

MVHS Invitational

38th Annual Mission Viejo Swimming & Diving Invitational

Saturday, March 27, 2010

Hosted by Mission Viejo High School

Lower Marguerite Aquatic Complex

Mission Viejo, CA

Sanctioned By: CIF Southern Section

Pool: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take the I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right into the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper level. Do not park in the tennis lot. (For map or directions - [click here](#).)

Facility: The pool is a 50-meter by 25-yard pool. The competition pool is 25 yards with 10 – 8-foot lanes. The Northern end of the pool provides 7 lanes for warm-up. Daktronics timing with 10 lane display capability.

Snack Bar: The Mission Viejo High School Aquatics Booster Club will sponsor a complete snack bar serving both breakfast and lunch menu items. Cooking food on the Aquatics Center grounds by teams is prohibited by the City of Mission Viejo Fire Code Regulations and will be strictly enforced.

T-Shirts: T-shirts will be available at the meet and may include all swimmer names on the back. Shirts can be purchased on the day of the meet.

Timing: Each school must provide three timers for prelims and three timers for finals. Please plan to fill 1 (one) lane with timers.

Entries: Each individual is limited to two individual events and two relays or one individual and three relays. Swimmers may swim a maximum of two individual events and no more than four events overall. You may enter a maximum of four swimmers per event. Enter their best time for each event. You must enter a time for your relays. *This is a VARSITY-level meet: enter only those swimmers who compete at the VARSITY level. Time restrictions for some events may be imposed depending on the number of entries and the timeline.

Meet Referee: The Meet Referee will be in charge of the meet. All questions regarding the conduct of this meet should be made directly to this person. 2010 CIF Rules will govern.

Format: This will be a prelims and finals meet. Swimmers must check-in for the prelims session. The finals session will include a consolation and final heat for each individual event. The fastest eight times will qualify for finals. The ninth through sixteenth times will be in the consolation finals. Relays will be swum as timed finals during the finals session. Warm-up for the morning session will open at 7:30 AM. The morning session will start promptly at 9:00 AM. Afternoon warm-up will start no sooner than one hour after the morning session ends with the finals session starting no sooner

than two hours after the morning session ends.

Diving Notice: Diving for boys and girls will be held in conjunction with the swimming events. See the High School section at www.mvndive.com for details on warm-up and start times and the dive entry verifier.

Awards: Medals will be awarded to 1st – 6th place finishes in individual and 1st – 3rd in relay events. Boys and girls team plaques for: team winner and runner-up, high point boys and girls swimmer. There will be a combined girls and boys team sweepstakes award.

Scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 for the individual events and double point value for the relays.

Entry Fee: \$225 for boy's team and \$225 for girl's team, \$400 if you enter both boys and girls teams. Make checks payable to: MVHS Swimming. Entries are not official until entry fees have been received.

Submitting Entries: Entries are to be made via the downloadable Excel Spreadsheet that you can fill in and email to Coach Robert Mitchell at swimworks@gmail.com You can download the spreadsheet from the MVHS aquatics website (<http://www.mvhsaquatics.org>). This is the PREFERRED method for entering your swimmers. Dive entries should be emailed to mvndive@mvndive.com.

Deadline: Entries must be received by 5:00 PM on March 15, 2010. You can download a spreadsheet version of the meet form and entry form at <http://www.mvhsaquatics.org> and email the completed spreadsheet to swimworks@gmail.com.

Mission Viejo Swimming & Diving Invitational
Attention: Coach Jeff Boss
Mission Viejo High School
25025 Chrisanta
Mission Viejo, CA 92691

Contact:

Jeff Boss (Head Swim Coach)
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Cell: 949-350-4530
Email: bossranch3@cox.net or coachboss@mvnswim.org