

# MVN MASTERS INTRASQUAD

## SHORT COURSE MVN CHAMPIONSHIP SWIM MEET

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc

Date of Meet: May 1 & 2, 2021



- 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 the first driveway. Swim parking lot is across from the tennis courts with the exit being at upper level. Do not park in reserved tennis spots.
- COURSE:** Competition pool is outdoors, 50 meters x 25 yards with adjacent eight-lane 25-yard warm-up pool. The length of the competition course without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration. Colorado Timing will be used.
- WARM UP RULES:** USMS Swimming warm-up policies will be enforced by SPMS Swimming Officials. There will be NO DIVING into the pool during these times except into the designated sprint lane(s). All swimmers must slide in entries into the pool for warm up, no jumping or diving in. One swimmer per lane, enter one side, exit opposite side.
- MEET REFEREE:** Meet referee shall oversee the meet. Any questions regarding the conduct of the meet should be made directly to Paul Szuszkiewicz at [pszs@hotmail.com](mailto:pszs@hotmail.com).
- SPECIAL NOTICE:** This is an intrasquad meet open only to swimmers that are USMS registered members of MVN and current MVN club members. **All swimmers must complete the the USMS Covid-19 Liability Waiver and the COVID-19 Attendee Screening prior to competition.** Swimmers may swim a maximum of SIX individual events per day and a total of 10 individual's events at the meet. ALL EVENTS WILL BE SWUM SLOWEST TO FASTEST. **LIMITED 40 SWIMMERS PER SESSION.**
- RULES:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will oversee the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Each swimmer may swim in two sessions max and a total of 6 individual events each day and a total of 10 individual events for the meet.
- DECK CHANGING:** Deck Changing is prohibited.
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2021 USMS registered to MVN and current MVN club members. NO ON DECK ENTRIES. Age on May 1, 2021 determines age group for the meet. You must be at least 18 to compete.
- ENTRY FEE:** \$30 1st session, \$50 for 2 sessions. NO REFUNDS will be issued. No charge for relays.

**SNACK BAR:** Snack Bar will NOT be available.

**QUESTIONS:** Meet Director, Mark Moore, [mvnswimcoach@gmail.com](mailto:mvnswimcoach@gmail.com)

**ADMIN REFEREE:** Saturday: Judi Divan, [divanj@cox.net](mailto:divanj@cox.net)

**ADMIN REFEREE:** Sunday: Julie Fredricks [fredies6@hotmail.com](mailto:fredies6@hotmail.com)

### **Documents to be completed at the meet**

[USMS Covid-19 Liability Waiver](#)

[COVID-19 Attendee Screening Form](#)

## **ORDER OF EVENTS**

### **Session 1**

**Saturday, May 1, 2021**

**Warm-up at 3:00 PM**

**Start at 4:00 PM**

1650 Free

1000 Free

400 IM

200 Fly

200 Back

200 Breast

200 Free

200 IM

500 Free

4 x 200 Free Relay (M, F)

4 x 50 Medley Relay (Mixed)

4 x 100 Free Relay (M, F)

4 x 50 Free Relay (Mixed)

4 x 100 Medley Relay (M, F)

### **Session 2**

**Sunday, May 2, 2021**

**Warm-up at 7:00 AM**

**Start at 8:00 AM**

200 Free

50 Back

100 Fly

200 Breast

50 Free

100 Back

200 Fly

50 Breast

100 Free

200 Back

50 Fly

100 Breast

100 IM

4 x 200 Free Relay (Mixed)

4 x 50 Medley Relay (M, F)

4 x 100 Free Relay (Mixed)

4 x 50 Free Relay (M, F)

4 x 100 Medley Relay (Mixed)

At least 10 minutes between each event.

In session 1, 200's may be combined based upon the number of swimmers in each event.