

Mission Viejo Nadadores SCY Swim Meet Sunday, January 12, 2020

Sanction by Southern Pacific Masters Swimming for USMS, Inc

Facility: Mission Viejo Pool is an outdoor, 25 yd. by 50 m competition pool at the Marguerite Aquatic Center, 27474 Casta 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 106.2.1. The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

Directions: . From the north or south, take the 1-5 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. There will be no parking in reserved tennis spaces.

Entries: The pre-entry postmark deadline is Wednesday, January 8th, 2020. Deck registration is permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 11:00 a.m. for all other events.

Age on January 12th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

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 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 \$15.00 and a signed liability release must be submitted with the relay entry. Swimmers may only swim one relay per event (may not swim the female + the mixed relay nor the male + the mixed relay). Once relays cards have been issued, no changes in age group are allowed.

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

Entry Fees: On line entries are preferred on Club Assistant. \$35.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

Checks payable to: Mission Viejo Nadadores (MVN) Mail consolidated entry card, a copy of your 2020 USMS card, and check to: Mission Viejo Nadadores -Mark Moore, 27474 Casta Del Sol, Unit 2, Mission Viejo, CA 92692

Snack Bar: Drinks and snack will be available

Questions: Meet Director, Mark Moore (949) 233-6521; mvnswimcoach@gmail.com

Admin: Alina de Armas alina@dearmas.co

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Order of Events

400 IM and 500 warm-up at 8:00 a.m.

500 starts at 9:00 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 11:00 a.m.
3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (men, women, or mixed)

8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Free Relay (men, women, or mixed)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke**
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

(*25 yd. events are not recognized by USMS and will not be submitted for TOP TEN)