



Southern Pacific Masters and Southwest Zone Summer Swimming Championships August 12-14, 2022

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 332-S014

Facility Marguerite Aquatic Complex is an outdoor 50 meter by 25 yard competition pool located at 27474 Casta Del Sol, Mission Viejo, CA 92692. 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 107.2.1.

Timing: The primary timing system will be fully automatic. Colorado timing will be used and two timers per lane will be provided. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

Directions Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn into the first driveway for pool parking. No parking in reserved tennis spots or YMCA lot. Street parking on Marguerite is available between marked and posted signs.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All swimmers must be registered with USMS for 2022 or FINA equivalents. Age on December 31, 2022, determines age group for the meet. You must be at least 18 on August 12, 2022, to compete.

Deck Changes: Deck Changes are now prohibited during ALL MEETS at the Marguerite Aquatic Center Facility.

Warm-up: USMS warm-up policies will be enforced by the officials and deck marshals. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: Online entries completed by 11:59PM on Friday July 29 are a flat \$60.00 entry fee. Add a \$10.00 late fee for all entries completed July 30 through 11:59PM August 4. Swimmers are limited to entering a total of 8 individual events for the entire meet and no more than 5 individual events per day. **If the meet is deemed too large, the 8th event will be dropped.** Indicate your 8th event on your entry form. There will be no refunds. **No deck entries will be allowed.**

Disability Swimmers: Disability swimmers are welcome. Please notify the meet director and meet referee, prior to the competition, of any disability and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

Relays: Relays may be deck entered or entered on-line. Relay team entries for coaches will be available August 5, 2022 at 1:00PM. On-line relay team entry will also be available at the pool every day of the meet. Relay only swimmers may enter for a \$20.00 fee and must sign a consolidated entry card. Relay entries are \$12.00 per relay, and there is no limit on the number of relays a swimmer may swim, **but swimmers may swim only one relay per relay event.**

Seeding: All events will be seeded and swum slowest to fastest, **except the 800M, and 1500M Freestyle which will be swum fastest to slowest.** Men and women will be seeded together for the 400M, 800M and 1500M Freestyle events and the 400M Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by sex and age group. The 1500M Freestyle may be limited to the first 60 entries at the discretion of the meet director. **Swimmers may swim both the 800M and 1500M Freestyle Events.**

Check-in: Positive check-in is required for all events 400 meters or longer. Check-in closes Friday at 9:00AM for the 1500m Freestyle (Events #1-2) and 10:00AM for the 400M Individual Medley (Events #3-4), Saturday at 7:45AM for the 400M Freestyle (Events #8-9), and Sunday at 7:45AM for the 800M Freestyle (Events #28-29).

Awards: Individual: SPMS Medals for places 1 to 3, and SPMS Ribbons for places 4 to 6 for each age group and sex. Relays: SPMS medals for 1st place, SPMS Ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top six teams, based on combined scoring for men and women, individual events plus relays.

On-Line Registration: To register online, go to <https://www.spmasterswim.org/meet-schedule> and click on 2022 SPMS/SW Zone Championships.

Snack Bar: Limited hot and cold food will be available.

Questions Meet Director, Mark Moore, 949-233-6521, mvnswimcoach@gmail.com

Meet Referee: Joyce Phelps

Meet Admin: Judi Divan

NOTICE: All local, city, county, and state COVID-19 safety mandates at the time of the meet will be strictly followed. This includes mandates on masks, gathering sizes/capacity limits, and spectators for events at the pool facility. If necessary, we will adjust the meet to adhere to these mandates per our Safety Plan.

ORDER OF EVENTS

Friday August 12th (10:00 AM Start)

Warm-up 9:00 AM

- 1-2. Mixed 1500M Freestyle
- 3-4. Mixed 400M Individual Medley
- 5-7. W, M, X, 400M Medley Relay

Saturday August 13th (8:30 AM Start)

Warm-up 7:30 AM

- 8-9. Mixed 400M Freestyle
- 10. Women 200M Butterfly
- 11. Men 200M Butterfly
- 12. Women's 200M Medley Relay
- 13. Men's 200M Medley Relay
- 14. Women 50M Freestyle
- 15. Men 50M Freestyle
- 16. Women 200M Breaststroke
- 17. Men 200M Breaststroke
- 18. Mixed 200M Freestyle Relay
- 19. Women 100M Backstroke
- 20. Men 100M Backstroke
- 21. Women 50M Butterfly
- 22. Men 50M Butterfly
- 23. Women 50M Breaststroke
- 24. Men 50M Breaststroke
- 25-27. W, M, X, 800M Freestyle Relay

Sunday August 14th (8:30 AM Start)

Warm-up 7:30 AM

- 28-29. Mixed 800M Freestyle
- 30. Women 200M Backstroke
- 31. Men 200M Backstroke
- 32. Women's 200M Freestyle Relay
- 33. Men's 200M Freestyle Relay
- 34. Women 100M Freestyle
- 35. Men 100M Freestyle
- 36. Mixed 200M Medley Relay
- 37. Women 100M Butterfly
- 38. Men 100M Butterfly
- 39. Women 50M Backstroke
- 40. Men 50M Backstroke
- 41. Women 100M Breaststroke
- 42. Men 100M Breaststroke
- 43. Women 200M Free
- 44. Men 200M Free
- 45-47. W, M, X, 400M Freestyle Relay
- 48. Women 200M Individual Medley
- 49. Men 200M Individual Medley