

	<p>2024 Mission Mile (800m and 400m) Southern Pacific Masters Swimming & Southern California Swimming Lake Mission Viejo Sunday September 22, 2024 Hosted by Mission Viejo Nadadores</p>	
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This is a Dual-Sanctioned Open Water Event: Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc. – USMS Sanction Number 334-W003. Held under the sanction of Southern California Swimming for USA Swimming – USA-S Sanction Number OW24-236

DATE: Sunday, September 22, 2024 **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

SATURDAY - RACE DISTANCES: 1-Mile, 800M, 400M

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 the designated swimmer area.
- 8:45 AM – Mandatory Safety Meeting for 1 Mile Event
- 9:00 AM – 1-mile (13 and over) first wave start (USA), then remaining waves start (USMS) (fast to slow)
- 9:45 AM – Mandatory Safety Meeting for 800m Event
- 10:00 AM – 800M (11-14)
- 10:15 AM – Mandatory Safety Meeting for 400m Event
- 10:30 AM – 400M (12 & 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: 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.

RULES: The current USMS and USA Swimming open water rules will govern the Event as outlined in Part 3 of the USMS 2024 Rule Book and Part Seven of the USA Swimming 2024 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 event.

ELIGIBILITY: All swimmers must be registered with USMS for 2024 or USA Swimming for 2024 or foreign equivalents. **You must bring a copy of your 2024 USMS card or USA Swimming card or foreign equivalent at check-in.**

Age for USMS participants is Age as of December 31st, 2024, except for 18-year-old, who must be 18 on the day that they swim. Age for USA Swimming participants is Age as of September 22, 2024.

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

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 in under 45 minutes. **Swimmers not completing the One Mile racecourse in the required time of 45 mins will be removed from the course. Swimmers not completing the 800M or 400M courses in 30 minutes 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.**

DISABILITY SWIMMERS: Disability swimmers are welcome. Please notify the event director and event referee, prior to the competition, of any disability and of the requested modification. The swimmer/coach shall provide any assistance or equipment if required

SWIMWEAR: No fins, buoys, or other devices 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:

Race	Ages	August 1-September 5	September 6--September 20
400M (Saturday)	12 and under	\$30	\$40
800M (Saturday)	11-14	\$45	\$65
1 Mile (Saturday)	13 - Adult	\$60	\$70

ON-LINE REGISTRATION: USA-SWIMMING MASTERS (USMS)

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 3 Boys and Girls in each age group division. 8 and under, 9-10, 11-12, 13-14, 15-17, 18 and over.

Awards will be presented as soon as possible after the last swimmer has finished.

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

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.

Mark Moore, Event Director,
Mission Viejo Nadadores
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(949) 233-6521, coachmark@mvnadadores.org

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 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.

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 coachmark@mvnadadores.org or via phone at 949-233-6521. More event information and on-line registration available at <https://www.spmasterswim.org/open-water-schedule/>

Lake Mission Viejo Main Beach



1-Mile, 800, 400 Course Map – Lake Mission Viejo

