



# MVN MASTERS INTRASQUAD

## SHORT COURSE PENTATHLON/DISTANCE MEET

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc

Date of Meet: March 14, 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 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 is in compliance 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 USA/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:** Paul Szuszkiewicz shall oversee the meet. Any questions regarding the conduct of the meet should be made directly [pszs@hotmai.com](mailto:pszs@hotmai.com)
- SPECIAL NOTICE:** This is an intrasquad meet open only to swimmers that are registered/members to MVN. **All swimmers must complete the following the USMS Covid-19 Liability Waiver and the COVID-19 Attendee Screening prior to competition.** Swimmers may swim a maximum of SIX events. per day. 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 events.
- DECK CHANGES:** Deck Changes are prohibited.
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2021 USMS registered to MVN. NO ON DECK ENTRIES. Age on MARCH 14, 2021 determines age group for the meet. You must be at least 18 to compete.
- ENTRY FEE:** \$30 per session. NO REFUNDS will be issued.
- SNACK BAR:** Snack will NOT be available.
- QUESTIONS:** Meet Director, Mark Moore, [mvnswimcoach@gmail.com](mailto:mvnswimcoach@gmail.com)
- MEET ADMIN:** 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: Meet starts at 8:30 w/u at 7:30**

Up to 40 swimmers; 10 minute break between events

50 fly

50 back

50 breast

50 free

100 IM

### **Session 2: Meet starts at 10:00 w/u at 9:00 during first session**

Up to 40 swimmers; 10 minute break between events

1650 free

1000 free

200 mixed events

### **Session 3: Meet starts at 11:30 (or 20 minutes after conclusion of 2nd session) with warm up starting at 10:00**

Up to 40 swimmers; 10 minute break between events

50 fly

50 back

50 breast

50 free

100 IM

**NOTE: USMS rules state one can swim in 6 events per day so one can enter the Pentathlon and then one of the distance events in session 3.**

