



Mission Viejo Nadadores Masters

SCY Swim Meet

Sunday, March 12, 2023

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #333-S003

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m 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 may be submitted for USMS records and Top 10 consideration."

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. All events are timed finals. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 12th, 2023, determines age group for the meet. You must be at least 18 years of age on March 12th to compete.

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

Entries: On-line entry fee is \$50.00, deadline is Wednesday, March 8, 2023, at 11:59 PM. Deck entries will be permitted for \$55.00. Deck entries will close at 7:45 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, 9:00 a.m. for the 1000 yd. Freestyle and 10:00 a.m. for all other events.

The 1000 yd. Freestyle may be limited to 4 heats at the discretion of the Meet Director.

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 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 500 yd. and 1000 yd. Freestyle and the 400 yd. Individual Medley.

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 \$10.00 and a signed liability release must be submitted with the relay entry.

A swimmer may swim only ONE 200yd Medley Relay (Events #8, #9, #10) and ONE 200yd Free Relay (Events #17, #18, #19).

BRING YOUR OWN FINS for Event #25 the Fun Fin Relay (4x50 yd).

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

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

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

Meet Referee: Paul Szuskiewicz, pszs@hotmail.com

Meet Admin: Judi Divan, divanj@cox.net

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Warm-up at 7:30 a.m.

Meet starts at 8:30 a.m.

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

Additional warm-up after 400 IM

Event #3 will start no earlier than 10:00 a.m.

3. 1000 yd Freestyle (check-in required)
4. 200 yd. Freestyle
5. 50 yd. Butterfly
6. 100 yd. Backstroke
7. 25 yd. Freestyle*
8. Women 200 yd. Medley Relay
9. Men 200 yd. Medley Relay
10. Mixed 200 yd. Medley Relay
11. 200 yd. Individual Medley
12. 50 yd. Breaststroke
13. 100 yd. Freestyle
14. 25 yd. Breaststroke*
15. 100 yd. Butterfly
16. 50 yd. Backstroke
17. Women 200 yd. Freestyle Relay
18. Men 200 yd. Freestyle Relay
19. Mixed 200 yd. Freestyle Relay
20. 25 yd. Butterfly*
21. 100 yd. Breaststroke
22. 50 yd. Freestyle
23. 25 yd. Backstroke*
24. 100 yd. Individual Medley
25. 200 yd. Fun Fin Relay (bring your own fins)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten considerations.**