

2010 Mt. SAC Swimming and Diving Invitational the 25th annual

**PLEASE NOTE: WOMEN'S BONUS EVENT FORMAT HAS BEEN
CHANGED SLIGHTLY SINCE LAST YEAR.**

Swimming Session #1-Friday, February 26 – Start Time 1:30 P.M. (Warm-up starts at 12:00 pm)		
Women		Men
41 (START 8:30 AM)	DIVING (SEE DIVE RULES ATTACHED)	42 (START APPRX. 10:30 AM)
1	200 Free Relay	2
3A	<ul style="list-style-type: none"> • 500 Free – A Flight Top 4 heats (36 swimmers) for men and women (remaining heats will be swum in "B" flight)	4A
5	100 IM	
	200 IM	6
115 (swum after event #6) BONUS	400 IM (Women Bonus)	
7	50 Free	8
9	400 Medley Relay	10
3B	<ul style="list-style-type: none"> • 500 Free – B Flight Heats 5-7 will be swum in order here. Women first, then men (not alternating)	4B
Swimming Session #2 – Saturday, February 27 – Start Time 8:30 A.M. (Warm-up starts at 7:00 am)		
13	200 Medley Relay	14
15	200 IM	
	400 IM	16
17	50 Fly	
	100 Fly	18
19	200 Free	20
21	50 Breast	
	100 Breast	22
23	50 Back	
	100 Back	24
25	800 Free Relay	26
Session #3–Sat, February 27 – Start Time will be immediately after the end of Session #2		
The fastest heat of the women's and men's 1650 will swim as the first heats of Session # 3.		
29	* 1650 Freestyle *	* 30 *
The remaining heats of 1650's will swim after the 400 Free Relays.		
31	100 Free	32
33	100 Back	
133 (swum after event #34) BONUS	200 Back	34
35	100 Fly	
135 (swum after event #36) BONUS	200 Fly	36
37	100 Breast	
137 (swum after event #38) BONUS	200 Breast	38
39	400 Free Relay	40
Remaining Heats	* 1650 Freestyle *	Remaining Heats
*The remaining 3 heats (max) of 1650's will swim after the 400 Free Relays. * These heats of 1650's will swim fastest to slowest, women first and alternating women/men.*		

2009 MT. SAC INVITE GENERAL INFORMATION

Dates: Friday & Saturday, February 26th – 27th, 2010

Meet Director: Marc Ruh (Office) 909-594-5611 x4740 (Cell) 951-237-2301 mruh@mtsac.edu

Pool: Mt. San Antonio College 1100 N. Grand Ave. Walnut CA 91789

Course: 9 lanes for competition. We will be swimming from the deep end to the bulkhead in the middle and back. We start at the deep end of the pool and swim to mid pool at 6'6". This makes the course better for the athletes as well as for coaches and spectators for viewing. Warm up lanes will be available throughout the meet in the shallow end of the pool.

Times: **Friday:** Warm-up at 12:00 pm, Coaches meeting at 1:00 pm, **Meet starts at 1:30 pm**
Saturday: warm-up at 7:00 am **Meet starts at 8:30 am,**

Diving:

- **Diving will start at 8:30 am Friday morning and will conclude no later than 12:30 pm.** Warm-up will start at 7:00 am. **Dive Rules:** Men and Women will complete 6 optional dives (must include 1 from each category) on any combination of boards any order. Women start at 8:30 and Men begin at 10:30 am. **Women will enter event #41, Men will enter event #42.**

Timing: Automatic timing with one-button back up button and Colorado CTS matrix scoreboard. Teams will be asked to have 1 person on a lane as a back-up timer.

Entry Fee: \$175.00 per team (Men or Women) or \$350.00 for both Men and Women.

Please make checks payable to: Mt. SAC Swimming and mailed to: Attn: Marc Ruh 1100 N. Grand Ave. Walnut CA 91789

Entries due: **Entries must be received by Tuesday, February 23rd by 8:00 pm**

- We will use **Direct Athletics** for Online entries.
- The computer will **shut down entry capability at 8:00 pm, Tuesday, February 23rd.**
- All submitted times must be times achieved in meets held this season.
- **Entry time for the 1650 will be a 1650 time.**
- Relay swimmer's names should be included with the Direct Athletics Online Entries. The rules allow for these names to be changed up until the official start of each race.
- All **diver's** names and event # must be included with each team's entries using Direct Athletics online entry by the entry deadline. **Women will enter event #41, Men will enter event #42.**

Rules: All events are subject to NCAA Rules.

500 Free: See info on event sheet (Max of 7 heats per gender) all not qualifying will be allowed to enter another event.

1650 Free: See info on event sheet (max of 4 heats per gender) all not qualifying will be allowed to enter another event.

Entries: An institution may enter an unlimited number of contestants in each individual event. Each competitor may compete in a maximum of five (5) individual events and four (4) relays. Teams may swim a maximum of **two relays in each event except in the 800 free relay where there will be only one team allowed per school.**

Scoring: NCAA Championship Meet Scoring to 16 places:
Individual events (including diving): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
Relays: 40-34-32-30-28-26-24-22 (only one relay from each school may score).

Awards: Awards will be given to the champion in each event.

Trainer: An Athletic Trainer will be on duty throughout the meet.

Parking: Will be available in lot's D2 and D3 (lots next to pool) **for school vans only** on Friday. Any person driving their individual cars on Friday must park in the parking meters along

Temple Ave. (.25/20min.) or purchase a daily permit for \$2.00 near the "R" lot (across the street from the pool). Saturday parking for all cars is available near pool.

Vendor: There will be vendor on deck during the swimming portion of the meet.

Concession: A concession stand will also be available throughout the meet.