



Mission Viejo Nadadores Masters LCM Swim Meet Sunday, May 19, 2024

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S0XX

Facility: Mission Viejo Pool is an outdoor, 25-yard. 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 complies and is on file with USMS per articles 105.1.7 and 106.2.1.

Timing System: The primary timing system will be fully automatic. Times may be submitted for world record, USMS record, and Top 10 consideration. Colorado Timing will be used.

Directions: From the north or south, take the I-5 Freeway to La Paz exit in Mission Viejo. Go east (away from the ocean) to Marguerite Parkway. Go left on Marguerite to Casta Del Sol, turn right onto Casta Del Sol, and turn right into the driveway for the pool parking. No parking in reserved tennis spots or the 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 oversee the meet. Any questions regarding the conduct of the meet should be directed to that person. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2024 determines the age group for the meet. You must be at least 18 years of age on May 19, 2024 to compete.

Warm-up: USMS Rules will be enforced. There will be NO DIVING into the pool at any time except into the designated dive lane(s). Warm-up in the competition lanes will be available for one hour prior to the start of the meet. Additional warm-up lanes will be available.

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

Entries: All swimmers must be registered with USMS for 2024 or foreign equivalents. Online entry fee is \$50.00 flat fee, the deadline is Wednesday, May 15, 2024, at 11:59 PM Pacific Time. Deck entries will be permitted for \$55.00. The 400M Freestyle will be limited to 32 swimmers. The 1500M Freestyle and 800M Freestyle will be limited to 24 swimmers each.

Deck entries will close at 8:00AM for Event #1 400M Freestyle, Event #2, 400M Individual Medley, and Event #3 1500M Freestyle.

Deck entries will close at 8:30AM for all other events.

Disability Swimmers: Disability swimmers are welcome. Please notify the meet director and the referee, before the competition, of any disability and the requested modification. The swimmer/coach shall provide any assistance (s) or equipment if required.

Seeding: All events will be timed finals and deck seeded slowest to fastest, by entered time, ages, and sexes combined. Check-in is not required to be deck-seeded, except swimmers must check in for all events 400M or longer.

Check-in closes at 8:00AM for Event #1 400M Freestyle, Event #2 400M Individual Medley, and Event #3 1500M Freestyle.

Check-in closes at 11:00AM for Event #23 800M Freestyle.

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 400M Medley Relay (Events #10, 11, 12) and ONE 400M Free Relay (Events #20, 21, 22).

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 Szuszkiewicz, pszs@hotmai.com

Meet Admin: Alexis Richardson

Sunday, May 19, 2024

Warm-up at 7:30AM

Meet starts at 8:30AM

EVENT #	EVENT
	<u>-SESSION ONE-</u>
1.	Mixed 400 M Freestyle (32 swimmers max)
2.	Mixed 400 M Individual Medley
3.	Mixed 1500 M Freestyle (24 swimmers max)
	<u>-SESSION TWO (begins no earlier than 10:00AM</u>
4.	Mixed 200 M Backstroke
5.	Mixed 50 M Butterfly
6.	Mixed 50 M Breaststroke
7.	Mixed 100 M Freestyle
8.	Mixed 200 M Butterfly
9.	Mixed 200 M Individual Medley
10/11/12.	400 M Medley Relay (Men, Women, Mixed)
13.	Mixed 50 M Freestyle
14.	Mixed 200 M Breaststroke
15.	Mixed 50 M Backstroke
16.	Mixed 100 M Butterfly
17.	Mixed 200 M Freestyle
18.	Mixed 100 M Breaststroke
19.	Mixed 100 M Backstroke
20/21/22.	400 M Freestyle Relay (Men, Women, Mixed)
23.	Mixed 800 M Freestyle (24 swimmers max)