



Saddleback College Aquatics Last Chance LCM Swim Meet Sunday, September 11, 2022

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #332-S015

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.

Facility: Saddleback College Aquatic Center is an outdoor 50 meter by 25 yard competition pool located at 28000 Marguerite Pkwy, 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 System: The primary timing system will be fully automatic. Colorado Timing will be used. Times from this competition will be eligible for world record, USMS record and Top 10 consideration.

Directions: From the I-5 freeway, exit at Avery Parkway in Mission Viejo and head East. Once you pass through Marguerite Parkway and up a small hill, you will enter the campus on your left. Turn right on Campus Drive East and follow it around to the athletic facilities. The pool will be on your left past the stadium.

Parking: Parking is available in lots 4 and 5B. Day parking permits can be purchased for \$5.00 at lot 4 parking permit machine.

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 be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2022, determines age group for the meet. You must be at least 18 years of age on September 11, 2022 to compete.

Warm-up: USMS warm-up policies will be enforced. There will be NO DIVING into the pool any time except into the designated sprint lane(s). Warm-up rules will be announced. Warm-up in the competition lanes will be available for one hour prior to the start of the meet. Additional warm-up lanes will be available.

Entries: All swimmers must be registered with USMS for 2022 or foreign equivalents. Early Entry Fee \$45.00 flat fee per swimmer. Early entry price closes Sunday, August 28th at 11:59pm. Late entries will be allowed for a flat fee of \$60.00. Entries close Wednesday September 7^h at 11:59pm. The 1500M Freestyle (Event #1) and the 400M Freestyle (Event #22) will be limited to three (3) heats.

NO DECK ENTRIES ALLOWED FOR INDIVIDUAL ENTRIES.

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.

Check-in: Check-in is required for all events 400 meters and longer. Check-in closes at 8:00 AM for Event #1 1500M Freestyle, 8:30 AM for Event #2 400M Individual Medley, and 11:00AM for Event #22 400M Freestyle.

Seeding: All events are timed finals and will be deck seeded slowest to fastest by entered time, ages and sexes combined.

Relays: All relays will be deck entered on SPMS relay forms. Relays are free. All relay swimmers must be entered in the meet. A swimmer may swim only ONE 200M Medley Relay (Event #s 7/8/9) and ONE 200M Freestyle Relay (Event #s 16/17/18).

Awards: Individual: Ribbons for places 1 to 3. Relay: Ribbons for 1st place.

Questions: Meet Director, Mark Moore, mmoore42@saddleback.edu

Meet Referee: Joyce Phelps, joyceyphelps@gmail.com

Meet Admin: Judi Divan, divanj@cox.net

Snack Bar: No snacks or food will be available for purchase. Hospitality for Officials, Volunteers, and Coaches will be provided.

Order of Events Sunday, September 11, 2022

Warm-up starts at 7:00 AM. Meet starts at 8:30 AM

EVENT #	EVENT
1	1500M* Freestyle (check-in required) *Entries limited to 3 heats max
2	400M Individual Medley (check-in required)
3	200M Freestyle
4	50M Butterfly
5	100M Backstroke
6	200M Breaststroke
7/8/9	200M Medley Relay (Men, Women, or Mixed) (Swimmers are limited to ONE Medley Relay)
10	200M Individual Medley
11	50M Breaststroke
12	100M Butterfly
13	200M Backstroke
14	100M Freestyle
15	50M Backstroke
16/17/18	200M Freestyle Relay (Men, Women, or Mixed) (Swimmers are limited to ONE Freestyle Relay)
19	100M Breaststroke
20	50M Freestyle
21	200M Butterfly
22	400M Free* (check-in required) *Entries limited to 3 heats max