

2019 Mission Viejo Nadadores Long Course Meet
Site of the USMS Summer Nationals
JUNE 2nd 2019

Sanctioned 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 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

Directions & Parking: 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.

Timing System: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2019, determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 6 individual events.

Entries: \$35.00 per swimmer flat fee. Deck entries will be allowed for a total of \$40.00. Online entries close at midnight pacific time on Wednesday, May 29, 2019. Checks payable to Mission Viejo Nadadores (MVN) Mail consolidated entry card, a copy of your 2019 USMS card, and check to Mission Viejo Nadadores, Mark Moore, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92675

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 400 and 1500 m Freestyle (Limited to 40 swimmers) and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 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.

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.

Meet Questions: Meet Director, Mark Moore (949) 233-6521; coachmark@mastersmvnswim.org
Admin: Judi Divan divanj@cox.net

Warm-ups start at 7:00 AM Meet starts at 8:00 AM

#	Sex	Event
1	Mixed	1500 MFree
2	Mixed	400 MIM
3	Mixed	200 MFree
4	Mixed	50 MFly
5	Mixed	100 MBack
6	Mixed	200 MBreast
7	W/M/X	200 MMedley Relay*
8	Mixed	200 MIM
9	Mixed	200 MFly
10	Mixed	50 MBreast

#	Sex	Event
11	Mixed	200 MBack
12	Mixed	100 MFree
13	Mixed	100 MFly
14	Mixed	50 MBack
15	M/W/X	200 MFree Relay*
16	Mixed	100 MBreast
17	Mixed	50 MFree
18	Mixed	400 MFree

***Relays: swimmers may swim only one relay in each of these events**