

2023 Southern Pacific Masters & Southwest Zone Summer Swimming Championships

August 11-13, 2023



Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 333-S017

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 complies 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 2023 or FINA equivalents. Age on December 31, 2023, determines age group for the meet. You must be at least 18 on August 11, 2023, 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 28 are a flat \$60.00 entry fee. Add a \$10.00 late fee for all entries completed July 29 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. There will be no refunds. **No individual 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, 2023 at 1:00 PM. On-line relay team entry will also be

available at the pool every day of the meet. Relay only swimmers may enter either online or on-deck **prior to the start of Event #1** for a \$20.00 fee and must sign the waiver form. 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 800 Free Relay (Event #25, #26, or #27).**

Seeding: All events will be timed finals and will be seeded and swum slowest to fastest. 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 (Events #1 and #2) and 800M Freestyle (Events #28 and #29) may be limited to the FIRST 40 entries total 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 2023 SPMS/SW Zone Championships.

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

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

Meet Referee: Paul Szuszkiewicz, pszs@hotmail.com

Meet Admin: Judi Divan, divanj@cox.net

ORDER OF EVENTS

Friday August 11th (10:00 AM Start)

Warm-up 8:30 AM

- 1-2. Mixed 1500M Freestyle
- 3-4. Mixed 400M Individual Medley
5. Women's 400M Medley Relay
6. Men's 400M Medley Relay
7. Mixed 400M Freestyle Relay

Saturday August 12th (8:30 AM Start)

Warm-up 7:00 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. Women's 800M Free Relay
26. Men's 800M Free Relay
27. Mixed 800M Free Relay

Sunday August 13th (8:30 AM Start)

Warm-up 7:00 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 200M Individual Medley
40. Men 200M Individual Medley
41. Women 100M Breaststroke
42. Men 100M Breaststroke
43. Women 200M Free
44. Men 200M Free
45. Women 50 Backstroke
46. Men 50 Backstroke
47. Women's 400M Freestyle Relay
48. Men's 400M Freestyle Relay
49. Mixed 400M Medley Relay