



**2022 Mission Mile Open Water Swim  
Lake Mission Viejo  
Sunday, September 25, 2022  
Hosted by Mission Viejo Nadadores**



**This is a Dual-Sanctioned Open Water Event:** Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc. – USMS Sanction Number 332-W003. Held under the sanction of Southern California Swimming for USA Swimming – USA-S Sanction Number OW22-200

**DATE:** Sunday, September 25, 2022      **START TIME:** 9:00 AM

**LOCATION:** Lake Mission Viejo (North Beach) 22555 Olympiad Rd, Mission Viejo, CA 92692. From Interstate 5 Freeway EXIT at Alicia Pkwy. EAST on Alicia Pkwy to Marguerite Pkwy. LEFT on Marguerite Pkwy to Olympiad Rd. RIGHT on Olympiad Rd. North Beach Parking Lot Entrance will be on RIGHT.

**Lake Entrance Fee:** \$10.00 per car

**RACE DISTANCES:** 1-Mile, 800M, 400M (Each race distance will be limited to 300 participants.)

**RACE DAY TIMELINE: (Race Start Times are Subject to change)**

- 8:00 AM – Check-in opens on North Beach
- 8:00 AM – Warmup begins in designated area
- 8:45 AM – Mandatory Safety Meeting for 1 Mile Event
- 9:00 AM – 1-Mile first wave start (USA), then remaining waves start (USMS) (fast to slow)
- 9:45 AM – Mandatory Safety Meeting for 800m Event
- 10:00AM – 800M (11-14)
- 10:15AM – Mandatory Safety Meeting for 400m Event
- 10:30AM – 400M (10 & Under)

**COURSE MAP:** The 1-Mile, 800M, and 400M courses will be marked with colored buoys. Swimmers will swim in a clockwise direction on the out-and-back course keeping the center line of buoys on their right.

**STARTS/FINISH/TIMING:** The event will start on the beach approximately 20 feet from the water’s edge. The finish will be on the beach marked with flags through the chute. A chip timing system will be used. **Chips must be worn on the ankle and turned in at the end of your race.** There will be a charge of \$30 for lost/missing timing chips and straps.

**RULES:** The current USMS and USA Swimming open water rules will govern the Event as outlined in Part 3 of the USMS 2022 Rule Book and Part Seven of the USA Swimming 2022 Rules and Regulations Handbook. USA Swimming Rules 202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

**ELIGIBILITY:** All swimmers must be registered with USMS for 2022 or USA Swimming for 2022 or foreign equivalents. **You must bring a copy of your 2022 USMS card or USA Swimming card or foreign equivalent at check-in.** Age for USMS participants is Age as of December 31st, 2022. You must be 18 years of age on September 25, 2022 to compete.

Age for USA Swimming participants is Age as of September 25, 2022.

**Note: One Day USMS Event (OEV) registration membership and Single Meet USA Swimming membership will NOT be available.**

**Time Standards for USA-S Participants** (Note entry times will be used for race safety and course management and will NOT be run through the SWIMS database. See Safety/Time Limits)

DISTANCE	AGE	BOYS	GIRLS
<b>1500M</b>	15yrs & Over	18:59.09 (1500m A min.)	20:20.49 (1500m, A min.)
<b>800M</b>	13 to 14yrs	10:22.19 (800m A min.)	10:47.00 (800m A min.)
<b>800M</b>	11 to 12yrs	11:18.59 (800m A min.)	11:29.29 (800m A min.)
<b>400M</b>	10yrs & Under	5:59.49 (400m A min.)	6:05.39 (400m A min.)

**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.

**SAFETY/TIME LIMITS:** For safety reasons, participants should be adequately trained for competition. Previous experience is required, and participants should be able to swim a pool mile under 45 minutes. **Swimmers not completing the One-Mile race course in the required time of 45 mins will be removed from the course. Swimmers not completing the 800M or 400M courses in the required time of 30 mins will be removed from the course.**

A Safety Plan and General Safety and Thermal Plan for Warm/Cold Water Swims is on file. **Heat-retaining swimwear (e.g., wetsuits, neoprene suits) & neoprene swim caps will not be permitted if the water temperature of the lake is above 78°F**

**CONDITIONS:** Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and Lake Lifeguards will make this decision. **There will be no refunds.**

**SWIMWEAR:** No smart goggles, smart watches, fins, paddles, buoys, or other devices that assist with speed, pace, navigation, and/or buoyancy will be allowed. Swimwear shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. Wetsuits are permitted in the USMS Wetsuit Division, **if water temperature allows**, and will be scored separately. For USA-S participants, only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition

**ENTRY FEES:**

- One-Mile \$50.00 if received before midnight (Pacific Time) on Sunday, September 18, 2022. Late entry fee is \$60. **Entries officially close at 11:59PM (Pacific Time) Thursday September 22, 2022.**
- 800M/400M \$25.00 if received before midnight (Pacific Time) on Sunday, September 18, 2022. Late entry fee is \$30. **Entries officially close at 11:59PM (Pacific Time) Thursday September 22, 2022.**
- Fee includes refreshments, cap, and awards
- One-Event (OEVT) USMS registration membership will NOT be available. Single Meet USA Swimming membership will NOT be available.
- **No Day-of-Race entries will be allowed.**
- Mail-In Entries – You must submit a copy of your 2022 USMS card, 2022 USA-Swimming card, or foreign equivalent
- Incomplete entries will not be processed.
- ONLINE ENTRIES ARE PAID BY CREDIT CARD TO Mission Viejo Masters.

**AWARDS:**

**USMS Division** – Ribbons will be awarded to the top 6 Men & Women in each age group: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, (additional 5-year age groups as needed), and to the top 3 Men & Women in the Wetsuit Division.

**USA-S Division** – Ribbons will be awarded to the top 6 Boys and Girls in each age group division. Awards will be presented as soon as possible after the last swimmer has finished.

**RESULTS:** Results will be posted at <https://www.spmasterswim.org/open-water-results/> and [USMS.org](https://www.usms.org)

**RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, lake, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

For more information, please contact Mark Moore via email at [mvnswimcoach@gmail.com](mailto:mvnswimcoach@gmail.com) or via phone at [949-233-6521](tel:949-233-6521). More event information and on-line registration available at <https://www.spmasterswim.org/open-water-schedule/>

**Mark Moore, Meet Director  
Mission Viejo Nadadores  
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Mission Viejo, CA 92637  
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## **COVID-19 SAFETY PRECAUTIONS:**

### **Local Protocols & Requirements**

**NOTICE:** All local, city, county, and state COVID-19 safety mandates at the time of the event will be strictly followed. This includes mandates on masks, gathering sizes/capacity limits, and spectators for events at the beach venue. If necessary, we will adjust the event to adhere to these mandates per our Safety Plan.

### **Race Protocols**

Athlete areas to be marked off for bag storage  
Race meetings will be held in designated area with appropriate room to social distance  
Athletes are encouraged to arrive to the Lake wearing their racing suits.

### **Event Specific Protocols**

Meetings, check-in times, and other in-person gatherings will be staggered to avoid overcrowding.  
Athletes will be numbered using markers. Markers, hands and other exposed items will be sanitized between athletes.  
Athletes must wear a mask for the numbering process.  
Spectators must maintain social distancing. **Spectators are asked to only be on site for their athlete(s) races.**

### **Event Conduct Statement**

In applying for this sanctioned event, the Host, Mission Viejo Nadadores, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming and Southern California Swimming, Lake Mission Viejo and their partners, the State of California, and the City of Mission Viejo.

### **Assumption of Risk**

All athletes, coaches, parents, volunteers, and officials will sign the *Waiver of Liability Relating to Coronavirus/COVID-19*. The waiver information is included in this Meet Form.

### **USA Swimming Acknowledgement of Risk**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTHERN, CALIFORNIA SWIMMING, LAKE MISSION VIEJO, AND THEIR PARTNERS, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.