



## 2023 Mission Viejo Nadadores Masters Short Course Meters Meet Sunday, October 1, 2023

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #333-S019

**Facility:** Mission Viejo Pool is an outdoor, 25-meter competition pool at the Marguerite Aquatic Center, 27474 Casa 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. There will be warm-up lanes available throughout the meet.

**Directions & Parking:** 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.

**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.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2023, determines age group for the meet. You must be at least 18 years of age on October 1<sup>st</sup> to compete.

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

**Entries:** \$50.00 per swimmer flat fee. Early entries close at 11:59 PM Pacific Time on Monday September 25, 2023. Late entries will be allowed for a flat fee of \$60.00 through Thursday, September 28, 2023 at 11:59 PM Pacific Time. Individual deck entries will be allowed for a flat fee of \$60.00 until 8:30AM Sunday October 1, 2023. Swimmers are limited to entering a total of 4 individual events.

**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 will be timed finals, seeded slowest to fastest, by entered time, ages and sexes combined.

**Check-in:** Check-in is not required to be seeded, except swimmers must check in to swim Event #1 400M Freestyle and Event #22 400M Individual Medley. Check-in closes for Event #1 400M Free at 8:00AM. **The 400M Free will be limited to 40 swimmers.**

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$20.00 and a signed liability waiver form must be completed online or submitted with the relay entry. Relay names, ages, and order of swimming must be declared to the head lane timer prior to start of the heat.

**A swimmer may swim only ONE 200M Freestyle Relay (Events #8, 9, 10) and ONE 200M Medley Relay (Events #12, 13, 14).**

Surprise 200M (4x50) Mystery Medley Relay (Event #23): Each relay will be composed of any 4 swimmers from the same club. The order of strokes will be assigned to each relay team right before the start of their heat.

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

**Snack Bar:** No snacks, and or food will be available for purchase.

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

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

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

## Order of Events

Warm-ups start at 7:30 AM

Meet starts at 8:30 AM

Meet is estimated to end at 3:00 PM

EVENT #	EVENT
1.	400 M Freestyle (check-in required)
2.	50 M Butterfly
3.	100 M Backstroke
4.	200 M Breaststroke
5.	50 M Freestyle
6.	100 M Butterfly
7.	200 M Backstroke
8 / 9 / 10.	200 M Freestyle Relay (Men, Women, Mixed)
11.	200 M Individual Medley
12 / 13 / 14.	200 M Medley Relay (Men, Women, Mixed)
15.	50 M Breaststroke
16.	100 M Individual Medley
17.	200 M Freestyle
18.	50 M Backstroke
19.	100 M Breaststroke
20.	200 M Butterfly
21.	100 M Freestyle
22.	400 M Individual Medley (check-in required)
23.	200 M SURPRISE MYSTERY MEDLEY Relay (4x50)* <i>*(Order of strokes will be assigned to each relay team right before start of their heat.)</i>