

2019 SCS – MVN Summer Junior Olympic Championships

Wednesday – Sunday, July 24-28, 2019

Sanction Number: #

Hosted by the: Mission Viejo Nadadores

Coaches – Welcome to the 2019 SCS-Mission Viejo Summer Junior Olympic Championships hosted by Mission Viejo–Good luck to everyone!!!!

Administrative Referee: Judi Divan

Meet Referee: Scot Ranslem

Please review the following information.

CONCUSSIONPROTOCOL

If a head strike is observed or brought to the attention of the officiating crew, that swimmer will be removed from that day's races. The swimmer will be allowed back in the meet if a letter by a physician certified in concussion protocol stating that the swimmer is fit to return to swimming activities is received.

IMPORTANT

- 1) Please make sure your swimmers are at the blocks
- 2) No entries change or late entries
- 3) Missed Swim penalty –Swimmer will be removed from their next individual event
- 4) Missed swim in finals –Out of meet –previously qualified that evening OK to swim
- 5) Missed last finals swim - \$50 fine
- 6) If swimmer is missing from the block, we will announce heat and lane one time
- 7) **REMINDER:Tech suits allowed for 11 and over swimmers only**

GENERALINFORMATION

Coaches: PLEASENOTEthere will split warm-up sessions. Please see below

There are bathrooms up at the hospitality for coaches and officials

There is a dedicated bathroom/locker room for athletes only

Porta- Poddies are provided outside the main gate for spectators/adults

All Preliminary sessions will be contested on ONECourse

All Events except 50s will be run from the South (Admin) End.

All 50s will start from the North End (PLATFORM)

All Relays will start from the South End (ADMIN)

Distance events contested ONEto a lane

Only the Fastest two relays are swum in the evening –all other are during prelim

REMINDER–This is a check- in meet

Relay cards for morning relays are due 5:00PMSaturday (beginning of finals)

Check in for the 1500 closes at 10:00AMWednesday

The 800 must be checked in at 5:00pm Saturday to be seeded in the event on Sunday

First 4 events will close 30 minutes (8:30am) prior to the posted start time

TIMETRIALS

Time Trials will be offered each day

DEADLINE TO SIGN UP FOR TIMETRIALS WILL BE 11:00AM each day if offered.

Time trials for athletes that are entered in the meet and costs \$15.00 per event.

Please note that there is always a maximum number of events per day (3) and that includes time trials.

Schedule for Split Warm-up

MVN will be warming up until 7:15AM

(Please note that the schedule used the MAX number for each team's largest day. So, it might look like some days are lean in certain lane because that team has fewer swimmers that day)

We will be splitting the warm-up in to THREE(3) 30 minute sessions.

SESSION#1 7:15AM to 7:45AM

SESSION#2 7:45AM to 8:15AM

SESSION#3 8:15AM to 8:45AM

This is designed to offer time in the competition pool to all team. The dive well pool will be available at all times for all teams starting at 7:00AM.

To be fair, we'll rotate through the assigned times

Wednesday

Group #1 – Session #1

Group #2 – Session #2

Group #3 – Session #3

Thursday

Group #2 – Session #1

Group #3 – Session #2

Group #1 – Session #3

Friday

Group #3 – Session #1

Group #1 – Session #2

Group #2 – Session #3

Saturday

Group #1 – Session #1

Group #2 – Session #2

Group #3 – Session #3

Group 1:

BCH–Lanes 1 through 3

CANY–Lanes 4 through 6

GSC–Lanes 7 and 8

Group 2:

NOVA- Lanes 1 through 8

Group 3:

SAND–Lane 1 and 2

San Clemente –Lane - 3

SBSC–Lane 4

TORR/COTO–Lane 5

DARE/RTL/NBS–Lane 6

ORCA/WASC/AAA–Lane 7

All other teams –Lanes 8

RELAYDAY–Wewill also use three sessions

MVNin pool until 7:15AM

SESSION#1 7:15AMto 7:45AM

SESSION#2 7:45AMto 8:15AM

SESSION#3 8:15AMto 8:45AM

Session #1

NOVA–Lanes 1 through 5

GSC–Lanes 6 and 7

SAND–Lane 8

Session #2

CITI–Lanes 1 through 3

CANY–Lanes 4 through 6

SCAT–Lanes 7 and 8

Session #3

SET–Lane 1

DARE–Lane 2

RIPT–Lane 3

TORR–Lane 4

SBSC–Lane 5

AAA–Lane 6

RTL/COTO–Lane 8