

**Mission Viejo Nadadores & Southern California Swimming**  
**present the**  
**2016 TYR Fran Crippen Memorial Swim Meet of Champions**

**SANCTIONED BY:** Southern California Swimming/USA Swimming/Southern Pacific Masters Swimming

**Sanction Numbers: #S16-072/TT#16-073(USA Swimming)/#336-S007(USMS)**

**SPONSORED BY:** Mission Viejo Nadadores

**USA Swimming and FINA Athletes, USMS Athletes: Heats & Finals**

**DATE OF MEET:** April 28-May 1, 2016

**ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, April 20, 2016**

**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

**ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED.**

**FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION.**

**IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH.**

**SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED.**

**THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF TIMES ARE NOT IN SWIMS.**

**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, eight-lane, 50 meter course with adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at South End: Lanes 1-8=2M; and North End: Lanes 1&8=2M; Lanes 2&7=3M; Lanes 3,4,5,6=3.5M.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**TICKETS:** Prelims – Free, Finals - \$7. An all-meet pass (all sessions) is \$20.

**ENTRY INTO THE MEET**

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold current 2016 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by April 28, 2016. There are substantial penalties for swimmer and club (2016 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:** Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after Sept. 1, 2014. 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: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.**

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

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

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

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

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

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

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

**THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE AVAILABLE TIME (FIRST COME, FIRST SERVED).**

**PROOF OF TIME:** This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE: Swimmers entered in less than 5 events may swim 1, and only 1, bonus event; entered in 5+ must prove all events.**

**EXCEPTIONS:** (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in the 1500 M Freestyle. (2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in the 800 M Freestyle.

**MAKE CHECKS PAYABLE TO:  
and MAIL ENTRIES TO:**

**SOUTHERN CALIFORNIA SWIMMING**

Judi Divan

33561 Calle Miramar

San Juan Capistrano, CA 92675

[divanj@cox.net](mailto:divanj@cox.net)

Or E-MAIL ENTRIES TO:

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

**ENTRY FEES:** \$12.00 per individual event plus \$14.00 per swimmer surcharge. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

**RELAY ENTRY FEES:** \$25.00 per relay team; relays may be pre-entered (if pre-entered must be paid with team entry) or deck entered. \$14.00 surcharge for relay-only swimmers (must be prepaid). Deletions will NOT be refunded.

**ENTRIES CLOSE:** Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on April 20, 2016 will be rejected.

## **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 2016 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. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 8 places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

If warranted, the meet will be swum in 'A' and 'B' flights on Friday and Saturday only. Events on Thursday and Sunday will not be flighted. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, April 25, 2016.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.**

This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Ony swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**DISTANCE EVENTS:** The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

- \* Thursday: Men's 1500 and Women's 800 Freestyles will be swum fastest to slowest, alternating women's and men's heats;
- \* Sunday: Fastest 8 entrants checked in for the women's 1500 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

**RELAYS:** Relays will be contested at the end of Finals Friday thru Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims (after 'A' and 'B' flights), and before the 1500 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Saturday.

### **SCRATCH DEADLINES:**

***Thursday 4/28 4:30 p.m. positive checkin for Thursday events;***

***Scratches: Friday 4/29 8:00 a.m. for Friday events; Friday 4/29 5:30 pm for Saturday's events & Saturday 4/30 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 & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.***

***Positive check-in for the 800 and 1500 Meter Freestyle is required by the day's scratch deadline.***

**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. There will be a high point award for the top female and the top male swimmer.

**MASTERS DECLARATION OF INTENT FORM:** To swim a dual-sanctioned meet as a Masters swimmer this form must be completed prior to competition. Give one copy to the Meet Admin Referee prior to competition.

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

**It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.**

**DECK-ENTERED TIME TRIALS - Sanction No: # S16-073**

**DATES:** April 29-May 1, 2016

**TIME:**

Following the Preliminary sessions if time permits.

**ENTRY:** Deck entry

**ENTRY FEE:**

\$15.00/event (check/cash buys card at Clerk of Course).  
after seeding. No refunds.

**EVENTS:** Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

**ELIGIBILITY:** Open to USA-Swimming, USMS or FINA registered swimmers entered in individual and/or relay events at the meet .

**Mission Viejo Nadadores & Southern California Swimming**  
Present The  
**2016 TYR Fran Crippen Memorial Swim Meet of Champions**

Date of Meet: April 28-May 1, 2016

**ENTRIES MUST BE RECEIVED BY: Wednesday, April, 20, 2016 5:00 PM**

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order  
Automatic Timing - Open to 2016 USA Swimming and FINA Athletes and USMS Athletes

WOMEN				MEN				
Event No.	Time LCM	Time SCM	Time SCY	Event Name	Time LCM	Time SCM	Time SCY	Event No.
<b>04/28/16</b>								
1	9:19.13	9:00.33	10:34.99 Enter 1000Y Free Time	800 Meter Freestyle				
				1500 Meter Freestyle	17:00.50	16:36.50	16:34.80 Enter 1650Y Free Time	2
<b>04/29/16</b>								
3	1:00.49	58.89	52.20	100 Meter Freestyle	55.44	53.84	48.50	4
5	2:25.80	2:23.00	2:09.00	200 Meter Butterfly	2:16.39	2:13.59	1:59.63	6
7	2:31.09	2:28.69	2:11.80	200 Meter Backstroke	2:18.99	2:16.59	2:03.00	8
9	4:32.60	4:26.20	4:59.00 Enter 500Y Free Time	400 Meter Freestyle	4:17.00	4:10.60	4:40.00 Enter 500Y Free Time	10
11	Deck Entry	Deck Entry	Deck Entry	400 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	12
<b>04/30/16</b>								
13	2:07.50	02:04.30	01:50.50	200 Meter Freestyle	01:58.50	01:55.30	01:42.00	14
15	2:48.84	2:44.84	2:28.83	200 Meter Breaststroke	2:34.50	2:30.50	2:15.00	16
17	28.07	27.27	24.60	50 Meter Freestyle	25.59	24.79	21.40	18
19	5:15.70	5:09.30	4:39.00	400 Meter Individual Medley	4:51.84	4:45.44	4:14.00	20
21	Deck Entry	Deck Entry	Deck Entry	800 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	22
<b>05/01/16</b>								
23	1:07.00	1:05.60	59.98	100 Meter Butterfly	1:00.80	59.40	52.00	24
25	1:10.00	1:08.80	1:00.10	100 Meter Backstroke	1:03.80	1:02.60	55.00	26
27	1:18.76	1:16.76	1:08.76	100 Meter Breaststroke	1:11.17	1:09.17	1:01.80	28
29	02:26.00	02:22.80	02:08.90	200 Meter Individual Medley	02:15.50	02:12.30	01:58.00	30
31	18:05.62	17:41.62	17:39.59 Enter 1650Y Free Time	1500 Meter Freestyle				
				800 Meter Freestyle	8:45.29	8:32.49	10:05.87 Enter 1000Y 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 Entry Cards.  
Team entries may be submitted electronically (signed hard copy and single team check must be submitted).  
This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet.

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by 'Y'.  
If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by 'S'.  
If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry 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.

**Nationals Qualifiers may enter at the National meter minimum; please indicate on entry:**

**NOTE: Swimmers entered in less than 5 events may swim 1, and only 1, bonus event; entered in 5+ must prove all events.**

EXCEPTIONS: (1) A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle;  
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**DISTANCE EVENTS:**

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**The host club and referee reserve the right to limit the meet to the available time (first come, first served).**

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



# DECLARATION OF INTENT To swim a dual-sanctioned meet as a Masters swimmer

## MEET INFORMATION

Name \_\_\_\_\_

Location \_\_\_\_\_

Dates \_\_\_\_\_

USMS Sanction Number \_\_\_\_\_

## SWIMMER INFORMATION

Name \_\_\_\_\_

USMS Number \_\_\_\_\_

USMS Club \_\_\_\_\_

Events entered \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<p><b>Instructions</b></p> <p>This form (BOTH sides) must be completed prior to competition.</p> <p>Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.</p> <p>It is the responsibility of the swimmer to complete and submit this paperwork.</p>
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I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer.

## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility



## DECLARATION OF INTENT

### To swim a dual-sanctioned meet as a Masters swimmer

issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
  
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
  
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name (print)	First Name (print)	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

*Waiver revised 07/01/2014*

# **2016 SMOC/Fran Crippen Swim Meet**

## **Hotel Information**

*Rates available for a limited time*

### **Ayres Suites**

28941 Los Alisos Blvd  
Mission Viejo, CA 92692  
(949)455-2545 or 1(800)329-0227  
Double Queen: \$139/night + tx  
King: \$129/night + tx

Includes breakfast, free wireless & parking, mention "Nadadores"

### **Courtyard by Marriott**

27492 Portola Parkway  
Foothill Ranch, CA 92610  
1(800)321-2211 or (949)951-5700  
Double Queen: \$135/night + tx  
Cut-off: 4/7/2016

### **Residence Inn**

10 Morgan  
Irvine, CA 92618  
1(800)331-3131 or (949)380—3000  
Studio Suite: \$149/night + tx  
Includes breakfast, free wireless & parking  
Cut-off: 4/7//2016

### **Hampton Inn & Hilton Garden Inn**

27102 Towne Centre Drive  
Foothill Ranch, CA 92610  
949-597-8700  
Double Queen: \$149/ Night + tx.  
Includes breakfast  
Cut-off: 4/11/2016