



# Mission Viejo Nadadores Masters LCM Swim Meet

**Saturday & Sunday, May 27-28, 2023**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #333-S009

**Facility:** Mission Viejo Pool is an outdoor 50m by 25yd competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration. Colorado Timing will be used.

**Directions:** From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. No parking in reserved tennis spots or YMCA lot.

**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 on Saturday and a total of 5 individual events on Sunday not including relays. Age on December 31, 2023, determines age group for the meet. You must be at least 18 years of age on May 27<sup>th</sup> to compete.

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

**Entries:** All swimmers must be registered with USMS for 2023 or foreign equivalents. On-line entry fee is \$50.00, deadline is Wednesday, May 24, 2023, at 11:59 PM. Deck entries will be permitted for \$60.00. **Entries are limited to 4 heats for the 400m, 800m, and 1500m Freestyle Events.**

- Deck entries will close at 12:15PM on Saturday May 27<sup>th</sup> for Events #1 to #8 and #15.
- Deck entries will close at 8:15 AM on Sunday May 18<sup>th</sup> for Events #16 to #23.

**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.

**Seeding:** All events are timed finals and will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 400m, 800m, and 1500m Freestyle.

- Check-in closes at 12:15PM Saturday May 27<sup>th</sup> for Event #1 400m Free and #15 800m Free.
- Check-in closes at 8:15AM Sunday May 28<sup>th</sup> for Event #16 1500m Free.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$5.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$15.00 and a signed liability release must be submitted with the relay entry. **Swimmers may only swim on ONE relay for each: 400 Medley, 400 Free, 200 Medley, 200 Free.**

**Awards:** Individual: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Questions:** Meet Director, Mark Moore (949) 233-6521 [coachmark@mvnadadores.org](mailto:coachmark@mvnadadores.org)

**Meet Referee:** Paul Szuszkiewicz, [pszsz@hotmail.com](mailto:pszsz@hotmail.com)

**Meet Admin:** Judi Divan, [divanj@cox.net](mailto:divanj@cox.net)

**Snack Bar:** Hot and cold drinks, snacks, and food will be available for purchase.



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## LCM Swim Meet

Saturday & Sunday, May 27-28, 2023

### Saturday, May 27, 2023

Warm-up 12:00 PM Start 1:00 PM

1. 400m Freestyle (limited to 4 heats)
  2. 100m Backstroke
  3. 200m Butterfly
  4. 50m Breaststroke
- Five (5) min break-**
5. 200m Individual Medley
  6. 100m Freestyle
  7. 200m Breaststroke
  8. 50m Butterfly
  9. 10. 11. 400m Medley Relay (WMX) may only swim 1 relay
  12. 13. 14. 400m Freestyle Relay (WMX) may only swim 1 relay
  15. 800 Freestyle (limited to 4 heats)

### Sunday, May 28, 2023

Warm-up 7:30 AM Start 9:00 AM

16. 1500m Freestyle (limited to 4 heats)
  17. 100m Breaststroke
  18. 400m Individual Medley
  19. 50m Backstroke
  20. 200m Freestyle
- Five (5) min break-**
21. 50m Freestyle
  22. 200m Backstroke
  23. 100m Butterfly
  24. 25. 26. 200m Medley Relay (WMX) may only swim 1 relay
  27. 28. 29. 200m Freestyle Relay (WMX) may only swim 1 relay