



2025 MT. SAC H.S. SWIMMING & DIVING SPRING MEET OF CHAMPIONS
FRIDAY - SATURDAY APRIL 11-12, 2025

Presented by **MultiMediaLED®**
Spectacular Displays

MEET SCHEDULE:

FRIDAY: VARSITY PRELIMS

11:30 AM	Facility open and warm up begins
12:45 PM	Coaches meeting (breezeway near starters table)
1:30 PM	Swimming competition begins
6:30 PM	Apprx. End time

SATURDAY: JV/OPEN TIMED FINALS (Morning) VARSITY FINALS (Afternoon)



6:30 AM	Facility open/warm-up begins
7:15 AM	Coaches meeting (breezeway near starters table)
8:00 AM	JV/OPEN timed finals begin
8:00 am	Diving Pool Open for Varsity Diving (see diving attachment for details)
10:00 AM	Competition begins: Diving.
12:30 PM	Apprx end time and competition pool available for varsity warm-up
12:30 PM	Diving coaches meeting at score table near diving boards
2:15 PM	Swimming coaches meeting by starters area
3:00 PM	Varsity finals session begins Swimming
7:00 PM	Apprx end time

DEFINITIONS:

Varsity:

Elite level teams wishing to participate in the Varsity division. Will compete in Prelims session on Friday, the Top 27 swimmers advance to the Finals session held on Saturday starting at 3:00 pm. Teams entered in this division will earn points towards Varsity scoring. Awards will be earned in this division (top 10 individual and 3 relays). There are entry standards for all events in this portion of the meet (except relays, and 50 and 100 FR). **Times earned here can be used for CIF qualification purposes.**

JV/OPEN:

The OPEN portion is relatively new and is being formalized this year. This meet is for Junior varsity and other varsity teams that do not feel they would be as competitive in the elite division. This is a Timed Finals session (one swim only per event). There is no chance to qualify for the Saturday Finals session from this session. Awards will be earned in this division (top 3 individual and 1st relay). **Times swum in this session can be used for CIF qualification purposes.**

Example: in the past we have seen teams from CIF D4 take advantage of this division. There are NO entry standards in this portion of the meet.

EVENT FORMAT AND GENERAL MEET INFORMATION:

J.V./OPEN EVENTS (SAT MORNING)		
Girl's Event #	Event	Boy's Event #
1	200 Med Relay	2
5	200 Free	6
9	200 IM	10
13	50 Free	14
17	100 Fly	18
21	100 Free	22
NO 500 FREE		
27	200 Free Relay	28
31	100 Back	32
35	100 Breast	36
39	400 Free Relay	40

VARSITY EVENTS				
ENTRY TIME MIN.	Girl's EV #	Event	Boy's EV #	ENTRY TIME MIN.
NA	3	200 Med Relay	4	NA
2:25.00	7	200 Free	8	2:12.00
3:00.00	11	200 IM	12	2:30.00
NA	15	50 Free	16	NA
NA	115	Inclusive 50 FR Finals session only Deck entry	116	NA
		10 Min Break Finals session only		
1:25.00	19	100 Fly	20	1:10.00
NA	23	100 Free	24	NA
Top 72	25	500 Free	26	Top 72
NA	29	200 Free Relay	30	NA
1:20.00	33	100 Back	34	1:10.00
1:30.00	37	100 Breast	38	1:15.00
NA	41	400 Free Relay	42	NA
NA	43	DIVING	44	NA

Entry time min standard means in order to swim this event at this session, you must have an entry time equal to or faster than the standard listed.

COST/ENTRY FEE:

\$500.00	All levels (4 teams - JV B&G, VARS/B&G)
\$300.00	2 levels one gender (ex. JVG and VG)
\$300.00	1 level boys and girls (VB and VG or JVB and JVG).
\$200.00	One level, one gender (ex. VB or VG only)
\$40.00	Per individual swimmer (best for small teams ie. 4 swimmers or less on a team)

ALL CHECKS ARE TO BE MADE OUT TO AND MAILED TO:

MT. SAC SWIMMING
1100 N. GRAND AVE.
WALNUT CA 91789

OK to bring to meet: **IF MAILING:** PLEASE MAKE ATTN: MARC RUH

New Option: Pay by Credit Card

All payments must be received prior to the start of the meet.



ENTRIES:

All **swimming entries** are to be done via www.swimmeetmaker.com all entries should be completed online and **before 11:45 pm on Tuesday March 8th**. No late entries will be accepted!

USS Swimmers: it is the coaches responsibility to enter each swimmers **USS #** in swimmeetmaker at the time of entry. The meet staff will NOT do this for you.

All **diving entries** are to be done via www.divemeets.com - Please also remember to enter your divers on your [official Swimmeetmaker.com website](http://www.swimmeetmaker.com) as well. All entries should be completed online and **before 11:45 pm on Tuesday April 8th**. No late entries will be accepted!

Our diving meet director will be Rob McClellan. He can be reached at mmclellan@mtsac.edu (see diving meet attachment for more details)

To ensure entry accuracy, please assign only one coach to be "responsible" for all team entries. We will post a psych sheet on Wednesday after the entry deadline (TO www.mtsacathletics.com/aquatics and **Hy-Tek meetmobile App**). It will be the responsibility of the coach to alert the meet manager (via e-mail: mruh@mtsac.edu) of any problems resulting from the entry process prior to the program being printed on Thursday at 9:00 am. (see below)

ENTRY SCHEDULE:

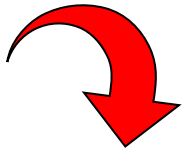
ENTRY DEADLINE (Swim and Dive)	11:45 PM TUESDAY APRIL 8 TH
PSYCH SHEET POSTED	WEDNESDAY AFTERNOON (via www.mtsacathletics.com/aquatics and Hy-Tek meetmobile App)
PROBLEMS/CORRECTIONS	MUST BE DONE BY THURSDAY 9:00 AM
FINAL PROGRAM	POSTED THURSDAY BY 1:00 PM

ENTRY LIMITS:

Normal CIF rules apply to entry limits per swimmer: total of 4 events, max 2 individual

Varsity	Coaches may enter a max. Of 6 entrants per event
JV/Open	Coaches may enter a max. Of 6 entrants per event ...except in the JV. 50 and JV/OPEN 100 free where you may enter 9 swimmers.
Relays:	
JV/Open	Will be swum in the morning timed finals session
Varsity	Will be swum in the finals session only (on Saturday afternoon)

READ THIS!



RELAYS ENTRY LIMITS:

1 relay team per school per event

Teams traveling more than 100 miles to the event may enter a non-scoring "B" relay by entering those teams on the swimmeetmaker.com site. If not able to complete that process, please notify swimmeetmaker.com administrator by clicking on the "contact us" button on the site.

500 FREE:

Coaches: if you are entering an athlete in the 500 free, please be certain they intend to swim the event. We do not want scratches in this event. If you scratch a swimmer after the event becomes final, it will be highly frowned upon.

- there will be a maximum of **8** heats allowed in varsity boys, and **8** heats in varsity girls (**5** in prelims, 3 finals ea.)
- The fastest **3** heats will be swum in the FINALS session. The slowest 5 heats will be swum in PRELIMS – from slowest to fastest). THIS IS A TIMED FINAL EVENT.
- All other heats will be swum in prelims session.
- If your swimmer does not make the "cut off" time (top **72** entered times), you will be able to select a new event for that swimmer prior to the printing of the event program (9:00 am Thursday). **No JV 500 free.**

ENTRY TIMES:

In order to enter an event with an entry time limit, you must have achieved that time. Please no guessing or entering someone in that event not capable of achieving that entry time. See list of events for entry times. There are no entry time limits for JV/Open (Saturday morning).

USS Swimmers:

All results will be sent to So Cal Swimming for entry into their system on the Monday after the conclusion of the meet. **Your swimmer must have been entered into the meet with their USS # attached to their name (in swimmeetmaker.com). THIS MUST BE DONE AT THE TIME OF MEET ENTRY. THE MEET STAFF WILL NO LONGER DO THIS FOR YOU** (too many mistakes and too time consuming). This is the team coaches responsibility to get this completed. From what I have been told, The results generally take a few weeks to be confirmed and uploaded into the USS system. Mt. SAC has no input or influence over that system.

SCORING:

The top 27 swimmers will return in each event for varsity finals (to be swum on saturday) and will score for their team. The top 27 will score for JV/OPEN. The top 27 will score in diving events.

AWARDS:

INDIVIDUAL AWARDS: Varsity Champion in each individual event will receive a special chenille patch
Varsity Place 2-10 individual events will receive a commemorative medal with neck ribbon.
Varsity Relay Champions receive a special chenille patch
Varsity Relays place 2-3 receive a commemorative medal with neck ribbon
JV/Open Individual events place 1-3 receive a commemorative medal with neck ribbon
JV/Open Relays place 1 will receive a commemorative medal with neck ribbon.

TEAM AWARDS:

Team 1-3 place in Varsity receives a special team banner

Combined (Boys and Girls) Varsity Champions receives a special banner.

JV/Open division place 1-3 boys and girls receive a team plaque

Your team will not be given their awards if you have not made proper meet entry payments, or made arrangements with event management.

RESULTS:

All results will be posted live on the HyTek MeetMobile App, and on SwimMeetMaker.com (at conclusion of meet).

All Diving results will be posted on www.divemeets.com. Results may also be posted on SwimCloud.com (after the conclusion of the meet).

PARKING:

The best options for parking at our new facility will be the **gateway parking structure** (located just west of the pool – there is a walkway from level 3 directly to the pool area), or in the **champions structure** lower level (located just south of the pool area ON BONITA WAY) **with the purchase of a parking permit (available in all lots for \$5.00/day)**. Parking regulations are in effect 24/7. [See parking map](#) for details.

All Bus drop-offs and pick-ups will be in the F parking lot (located just north of Temple Ave. and the pool. Buses will drop student athletes off at the far north-east end of that lot (please follow arrows).

Student athletes will then walk through the tunnel (under Temple Ave) then around the gym to the pool area. It is a very short walk.

All buses will be able to remain parked in that area, or leave and return to that spot for pick up.

NO BUS DROP-OFF OR PICK-UP BY THE POOL – MUST BE DONE IN THE F PARKING LOT.

FACILITY:

Two 9 lane competition pools swimming into bulkhead (North course for the GIRLS, and South course for the BOYS – in PRELIMS). Omega electronic timing system and 2 full color *Multimedia LED®* scoreboards for the swimming competition and 1 full color board for the diving pool. 13 x 25 yd warm-up lanes will be available throughout meet in the diving pool (prelims day) and 17 x 25 yd warm up lanes will be available for finals. Seating for 2500 on stadium seating above deck and covered. Coaches seating available on the east side of the competition area above the deck. Shade/rain coverage will be provided for coaches and spectators throughout the meet. We will block off that area for coaches only, we will provide tables for the rows closest to the rail. Drink Rails/Work surfaces will also be available for coaches overlooking both competition courses.

Coaches will be allowed on deck, but no coaches seating will be allowed on deck.

Thank you for your cooperation with this. We think you will find more than acceptable.

CANOPIES:

All team canopies should be placed on grass areas in or around the facility (not blocking walkways). Teams are welcome to sit inside in the bleacher area without canopies.

ADMISSION:

Admission is FREE to all spectators.

PROGRAMS:

Official programs will be available at the meet for coaches in their coaching packets. Meet information will be available on the following sites: Hy-Tek meetmobile app,

VENDOR:

There will be a vendor on site for the meet that will sell official event merchandise as well as to take care of your team and individual swim wear needs. There will be various other vendors on site as well.

COACHES HOSPITALITY:

Pinpoint industries® will be on site to provide coaches hospitality throughout the meet in our VIP lounge located on the 2nd level where the bridge connects to the gym on the north-east corner of the pool 2nd level. Customer service is their specialty, and I am sure you will feel well taken care of at the meet.

CONCESSIONS:

A concession stand will be available throughout the meet with hot and cold food as well as some healthy choices for snacks. The concession stand is located on the second level, gym side of the pool.

QUESTIONS:

Feel free to contact Marc Ruh at mruh@mtsac.edu or (951) 237-2301 (text ok) or Lani Ruh at ruhpolo@aol.com with any questions you may have regarding the meet.

COACHES, PLEASE REMEMBER:

The quality of this meet depends upon your accuracy in the entry process. Please make sure you pay very close attention to the times you are entering and to the entry time standards and limits (see above).

If you know one of your varsity swimmers will not be able to return for the Finals session, please notify the event manager **prior to the conclusion of the Friday Prelims session (or enter that swimmer as an “exhibition” swimmer in the entry process. They will be seeded normally, just not advanced into the finals session).** That way we can post accurate results and finals lists to the website.

We will be swimming and scoring an “A”, “B” and “C” final on Saturday for Varsity, that means the **top 27 swimmers in each event will return and score for your team.** We will also score the top 27 in each event for the JV/Open timed finals session on Saturday morning.





April 12, 2025

UPDATED DIVING EVENT INFORMATION:

SATURDAY: Diving Event



8:00 AM	Diving Pool Open for Varsity Diving (see diving attachment for details)
9:00 AM	Diving coaches meeting at score table near diving boards
10:00 AM	Diving Competition begins:
	Girls first, followed by 1 hr of W/U for Boys. Boys to start apprx 3:00 pm
3:00 PM	Varsity Swimming Finals session begins
7:00 PM	Apprx end time

All diving entries are to be done via <http://www.divemeets.com/> All entries should be completed online and before 11:45 pm on Tuesday March 11th. No late entries will be accepted. Divers also need to be entered on the teams swimmeetmaker entry system by their school as well or they will NOT be allowed to dive.

Our diving meet director will be **Rob McClellan**. He can be reached at mmclellan@mtsac.edu

To ensure accuracy, please double check your entries on divemeets.com and have your swim coach confirm diving entry on the HyTek MeetMobile App. A copy of the psych sheets will also be e-mailed to the head swim coach assigned in SMM

SCHEDULE:	ENTRY DEADLINE (swim and Dive)	11:45 PM TUESDAY MARCH 11 TH
	PSYCH SHEET POSTED	WEDNESDAY AFTERNOON (via Hy-Tek MeetMobile App and www.mtsacathletics.com/aquatics)
	PROBLEMS/CORRECTIONS	MUST BE DONE BY THURSDAY 9:00 AM

HOW THE EVENT WILL BE RUN:

- 11 Dives on 1M, 3M, or combination of boards
- We will conduct separate events
 - Open warm up (boys and girls) may warm up between **8:00 am – 9:00 am**
 - **GIRLS will start at 10:00 AM** (warm up open at 8:00 AM)
 - **BOYS will start at 3:00 pm or 1 hour after the conclusion of the GIRLS competition.** (warm up immediately following the conclusion of the GIRLS event or apprx 2:00 pm. BOYS may also warm up from 8:00 am -9:00 am during open warm up time.
- We will follow **Rule 9, Section 4, Art. 1 on p. 79** of the NFHS SWIMMING & DIVING RULE BOOK
- Each school may enter a **MAX OF 6 DIVERS** (which is consistent with our swimming entry limits)
- We will follow **CIF RULES FOR PARTICIPANT ATTENDANCE:** an athlete must be accompanied by a coach or certificated district employee or certified adult (as determined by the school – private schools)

COST/ENTRY FEE:

\$40.00

Per individual diver, **if not attending with a participating team**, Any diver attending as a member of a participating team will not have to pay a separate entry fee. **SEE ABOVE FOR PARTICIPATION RULES.**

ALL CHECKS ARE TO BE MADE OUT TO AND MAILED TO:

MT. SAC SWIMMING
1100 N. GRAND AVE.
WALNUT CA 91789

OK to bring to meet: **IF MAILING:** PLEASE MAKE ATTN: MARC RUH



NEW!

New Option: Pay by Credit Card at



All payments must be received prior to the start of the meet.



PARKING:

The best options for parking at our new facility will be the **GATEWAY PARKING STRUCTURE** (located just west of the pool, there is a bridge from the 3rd floor across Bonita Way to the pool area), or in the **CHAMPIONS STRUCTURE LOWER LEVEL** (located just south of the pool area ON BONITA WAY) **WITH THE PURCHASE OF A PARKING PERMIT (AVAILABLE IN ALL LOTS FOR \$5.00/DAY)**. Parking regulations are in effect 24/7. [SEE PARKING MAP](#) for details. Buses may drop off near the pool (at the turn around) and then park in the F Parking lot located just north of the pool on the north side of Temple Ave.

SCORING:

We score to 27 places

These scores will be added to the team totals at the end of the meet.

AWARDS:

INDIVIDUAL AWARDS:

Varsity Champion in each individual event will receive a special chenille patch

Varsity Place 2-10 individual events will receive a commemorative medal with neck ribbon.

Varsity Relay Champions receive a special chenille patch

Varsity Relays place 2-3 receive a commemorative medal with neck ribbon

JV/Open Individual events place 1-3 receive a commemorative medal with neck ribbon

JV/Open Relays place 1 will receive a commemorative medal with neck ribbon.

RESULTS:

All Diving results will be posted on www.divemeets.com

FACILITY:

Mountie Aquatics Center

Located on the Southeast corner of Temple Ave and Bonita Way.

30M Diving specific pool with two 1M and two 3M boards

A hot tub and hot showers are available on deck near the diving boards.

A 9' X 16' MultiMediaLED® scoreboard is designated for the diving pool

CANOPIES:

All canopies should be placed on grass areas in or around the facility (not blocking walkways) Teams are welcome to sit inside in bleacher areas without canopies.

For diving, there is a grass area located near the diving boards, canopies are welcome in that area.

There is also diving specific seating for 165 on permanent bleachers at the diving pool.

The diving facility has great viewing from many areas located around the complex

ADMISSION:

Admission is free to all spectators

VENDOR:

There will be a vendor on site for the meet that will sell official event merchandise as well as to take care of your team and individual swim wear needs. There will be various other vendors on site as well.

COACHES HOSPITALITY:

PINPOINT INDUSTRIES® will be on site to provide coaches hospitality throughout the meet located on the 2nd floor where the bridge connects to the gym and pool on the north side of the pool. Customer service is their specialty, and I am sure you will feel well taken care of at the meet.

CONCESSIONS:

Concessions will be available throughout the meet with hot and cold food as well as some healthy options for snacks. The concessions stand is located on the 2nd level on the gym side of the pool.

QUESTIONS:

Feel free to contact Marc Ruh at mruh@mtsac.edu OR (951) 237-2301 (text ok) with any questions you may have regarding the meet.





CONTRACT FOR ATHLETIC CONTESTS

This contract may be used in arranging non-league and tournament interscholastic athletic contests. Regular league schedules are official and binding on said league members and do not require individual contract. Please refer to Blue Book rules 150-153.

This **CONTRACT** is made and subscribed to by the principals and athletic administrators of

Mt. Sac and Glendora High School and _____ High School
for Boys and Girls contests in Swimming Invite - Spring Meet of Champs to be played as follows:
(Boys' or Girls') (Name of Sport)

LEVEL	SITE	DATE	STARTING TIME
Varsity	<u>Mt. Sac</u>	<u>Fri.4/11 - Sat.4/12/25</u>	<u>Fri.1:30pm - Sat.3:00pm</u>
Jr. Varsity	<u>Mt. Sac</u>	<u>Sat.4/12/25</u>	<u>8:00am</u>
Soph	_____	_____	_____
Frosh	_____	_____	_____
Frosh-Soph	_____	_____	_____

REMARKS: Please send contract and Entry fee to Mt. Sac. Checks made out and mailed to Mt.Sac Swimming
100 N. Grand Ave, Walnut, Ca. 91789. Ok to bring to Meet. If mailing please make Attn: Marc Ruh

FINANCIAL ARRANGEMENTS

A. General Admission	\$ _____	F. Faculty Passes honored Both Schools	_____
B. Home Students WITH ASB Cards	\$ _____	G. Advance Sale Permitted	_____
C. Visiting Students WITH ASB Cards	\$ _____	H. Visiting Band in Uniform Admitted Free	_____
D. Student (Both Schools) WITHOUT ASB Cards	\$ _____	With Advisor	_____
E. Children Admission	\$ _____	I. Visiting Pep Squads Admitted Free	_____
		With Advisor	_____

ADDITIONAL FINANCIAL TERMS: \$500 (All levels), \$300 (2 levels, 1 Gender), \$200 (1 level, 1 Gender)
\$40 (per Individual Swimmer w/o team)

MEDICAL RESPONSIBILITY: _____

OTHER ARRANGEMENTS: ALL ENTRIES ARE TO BE DONE VIA www.swimmeetmaker.com ALL ENTRIES
SHOULD BE COMPLETED BEFORE 11:45, 4/8/25. NO LATE ENTRIES WILL BE
Return to **HOST SCHOOL** by: ACCEPTED !

All contests must be played under the regulations and rulings of the California Interscholastic Federation and the Southern Section of which the contracting schools are members. These regulations and rulings are a part of this contract. Use back side of form for additional comments.

HOST SCHOOL INFORMATION		VISITING SCHOOL INFORMATION	
School Name	<u>Mt.Sac - Glendora HS</u>	School Name	_____
School Address	<u>1100 N. Grand, Walnut, Ca. 91789</u>	School Address	_____
School Phone Number	<u>(951) 237-2301 Marc Ruh</u>	School Phone Number	_____
School Fax Number	_____	School Fax Number	_____
Host School Principal's Signature		Visiting School Principal's Signature	
Host School Athletic Administrator's Signature		Visiting School Athletic Administrator's Signature	
Date: _____		Date: _____	
Host A.D. Email Address _____		Visiting A.D. Email Address _____	
Host A.D. Cell Phone # _____		Visiting A.D. Cell Phone # _____	

NOTE: All contracts to be valid must be signed by the principal and the athletic administrator at each school. When the principal and athletic administrator of one of the contracting schools is new to the school, he should be notified of existing contracts before the beginning of the season.

HOST SCHOOL SHOULD BE LAST TO SIGN

Revised 8/15