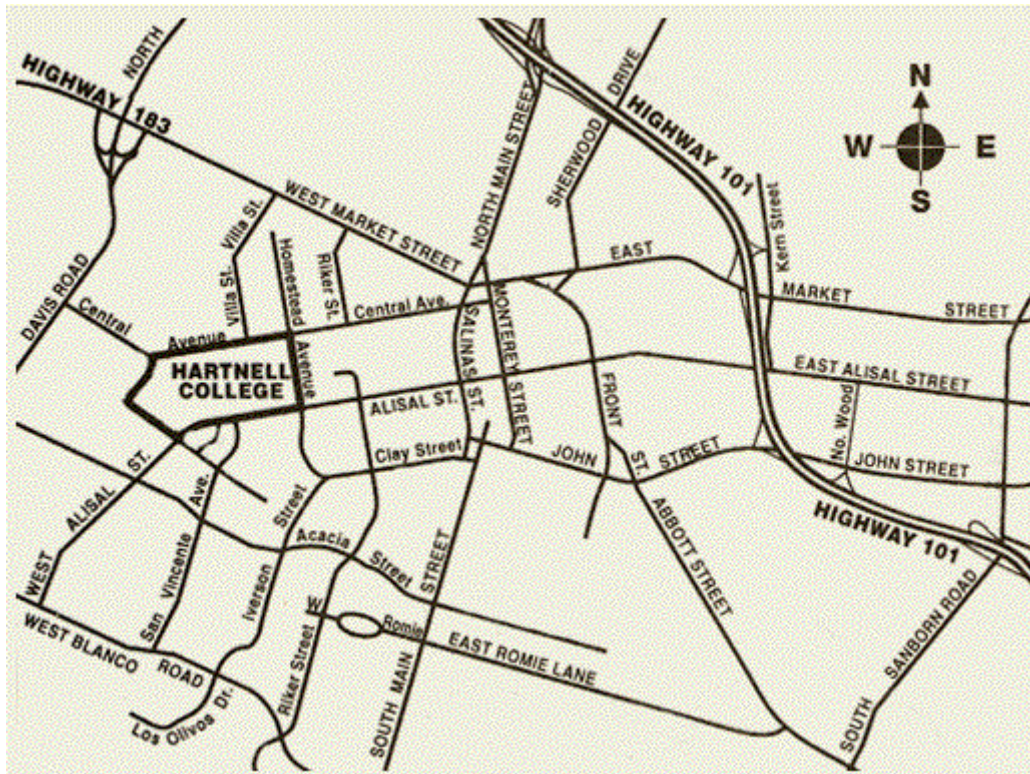


Monterey Bay Swim Club and Pacific Swimming
Long Course Open - Youth Team Challenge Cup 2010
Friday, Saturday, Sunday & Monday – May 28, 29, 30 and 31, 2010
Enter online at: <http://ome.swimconnection.com/pc/mbsc20100528>

Sanction: held under USA/Pacific Swimming Sanction No: 10-010

Location: Hartnell College Pool, 156 Homestead Drive, Salinas CA. 93901 From: US-101 SOUTH: Take the MAIN ST exit toward SALINAS. Stay STRAIGHT to go onto N MAIN ST/CA-183 S. N MAIN ST/CA-183 S becomes SALINAS ST. Turn RIGHT onto W ALISAL ST. Turn RIGHT onto HOMESTEAD AVE.

From US-101 NORTH: Take the JOHN ST exit. Turn LEFT onto JOHN ST. Turn RIGHT onto MONTEREY ST. Turn LEFT onto E ALISAL ST. Turn RIGHT onto HOMESTEAD AVE.



Course: Long course meters. 8 lane, 50 meter course. Colorado Timing System will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 4'6" at the start end and 14' at the turn end.

Time:

Friday Timed Finals: Meet begins at 4:00 PM with warm ups from 2:30 -3:45 PM.

Saturday & Sunday: Trials and Finals for 11 & over, Timed Finals for 12 & UN.

Trials for 11& over begin at 8:00 AM each day with warm-up from 6:30-7:45 AM.

The 12& under timed Finals session begins one hour after the trials session but not before 12:00 PM.

Finals for 13& over begin 1.0 hour after the age-group session but not before 5:00 PM Saturday and Sunday.

Monday: Timed Finals for all age groups: Session begins at 9:00 AM, warm-up from 7:30- 8:45 AM.

Rules: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All coaches and deck officials are required to wear their USA Swimming (USA-S) membership cards in a visible manner.

NOTE: Swimmers in the 11-12 age group have a choice of swimming in timed final events or in trials and finals events.

Timed Finals: NO Time standard is required. 10 & UN and 11-12 Swimmers may compete in four (4) individual events, per day, plus one relay. Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender. If the local conditions warrant it, the meet referee with the concurrence of the meet director may require a mandatory scratch down. Immediate cash refunds will be made. All swimmers aged 12 and under should complete competition within four (4) hours.

Trials and Finals: Time Standard Required. 11 & Over swimmers may compete in three individual (3) events per day, plus one relay.

15-18 years old swimmers must have met the Pacific Swimming Senior Time Standard **for 2010** in at least one event.

13-14 years old swimmers must have met the Pacific Swimming Junior T&F entry time standard **for 2010** in at least one event.

11-12 years old swimmers must have met the Pacific Swimming Junior entry time standard **for 2010** in at least one event. Enter actual long course times when possible. Events will be seeded LCM times, SCM times, SCY times then bonus times.

11-14 years old swimmers will compete together in preliminaries but will be separated into 11-12, 13-14 age groups for finals. 15-18 years old swimmers will compete together in preliminaries, but will be separated into 15-16, 17-18 age groups for finals. There will be an A (Championship) and B (Consolation) Final for ages 11-16. There will be an A (Championship) Final for 17-18. The 800 and 1500 Freestyle events will be seeded fastest to slowest and alternate women/men. If required in order to meet the 4 hour rule the 400, 800 and 1500 Freestyle may swim two swimmers per lane. All 11 & up relays will be swum at the end of the Finals session.

Check: <http://ome.swimconnection.com/pc/mbsc20100528> for session open or closed status.

Restrictions: Glass containers, sale and use of alcoholic beverages and all kinds of tobacco products are prohibited in all areas of the meet venue. No tents, ground covers, or glass containers will be allowed on the pool deck or in any of the fenced area surrounding the pool and spectator facilities. In addition, no EZ-Ups will be allowed on the pool deck except for use by coaches and official meet personnel.

Eligibility: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Swimmers 19 years of age and older may participate in 13&Over and 15&Over events but may not receive awards or score points. Such swimmers must have met the 2010 Junior T & F time standards. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

Check-in: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-the-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.

Scratches: The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. Any swimmer who has checked-in for an individual event trial and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances that were beyond the control of the swimmer. A swimmer shall be barred from competing for the remainder of the meet if he or she fails to compete in the final that he or she originally qualified for, unless properly scratched. This rule includes a fine of \$25 for any swimmer originally qualifying for a final but failing to compete in that final if the final is the swimmer's last competition of the meet. For more information on Pacific scratch/penalty rules for trials and finals, please see sections 3B5b3, 3B5b4 and 3B5b5 in the 2009 Pacific Swim Guide.

TWO OPTIONS FOR MEET ENTRY

Option 1: Download Hy-Tek File and e-mail entries: This is the preferred method for team entry. Hy-Tek

file available for download at www.montereyswim.org, www.pacswim.org. E-mail entry (entry.zip file) will be accepted only when received with an attached Word or .pdf file inc. including electronic signature of coach and will be dated as official at that time. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Added events (entered swimmers) may be submitted by hard copy (this includes email) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. If you do not have Hy-Tek entry software Hy-tek lite can be downloaded free of charge at <http://www.hy-tek.com/downloads.html>. Submission deadline: Monday, May 17, 2010.

Option 2: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/mbsc20100528> to receive immediate confirmation of acceptance via email. Online entries will be accepted until 11:59 pm on Monday, May 17, 2010. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Please make checks payable to "Monterey Bay Swim Club" and mail with entries to:
Monterey Bay Swim Club, c/o Mary Hazdovac, 1117 Piedmont Ave, Pacific Grove, CA 93950
Overnight mail: use above address. Waive signature requirement please.
To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. No telephone confirmations will be made.

Entry fees: \$5.50 per individual event. Please add \$5.00 per swimmer participation fee.

Relay Fees: \$16.00/ relay team. Relay entries will be due on the day of the meet, at a time to be announced at the beginning of the meet, and will be deck seeded. Payment is due at the time of entry.

Awards: A distinctive award will be provided to each swimmer in each event earning first through third places. Ribbons will be awarded for 4th-8th places.
High Point trophies will be awarded to the first place girl and boy in each age group.

The Youth Team Challenge Cup will be awarded for first place in two divisions, large team and small team. The Youth Team Cup concept is a challenge to swimming clubs to bring their best 11-12, 13-14 and 15-16 age group teams. The Youth Cup is awarded to the highest scoring team performing in these three age categories. (11-12 swimmers participating in the afternoon session do not score team points). The concept promotes the building of strong age category teams with a special emphasis on the excitement of an A and B relay. There will be a separate 10&UN high point team award.

Individuals score 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 points for 1st through 16th place. Relay teams score 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, and 2.

Refreshments: Snack bar available. Refreshments and lunch will be provided free to coaches and working officials.

Admission: Free. Programs will be for sale at the meet.

Officials: Head Referee: Brian Malick Starter: Mike Davis
Meet Director: Mary Hazdovac (831) 277-4107, maryhazdovac@comcast.net

		FRIDAY, MAY 28, 2010 4:00 PM Timed Finals					
GIRLS	AGE	EVENT				BOYS	
1	15-18	200 IM				2	
3	13-14	200 IM				4	
5	11-12	200 IM				6	
7	11-18	800 W/1500 M FREESTYLE				8	
		SATURDAY, MAY 29, 2010, 8:00 AM					
GIRLS	AGE	EVENT				BOYS	
9	11-14	200 FREESTYLE				10	
11	15-18	200 FREESTYLE				12	
13	11-14	200 BREASTSTROKE				14	
15	15-18	200 BREASTSTROKE				16	
17	11-14	100 BACKSTROKE				18	
19	15-18	100 BACKSTROKE				20	
21	11-14	100 FLY				22	
23	15-18	100 FLY				24	
25	13-14	4 X 100 FR RELAY				26	
27	15-16	4 X 100 FR RELAY				28	
29	17-18	4 x 100 FR RELAY				30	
31	11-12	4 X 100 FR RELAY				32	
		SATURDAY, MAY 29, 2010					
GIRLS	AGE	EVENT				BOYS	
33	10 & UN	100 FREESTYLE				34	
35	11-12	200 FREESTYLE				36	
37	10 & UN	100 BREASTSTROKE				38	
39	11-12	200 BREASTSTROKE				40	
41	10 & UN	100 BACKSTROKE				42	
43	11-12	100 BACKSTROKE				44	
45	10 & UN	100 FLY				46	
47	11-12	100 FLY				48	
49	10 & UN	4 X 100 FR RELAY				50	

GIRLS	SUNDAY, MAY 30, 2010, 8:00 AM				BOYS
	AGE	EVENT			
51	11-14	100 FREE			52
53	15-18	100 FREE			54
55	11-14	200 FLY			56
57	15-18	200 FLY			58
59	11-14	100 BREASTSTROKE			60
61	15-18	100 BREASTSTROKE			62
63	11-14	400 FREE			64
65	15-18	400 FREE			66
67	13-14	4 X 50 FR RELAY			68
69	15-16	4 X 50 FR RELAY			70
71	17-18	4 x 50 FR RELAY			72
73	11-12	4 X 50 FR RELAY			74

GIRLS	SUNDAY, MAY 30, 2010				BOYS
	AGE	EVENT			
75	10 & UN	50 BACK			76
77	11-12	100 FREE			78
79	10 & UN	200 IM			80
81	11-12	200 FLY			82
83	10 & UN	50 FREE			84
85	11-12	100 BREAST			86
87	10 & UN	50 BREAST			88
89	11-12	400 FREE			90
91	10 & UN	4 X 50 FR RELAY			92

GIRLS	MONDAY, MAY 31, 2010, Timed Finals 9 AM				BOYS
	AGE	EVENT			
93	11-12	50 FREE			94
95	13-14	50 FREE			96
97	15-18	50 FREE			98
99	11-12	200 BACK			100
101	13-14	200 BACK			102
103	15-18	200 BACK			104
105	11-12	400 IM			106
107	13-14	400 IM			108
109	15-18	400 IM			110
111	11-12	4 X 100 MED RELAY			112
113	13-14	4 X 100 MED RELAY			114
115	15-16	4 X 100 MED RELAY			116