

**20<sup>th</sup> ANNUAL  
SACRAMENTO VALLEY  
“MEET of CHAMPIONS”  
August 1-2 2020  
[www.meetofchampions.com](http://www.meetofchampions.com)**

- LOCATION:** Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd, Roseville, CA 95747
- COURSE:** Outdoor 50 Meter pool using 10 lanes for competition, additional lanes for warm up/ warm down.
- TIME:**
- |                 |  |
|-----------------|--|
| Facility Opens: | 6:30 AM  |
| Warm Ups:       | 7:00 AM – 8:30 AM                                      |
| Trials:         | 9:00 AM  |
| Finals:         | Finals will start as soon as 30 min after the 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 Greater Sacramento Valley area summer league swimmer that meets the qualification guidelines.
- CHECK-IN:** Swimmers do not need to check in for this meet. Volunteers need to report to their shift at the allocated time.
- 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 Qualification 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.
- 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 2019 swim season. Swimmers using time standards to enter are not required to have placed in the top 10 at their championship meet. Time standards can be found in the Qualification Time Chart.
- 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. Relay only swimmers will **NOT** be allowed to enter a bonus event.
- CORRESPONDING 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 corresponding 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 does not plan to swim please notify the meet referee so alternates can be notified.
- REGISTRATION:** All swimmers must register, sign the waiver and pay the flat fee of \$35 on our webpage @ [www.meetofchampions.com](http://www.meetofchampions.com) by July 29, 2019.

**ENTRIES (Hy-Tek):**

Teams will be entering qualified events and relays as a group by using the Hytek software via their coach or team representative. Meet entries are due on July 29 at 4pm. Please email entries to meetofchampions@gmail.com. Entry fees must be received by the entry deadline for the entries to be considered "on time". All swimmers need a current account on our MOC webpage.

**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 in your team entry. 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-under team *must* 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 an active account with the MOC webpage, all waivers signed and fees paid.

**FEES:**

**\$35 flat fee. This will cover splash fee and all eligible entries plus a link to the program  
All swimmers including the relay only swimmers will sign up on our MOC webpage.**

**ADMISSION:**

Free

**AWARDS:**

<b>Individual:</b>	<b>DISTINCTIVE MEDALS</b> will be awarded 1st through 8th place FINALISTS
	<b>DISTINCTIVE RIBBONS</b> will be awarded 9th through 16th place Consolation Finalists
<b>Relays:</b>	<b>DISTINCTIVE MEDALS</b> will be awarded to 1 <sup>st</sup> - 3 <sup>rd</sup> place teams
	<b>DISTINCTIVE RIBBONS</b> will be awarded 4 <sup>th</sup> through 8 <sup>th</sup> place
<b>Team:</b>	<b>CUSTOM TROPHIES</b> 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.

<b>Individual Scoring:</b>	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
<b>Relay Scoring</b>	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:**

Tyson Frenn      [meetofchampions@gmail.com](mailto:meetofchampions@gmail.com)      (707) 319-7139

**Disclaimer:**

Participation of teams, coaches and swimmers are offered at the sole discretion of the Meet of Champions Meet Directors. The MOC Directors reserve the right to deny or revoke participation before and during the meet of individual swimmers, coaches and teams.

# MOC 2020 Qualifying Times

## Saturday Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
1:24.50	1	9-10	100 IM	2	1:25.50
1:14.50	3	11-12	100 IM	4	1:14.50
1:12.00	5	13-14	100 IM	6	1:07.50
1:11.00	7	15-18	100 IM	8	1:02.50
22.00	9	6 & Under	25 Free	10	22.50
17.00	11	7-8	25 Free	12	16.75
14.75	13	9-10	25 Free	14	14.75
29.50	15	11-12	50 Free	16	29.50
28.25	17	13-14	50 Free	18	26.25
27.75	19	15-18	50 Free	20	24.50
27.25	21	6 & Under	25 Back	22	28.25
21.75	23	7-8	25 Back	24	21.25
18.75	25	9-10	25 Back	26	18.50
35.00	27	11-12	50 Back	28	35.00
33.25	29	13-14	50 Back	30	32.00
1:12.50	31	15-18	100 Back	32	1:05.50

## Sunday Relay Events (no qualifying time)

Girls	Age Group	Event	Boys
Event #			Event #
33	6&U Mix	100 Free Relay	---
34	7-8	100 Medley Relay	35
36	9-10	100 Medley Relay	37
38	11-12	200 Medley Relay	39
40	13-14	200 Medley Relay	41
42	15-18	200 Medley Relay	43

## Sunday Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
39.00	44	7-8	50 Free	45	38.00
32.75	46	9-10	50 Free	47	32.75
1:05.50	48	11-12	100 Free	49	1:05.50
1:03.00	50	13-14	100 Free	51	58.75
1:02.00	52	15-18	100 Free	53	54.25
24.00	54	7-8	25 Breast	55	24.00
20.00	56	9-10	25 Breast	57	20.25
39.00	58	11-12	50 Breast	59	39.00
37.00	60	13-14	50 Breast	61	34.00
1:21.00	62	15-18	100 Breast	63	1:12.00
20.00	64	7-8	25 Fly	65	21.00
16.50	66	9-10	25 Fly	67	16.75
32.50	68	11-12	50 Fly	69	32.50
31.00	70	13-14	50 Fly	71	29.25
31.00	72	15-18	50 Fly	73	27.00

## Sunday Relay Events (no qualifying time)

Girls	Age Group	Event	Boys
Event #			Event #
74	7-8	100 Free Relay	75
76	9-10	100 Free Relay	77
78	11-12	200 Free Relay	79
80	13-14	200 Free Relay	81
82	15-18	200 Free Relay	83