

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 \$40 on our webpage at www.meetofchampions.com by July 24, 2023.

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 Monday, July 24, 2023 at 6:00pm. 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:

\$40 fee per swimmer (\$20 fee for relay-only swimmer). 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 admission

AWARDS:

Individual: **DISTINCTIVE RIBBONS** will be awarded 1st through 16th 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: 1st through 16th places 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Scoring 1st through 16th 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 (Meet Director) meetofchampions@gmail.com

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 2023 Qualifying Times

21st Annual Sacramento Valley Meet of Champions

July 29-30, 2023 • Vista Del Lago High School

Saturday, July 29 - Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
1:29.00	1	9-10	100 IM	2	1:33.00
1:17.00	3	11-12	100 IM	4	1:17.00
1:12.00	5	13-14	100 IM	6	1:08.00
1:09.00	7	15-18	100 IM	8	1:01.00
23.75	9	6 & Under	25 Free	10	22.75
17.75	11	7-8	25 Free	12	17.25
15.25	13	9-10	25 Free	14	15.25
29.75	15	11-12	50 Free	16	29.25
28.25	17	13-14	50 Free	18	26.25
27.25	19	15-18	50 Free	20	24.00
29.00	21	6 & Under	25 Back	22	29.75
22.50	23	7-8	25 Back	24	22.75
19.00	25	9-10	25 Back	26	19.50
36.00	27	11-12	50 Back	28	36.50
35.25	29	13-14	50 Back	30	33.00
1:13.00	31	15-18	100 Back	32	1:04.00

Sunday, July 30 - Individual Events

Girls		Age Group	Event	Boys	
Q Time	Event #			Event #	Q Time
41.75	44	7-8	50 Free	45	40.75
33.75	46	9-10	50 Free	47	35.00
1:08.50	48	11-12	100 Free	49	1:07.00
1:04.00	50	13-14	100 Free	51	58.75
1:00.75	52	15-18	100 Free	53	53.75
25.25	54	7-8	25 Breast	55	25.75
21.00	56	9-10	25 Breast	57	20.75
41.50	58	11-12	50 Breast	59	40.50
38.25	60	13-14	50 Breast	61	35.25
1:18.00	62	15-18	100 Breast	63	1:10.25
21.00	64	7-8	25 Fly	65	21.50
17.00	66	9-10	25 Fly	67	18.00
33.75	68	11-12	50 Fly	69	34.00
31.75	70	13-14	50 Fly	71	29.25
30.25	72	15-18	50 Fly	73	26.50