no exceptions.
* Team areas must be kept up and cleaned at the end of each session.
* Please have your swimmers bring games, something soft to sit on, and a warm up.

**2015 Championship Meet Warm-Up Assignments**

* Swimmers must enter the water feet first, with at least one hand in contact with the wall during all pool entries other than racing starts.
* The competition pool is 3.5 feet deep at start - coaches are warned to have deep divers jump off of side to avoid injury.
* Lanes are one-way only during practicing of racing starts.
* Swimmers must refrain from hanging on lane ropes during warm-ups; clubs will be responsible for damages to lane ropes during warm-up sessions.

**Session #1 – Friday, July 24, 2015 – AM**

|  |  |  |
| --- | --- | --- |
| **Lane Assignment – Shallow End** |  | **Lane Assignment – Deep End** |
| 7:15-7:35 AM | 7:35-7:55 AM | 7:55-8:15 AM | 7:15-7:35 AM | 7:35-7:55 AM | 7:55-8:15 AM |
| 1 OPEN | OPEN | OPEN | 1 OPEN | ASC | OPEN |
| 2 OPEN | OPEN | OPEN | 2 OSRC | CCM | SAY |
| 3 SHSC | WMSC | LFST | 3 OSRC | CCM | HLCC |
| 4 SHSC | WMSC | LFST | 4 OSRC | CCM | ALPIN |
| 5 SHSC | WMSC | LFST | 5 OSRC | CGST | JACK |
| 6 SHSC | WMSC | LFST | 6 WSC | CGST | BSCC |

**Session #2 – Friday, July 24, 2015 – PM**

|  |  |  |
| --- | --- | --- |
| **Lane Assignment – Shallow End** |  | **Lane Assignment – Deep End** |
| 12:00-12:20 PM | 12:20-12:40 PM | 12:40-1:00 PM | 12:00-12:20 PM | 12:20-12:40 PM | 12:40-1:00 PM |
| 1 OPEN | OPEN | OPEN | 1 OPEN | OPEN | OPEN |
| 2 OPEN | OPEN | OPEN | 2 LFST | SHSC | WMSC |
| 3 WSC | OSRC | ASC | 3 LFST | SHSC | WMSC |
| 4 ALPIN | OSRC | ASC | 4 LFST | HLCC | WMSC |
| 5 CCM | OSRC | SAY | 5 LFST | HLCC | WMSC |
| 6 CCM | OSRC | SAY | 6 JACK | BSCC | CGST |

**Session #3 – Saturday, July 25, 2015 – AM**

|  |  |  |
| --- | --- | --- |
| **Lane Assignment – Shallow End** |  | **Lane Assignment – Deep End** |
| 7:15-7:35 AM | 7:35-7:55 AM | 7:55-8:15 AM | 7:15-7:35 AM | 7:35-7:55 AM | 7:55-8:15 AM |
| 1 OPEN | OPEN | OPEN | 1 OPEN | OPEN | OPEN |
| 2 SAY | OSRC | ASC | 2 LFST | SHSC | WMSC |
| 3 JACK | OSRC | CCM | 3 LFST | SHSC | WMSC |
| 4 HLCC | OSRC | CCM | 4 LFST | SHSC | WMSC |
| 5 ALPIN | WSC | CGST | 5 LFST | SHSC | WMSC |
| 6 BSCC | WSC | CGST | 6 LFST | SHSC | WMSC |

**Session #4 – Saturday, July 25, 2015 – PM**

|  |  |  |
| --- | --- | --- |
| **Lane Assignment – Shallow End** |  | **Lane Assignment – Deep End** |
| 12:00-12:20 PM | 12:20-12:40 PM | 12:40-1:00 PM | 12:00-12:20 PM | 12:20-12:40 PM | 12:40-1:00 PM |
| 1 OPEN | OPEN | OPEN | 1 OPEN | OPEN | OPEN |
| 2 WMSC | LFST | OPEN | 2 ASC | WSC | OSRC |
| 3 WMSC | LFST | SHSC | 3 ASC | CCM | OSRC |
| 4 WMSC | LFST | SHSC | 4 SAY | CCM | OSRC |
| 5 WMSC | LFST | SHSC | 5 SAY | ALPIN | OSRC |
| 6 WMSC  | LFST | HLCC | 6 CGST | JACK | BSCC |

**Meet Entry Waiver**

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against MCAL, its board of directors, the City of Mobile Swim Association, Bishop State Community College, and their officers, agents, and representatives for any and all injuries that may be sustained at this meet.

SWIM TEAM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HEAD COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TEAM MCAL REPRESENTATIVE**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_