Mobile County Aquatic League  
 City Swimming Championship Meet

**July 26-27, 2019**

**Invitations:** All current MCAL teams.

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

**Facility:** 6-lane x 25 yard indoor competition pool with a 4 foot minimum depth. All swimmers should be able to execute a shallow water dive off the side before attempting to use the starting blocks. The facility also features non-turbulent lane lines and a 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 & Safety:** USA Swimming rules will govern the conduct of the meet unless otherwise noted herein.Southeastern Swimming Safety Guidelines will be in effect. *Use of audio or visual recording devices – including mobile phones – 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

**Awards:** ***Individual high point awards in each age group (6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18) and each sex (boy & girl) will be awarded first, second and third place trophies.*** *Athlete points for individual high point races will be based on the final rank compared to ALL athletes entered in the given event; i.e. the athlete with the fastest 8 year old 25 yard freestyle will be awarded 16, second place will receive 13 points, and so forth.*

***Team trophies will be awarded in each division***. *For team scoring, athletes and relays will earn points based on the final rank compared to athletes from their division, i.*e. that top ranked athlete in each division for the *8 year old 25 yard freestyle will be awarded 16 points.*

Medals will be awarded to the top six 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 a 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.

**Entries:** Team entries must be received by 7:00 pm on Sunday, July 21. All entries should be electronically submitted via e-mail to [SHSCcoachTK@aol.com](mailto:SHSCcoachTK@aol.com), and in the format of a Team Manager or Team Unify entry file. Teams will receive e-mail verification of entry receipt.

Athletes may be entered in a maximum of 5 individual events for the meet. Additionally, each athlete may be entered in up to 2 relays per day. Swimmers must have achieved the times standard and participated in at least two (2) MCAL meets to qualify.

Athlete 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.

**Clerk of Course**:Clerk-of-course will be set up for swimmers to line up before races. Swimmers will be able to 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.

**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
  + Only two relays per team may score in an event.

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

**General Info: All teams should bring a tarp to assist in covering the gym floor.**No glass containers or coolers will be allowed in the building.   
No chairs on the pool deck.   
No posters may be hung in gym and use of the bleachers will be off limits.  
Make sure your swimmers bring games, something soft to sit on, and warm clothing.  
Team Areas will be assigned in the gymnasium.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.

**2019 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 4 feet deep at start - coaches are warned to have deep divers jump off of side to avoid injury.
* Swimmers must refrain from hanging on lane ropes during warm-ups; clubs will be responsible for damages to lane ropes during warm-up sessions.
* Lanes are one-way only when practicing of racing starts.

**Session #1 – Friday – 10 and Under**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Warm Up – 7:15-7:45 AM** | | | **2nd Warm Up – 7:45-8:15 AM** | | |
| Lane | Shallow End | Deep End | Lane | Shallow End | Deep End |
| 1 | SHSC | SAY/ DEAR | 1 | WMSC | LFST |
| 2 | SHSC | CCM | 2 | WMSC | LFST |
| 3 | SHSC | CCM | 3 | WMSC | LFST |
| 4 | SHSC | CCM | 4 | WMSC | LFST |
| 5 | CGST | OSRC | 5 | WMSC | WST |
| 6 | CGST | OSRC | 6 | AHSC/ JACK | WST |

**Session #2 – Friday – 11 and Over**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Warm Up – 12:15-12:45 PM** | | | **2nd Warm Up – 12:45-1:15 PM** | | |
| Lane | Shallow End | Deep End | Lane | Shallow End | Deep End |
| 1 | WST | SHSC | 1 | WMSC | WMSC |
| 2 | WST | SHSC | 2 | WMSC | WMSC |
| 3 | OSRC | SHSC | 3 | WMSC | WMSC |
| 4 | OSRC | CGST | 4 | LFST | JACK |
| 5 | OSRC | SAY | 5 | LFST | JACK |
| 6 | CCM | SAY | 6 | LFST | DEAR/ AHSC |

**Session #3 – Saturday – 10 and Under**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Warm Up – 7:15-7:45 AM** | | | **2nd Warm Up – 7:45-8:15 AM** | | |
| Lane | Shallow End | Deep End | Lane | Shallow End | Deep End |
| 1 | WMSC | LFST | 1 | SHSC | SAY/ DEAR |
| 2 | WMSC | LFST | 2 | SHSC | CCM |
| 3 | WMSC | LFST | 3 | SHSC | CCM |
| 4 | WMSC | LFST | 4 | SHSC | CCM |
| 5 | WMSC | WST | 5 | CGST | OSRC |
| 6 | AHSC/ JACK | WST | 6 | CGST | OSRC |

**Session #4 – Saturday – 11 and Over**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Warm Up – 11:15-11:45 AM** | | | **2nd Warm Up – 11:45 AM-12:15 PM** | | |
| Lane | Shallow End | Deep End | Lane | Shallow End | Deep End |
| 1 | WMSC | WMSC | 1 | WST | SHSC |
| 2 | WMSC | WMSC | 2 | WST | SHSC |
| 3 | WMSC | WMSC | 3 | OSRC | SHSC |
| 4 | LFST | JACK | 4 | OSRC | CGST |
| 5 | LFST | JACK | 5 | OSRC | SAY |
| 6 | LFST | DEAR/ AHSC | 6 | CCM | SAY |