

# 2010 MT. SAC SWIMMING INVITATIONAL SERIES

## HIGH SCHOOL PORTION CO-HOSTED BY WALNUT HIGH SCHOOL

**PRE-MEET GENERAL INFORMATION** PLEASE CHECK <http://events.mtsac.edu> REGULARLY FOR UPDATES/POSTINGS

### MEET DATES:

HIGH SCHOOL WINTERFEST (INVITE #1)

FRIDAY - SATURDAY MARCH 12-13, 2010

HIGH SCHOOL MEET OF CHAMPIONS (INVITE #2)

FRIDAY - SATURDAY APRIL 16-17, 2010

### MEET SCHEDULE:

**BOTH MEETS WILL FOLLOW THE SAME FORMAT**

#### FRIDAY:

##### VARSAITY PRELIMS

12:00 PM FACILITY OPEN  
1:00 PM WARM-UP BEGINS (ENTIRE POOL)  
1:45 PM COACHES MEETING (CLASSROOM BY POOL ENTRANCE)  
2:30 PM COMPETITION BEGINS  
6:00 PM APPRX. END TIME

#### SATURDAY:

##### J.V. PRELIMS (MORNING) COMBINED FINALS (AFTERNOON)

6:45 AM FACILITY OPEN  
7:15 AM WARM-UP BEGINS  
8:00 AM COACHES MEETING (CLASSROOM BY POOL ENTRANCE)  
8:30 AM J.V. PRELIMS BEGIN  
12:00 PM APPRX END TIME AND POOL AVAILABLE FOR WARM-UP  
2:00 PM VARSITY AND J.V. FINALS SESSION BEGINS  
6:30 PM APPRX END TIME

**IF YOU ARE  
INTERESTED IN  
EITHER MEET,  
PLEASE CONTACT  
US AT  
[mruh@mtsac.edu](mailto:mruh@mtsac.edu)  
or  
[ruhpolo@aol.com](mailto:ruhpolo@aol.com)**

### ENTRIES:

ALL ENTRIES ARE TO BE DONE VIA DIRECT ATHLETICS AT [www.directathletics.com](http://www.directathletics.com) (SEE DIRECTIONS). ALL ENTRIES SHOULD BE COMPLETED ON LINE AND BEFORE 5:00 PM ON THE MONDAY PRIOR TO THE MEET. NO LATE ENTRIES WILL BE ACCEPTED!

TO ENSURE ENTRY ACCURACY, PLEASE ASSIGN ONLY ONE COACH TO BE "RESPONSIBLE" FOR ALL TEAM ENTRIES AT ALL LEVELS (INCLUDING "B" SCHOOLS). WE WILL SEND OUT AND POST PSYCH SHEETS ON THE TUESDAY AFTER THE ENTRY DEADLINE. IT WILL BE THE RESPONSIBILITY OF THE COACH TO ALERT THE MEET MANAGER OF ANY PROBLEMS RESULTING FROM THE ENTRY PROCESS PRIOR TO THE PROGRAM BEING PRINTED ON THE WEDNESDAY PRIOR TO THE START OF THE MEET. ALL INFORMATION WILL BE POSTED TO <http://events.mtsac.edu> (INCLUDING PSYCH SHEETS)

**DEADLINES:** INVITE #1 **5:00 PM MONDAY MARCH 8TH**  
INVITE #2 **5:00 PM MONDAY APRIL 12TH**

**PER EVENT:** VARSITY **COACHES MAY ENTER A MAX. OF 4 ENTRANTS PER EVENT**  
JR. VARSITY **COACHES MAY ENTER A MAX. OF 4 ENTRANTS PER EVENT..EXCEPT**  
IN THE J.V. 50 AND J.V. 100 FREE WHERE YOU MAY ENTER 6 SWIMMERS.  
RELAYS **1 RELAY TEAM PER SCHOOL PER EVENT**

**RELAYS:** WILL BE SWUM IN FINALS ONLY. NO RELAYS IN PRELIMS. PLEASE ONLY ENTER RELAYS YOU INTEND TO SWIM.

**500 FREE:** THERE WILL BE A MAXIMUM OF 6 HEATS ALLOWED IN VARSITY BOYS, AND 6 HEATS IN VARSITY GIRLS (4 IN PRELIMS, 2 FINALS EA.) THE FASTEST TWO HEATS WILL BE SWUM IN THE FINALS SESSION. ALL OTHER HEATS WILL BE SWUM IN PRELIMS SESSION. IF YOUR SWIMMER DOES NOT MAKE THE "CUT OFF" TIME (TOP 54 ENTERED TIMES), YOU WILL BE ABLE TO SELECT A NEW EVENT FOR THAT SWIMMER PRIOR TO THE PRINTING OF THE EVENT PROGRAM. **NO J.V. 500 FREE.**

**COST:** \$700.00 ALL LEVELS FOR BOTH MEETS (TOTAL COST)  
\$400.00 ALL LEVELS FOR ONE MEET  
\$400.00 VARSITY ONLY (BOYS AND GIRLS)FOR BOTH MEETS  
\$400.00 J.V. ONLY (BOYS AND GIRLS) FOR BOTH MEETS  
\$400.00 BOYS ONLY (J.V. & VARS.) OR GIRLS ONLY (J.V. & VARS.) FOR BOTH MEETS  
\$200.00 VARSITY ONLY OR J.V. ONLY OR BOYS ONLY (JV & VARS) OR GIRLS ONLY (JV & VARS) FOR ONE MEET  
\$25.00 PER INDIVIDUAL SWIMMER PER MEET (ENTERING WITHOUT TEAM ATTENDING MEET)  
\$125.00 ADDITIONAL TEAMS PER SCHOOL, PER LEVEL (IE. AYALA HS (4 LEVELS) "BULLDOG A" (1 LEVEL))

**ALL CHECKS ARE TO MADE OUT TO:** WALNUT SWIMMING 400 N. PIERRE RD. WALNUT CA 91789

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**PARKING:** PARKING PERMITS ARE REQUIRED FOR PARKING ON THE CAMPUS ON THE FRIDAY OF EACH MEET. BUSES AND SCHOOL VANS EXCEPTED. ON SATURDAY PARKING IS PERMITTED IN ANY LEGALLY MARKED PARKING STALL.

**AWARDS:** **MEDALS:** PLACE 1-9 INDIVIDUAL EVENTS AND RELAYS PLACE 1-3.  
**TEAM AWARDS:** TEAM 1-3 PLACE IN EACH DIVISION AND OVERALL COMBINED CHAMPION

**VENDOR:** THERE WILL BE A VENDOR ON SITE FOR EACH OF THE MEETS TO TAKE CARE OF YOUR TEAM AND INDIVIDUAL SWIM WEAR NEEDS.

**CONCESSIONS:** A CONCESSION STAND WILL BE AVAILABLE THROUGHOUT THE MEET WITH HOT AND COLD FOOD AS WELL AS SOME HEALTHY CHOICES FOR SNACKS. COACHES WILL BE GIVEN FREE SNACK COUPONS.

**QUESTIONS:** FEEL FREE TO CONTACT MARC RUH AT [mruh@mtsac.edu](mailto:mruh@mtsac.edu) OR (909) 594-5611 X4740 OR LANI RUH AT [ruhpolo@aol.com](mailto:ruhpolo@aol.com) WITH ANY QUESTIONS YOU MAY HAVE REGARDING THE MEET.