

Mission Viejo Nadadores & Southern California Swimming

present the

2006 TYR Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming

SANCTION NO: 06-005

SPONSORED BY: Mission Viejo Nadadores

ALL SECTIONS - Heats & Finals

DATE OF MEET: June 15-18, 2006

ENTRIES DUE: Monday, June 5, 2006

START TIME: PRELIMS 9 am; FINALS 5 pm

WARM-UP: Pool will open for warm-up at 3:00 pm, THURS: 7:00 am FRI, SAT, and SUN

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

COURSE: Competition pool is an outdoor, international depth, eight-lane, 50 meter course with adjacent eight lane warm-up pool.

TICKETS: \$2 Prelims/\$4 Finals - all day \$5. An all-meet pass (all sessions) is \$15.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold a current 2006 USA Swimming Registration Card or FINA membership. Registration application must be at SCS Office by June 14, 2006. There are substantial penalties for swimmer and club (2006 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

QUALIFYING TIMES: Individual entries must be made on Southern California Swimming blue entry cards with proof of time box completed. Team entries may be submitted on Hy-Tek (signed hard-copy and single team check must be submitted). Swimmers must have achieved the time standard after Sept. 1, 2004. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day.

NOTE: If Standard is achieved in YARDS, enter event with YARD time, indicated on card by "Y".

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on card by "S".

If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on card by "L".

Enter BONUS events with swimmer's actual time: indicate "YB" on card for BONUS time achieved in YARDS,

indicate "SB" on card for BONUS time achieved in SHORT COURSE METERS,

indicate "LB" on card for BONUS time achieved in LONG COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on card.

THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE FIRST 650 INDIVIDUAL SWIMMERS WHO ENTER THE MEET.

PROOF OF TIME: This is a PROOF OF TIME meet. Completed Proof of Time form is required for entry to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. NOTE: A swimmer qualified in one or two individual events may swim three total; qualified in three or four may swim five total; five or more must prove all events entered. EXCEPTION: A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle. A swimmer may not enter the 1500 Meter Freestyle as a BONUS event without providing proof of time in the 800 Meter Freestyle.

ENTRY FEES: \$10.00 per individual event must accompany entry card. \$10.00 surcharge per swimmer must accompany entry. Relays: \$20.00 per relay team entered must be paid upon deck entry.

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRY CARDS TO:**

SOUTHERN CALIFORNIA SWIMMING
Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
email: judith.divan@west.sun.com

ENTRIES CLOSE: Entries postmarked later than 12:00 midnight on June 5, 2006 will be rejected. Entries may be hand-delivered by 8:00 PM, Tuesday, June 6, 2006 to the above address.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2006 SCS Swim Guide): the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for all events except the 800 & 1500 Freestyle.

400 Freestyle and 400 IM: Both events will be seeded and swum fastest to slowest, alternating womens and mens heats.

800 & 1500 Freestyle: Both events will be seeded and swum fastest to slowest, alternating womens and mens heats.

Fastest heat of womens 1500 will be first event of Sunday finals; fastest heat of mens 1500 will be last individual event Sunday.

All other heats will be swum in the break after preliminaries.

Relay Events: Relays will be the last event of Finals each day. On Sunday, June 18, teams may elect to swim relays at the end of the Preliminary session.

SCRATCH DEADLINES are as listed on this meet entry form.

Positive check-in must be made for the 800 and 1500 Mtr Freestyle by the day's scratch deadline.

SCRATCH DEADLINES: Thursday 6/18 4:30 p.m. for Thursday events; Friday 6/19 8:00 a.m. for Friday events; Friday 6/19 5:30 pm for Saturday's events; Saturday 6/20 5:30 p.m. for Sunday's events. A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual and relay events for the day and MUST positive check in for all subsequent days individual events by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

WARMUP: From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The diving pool will be available for warm-up/cool down at all times - No diving at any time.

AWARDS: Special awards presented to top three places in championship finals and the top three places in relays. Awards will be presented after the consolation final of the event immediately following the final in which the swimmer earned the award. There will be a high point award for the top female and the top male swimmer.

Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.

**For Information, Call the Mission Viejo Nadadores at (949) 380-2552
or Southern California Swimming at (800) 824-6206.**

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2006 TYR Swim Meet of Champions

DATE OF MEET: June 15-18, 2006

ENTRIES DUE: Monday, June 5, 2006

HEATS AND FINALS MEET
CHAMPIONSHIP SEEDING – BONUS, CONSOLATION & CHAMPIONSHIP FINAL IN THAT ORDER – AUTOMATIC TIMING –
OPEN TO: 2006 USA SWIMMING REGISTERED ATHLETES AND FINA MEMBERS

WOMEN				MEN				
EVENT NO.	TIME LCM	TIME SCM	TIME SCY	EVENT NAME	TIME LCM	TIME SCM	TIME SCY	EVENT NO.
06/15/06								
1	09:19.13	09:03.13	10:34.99 Enter 1000 Yds Free Time	800 METER FREESTYLE	08:45.29	08:29.29	10:05.87 Enter 1000 Yds Free Time	2
06/16/06								
3	01:00.49	58.98	53.22	100 METER FREESTYLE	55.44	54.52	49.56	4
5	02:27.43	02:24.95	02:11.77	200 METER BUTTERFLY	02:16.39	02:11.59	01:59.63	6
7	02:31.09	02:24.98	02:11.80	200 METER BACKSTROKE	02:18.99	02:16.39	02:03.99	8
9	04:36.89	04:30.99	5:04.59 Enter 500 Yds Free Time	400 METER FREESTYLE	04:21.01	04:13.01	4:48.99 Enter 500 Yds Free Time	10
11	DECK ENTRY	DECK ENTRY	DECK ENTRY	400 METER FREESTYLE RELAY	DECK ENTRY	DECK ENTRY	DECK ENTRY	12
06/17/06								
13	02:11.38	02:08.25	01:54.59	200 METER FREESTYLE	02:01.47	01:58.68	01:46.99	14
15	02:48.84	02:43.71	02:28.83	200 METER BREASTSTROKE	02:34.69	02:27.93	02:14.48	16
17	28.07	27.32	24.84	50 METER FREESTYLE	25.59	24.21	22.01	18
19	05:17.79	05:11.00	04:42.73	400 METER INDIV. MEDLEY	04:51.84	04:43.01	04:17.28	20
21	DECK ENTRY	DECK ENTRY	DECK ENTRY	800 METER FREESTYLE RELAY	DECK ENTRY	DECK ENTRY	DECK ENTRY	22
06/18/06								
23	01:07.45	01:05.98	59.98	100 METER BUTTERFLY	01:01.18	58.75	53.41	24
25	01:10.57	01:07.20	01:01.09	100 METER BACKSTROKE	01:04.00	01:01.18	55.62	26
27	01:18.76	01:15.64	01:08.76	100 METER BREASTSTROKE	01:11.17	01:08.29	01:02.08	28
29	02:28.27	02:26.06	02:11.59	200 METER INDIV. MEDLEY	02:17.10	02:11.62	01:59.65	30
31	18:05.62	17:35.62	17:39.59 Enter 1650 Yds Free Time	1500 METER FREESTYLE	17:10.88	16:40.88	16:45.59 Enter 1650 Yds Free Time	32
33	DECK ENTRY	DECK ENTRY	DECK ENTRY	400 METER MEDLEY RELAY	DECK ENTRY	DECK ENTRY	DECK ENTRY	34

INDIVIDUAL ENTRIES MUST BE MADE ON SOUTHERN CALIFORNIA SWIMMING BLUE ENTRY CARDS WITH PROOF OF TIME BOX COMPLETED.
 TEAM ENTRIES MAY BE SUBMITTED ON HY-TEK (SIGNED HARD COPY AND SINGLE TEAM CHECK MUST BE SUBMITTED.)
 THIS IS A PROOF OF TIME MEET – PROOF OF TIME SECTION ON CARD MUST BE COMPLETED.

If Standard is achieved in YARDS, enter event with YARD time, indicated on card by "Y".
 If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on card by "S".
 If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on card by "L".
 Enter BONUS events with swimmer's ACTUAL time: indicate "YB" for BONUS time achieved in YARDS, "SB" for BONUS time achieved in SHORT COURSE METERS, and "LB" for BONUS time achieved in LONG COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on card. US Open Qualifiers may enter at the US Open meter minimum; please indicate on card.

NOTE: A swimmer qualified in one or two individual events may swim three total; qualified in three or four events, may swim five total; five or more must prove all events.

EXCEPTIONS: A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle,
 and a swimmer may not enter the 1500 Meter Freestyle as a BONUS event without providing proof of time in the 800 Meter Freestyle.

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 Southern California Swimming at (800) 824-6206.**

2006 TYR MEET OF CHAMPIONS

MOTEL/HOTELS

Several hotels include breakfast. Ask hotels about airport shuttle services.

COUNTRY SUITES by AYERS

28941 Los Alisos Blvd.

Mission Viejo, CA 92692

(949) 455-2545

(888) 329-0227

COURTYARD BY MARRIOTT

27492 Portola Parkway

Foothill Ranch, CA 92610

(800) 228-9290

(949) 951-5700

COURTYARD BY MARRIOTT

23175 Avenida de la Carlota

Laguna Hills, CA 92653

(800) 228-9290

(949) 859-5500

HAMPTON INN

27102 Towne Center Drive

Foothill Ranch, CA 92610

(949) 597-8700

MARRIOTT RESIDENCE INN

10 Morgan

Irvine, CA 92618

(800) 228-9290

(949) 380-3000 X 300

OTHER AREA HOTELS:

BEST WESTERN LAGUNA/EL TORO

23702 Rockfield Blvd.

Lake Forest, CA 92630

(949) 458-1900

IRVINE SUITES

23192 Lake Center Drive

Lake Forest, CA 92630

(800) 947-8483

(949) 380-9888

FAIRFIELD INN

26328 Oso Parkway

Mission Viejo, CA 92691

(949) 582-7100

LAGUNA HILLS LODGE

23932 Paseo de Valencia

Laguna Hills, CA 92653

(949) 830-2550

HILTON GARDEN INN

27082 Towne Center Drive

Foothill Ranch, CA 92610

(949) 859-4000

BILLETING INFORMATION

A limited amount of billeting with Mission Viejo Nadadores families is available. Billeting space is available strictly on a first-come, first-served basis. All billeting inquiries must be approved by the Mission Viejo Nadadores IN ADVANCE before arrangements can be made. *Inquiries must be received in the Mission Viejo Swim Office by Monday, May 29, 2006.* For information on billeting, please contact the Mission Viejo Nadadores Swim Office at (949) 380-2552.