

**21<sup>st</sup> ANNUAL  
SACRAMENTO VALLEY  
MEET of CHAMPIONS  
July 29-30, 2023**  
[www.meetofchampions.com](http://www.meetofchampions.com)

**LOCATION:** American River College Aquatics Center, 4700 College Oak Dr, Sacramento, CA 95841

**COURSE:** Outdoor 35m 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:** 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 2023 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 on our website and on the final page of this meet 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. 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 \$40 on our webpage at [www.meetofchampions.com](http://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](mailto: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:**

<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>	<b>1<sup>st</sup> through 16<sup>th</sup> places</b>	<b>20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</b>
<b>Relay Scoring</b>	<b>1<sup>st</sup> through 16<sup>th</sup> places</b>	<b>40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</b>

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

**QUESTIONS:** Tyson Frenn (Meet Director) [meetofchampions@gmail.com](mailto: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

21<sup>st</sup> Annual Sacramento Valley Meet of Champions  
 July 29-30, 2023 • American River College Aquatics Center

## 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