



Mission Viejo Nadadores Masters SCY Swim Meet Sunday, March 3, 2024

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S006

Facility: Mission Viejo Pool is an outdoor, 25-yard. 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 complies and is on file with USMS per articles 105.1.7 and 107.2.1.

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

Directions: 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 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 March 3, 2024 determines the age group for the meet. You must be at least 18 years of age on March 3rd to compete.

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

Entries: Online entry fee is \$50.00, the deadline is Wednesday, February 28th, 2024, at 11:59 PM. Deck entries will be permitted for \$55.00. Deck entries will close at 8:00 a.m.

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 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 to swim 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 \$10.00 and a signed liability release must be submitted with the relay entry. A swimmer may swim only ONE 200-yard Medley Relay (Events #1, 2, 3) and ONE 200-yard Free Relay (Events #10, 11, 12). Note: Event #23 4x25 yd is a FUN Free Relay – any combination of 4 swimmers may swim per relay.

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@hotmail.com

Meet Admin: Jan Szuszkiewicz

Sunday, March 3, 2024
Warm-up at 7:30 a.m.
Meet starts at 8:30 a.m.

EVENT #	EVENT
1 / 2 / 3. 4. 5. 6. 7. 8. 9.	<u>-SESSION ONE-</u> 200 yd Medley Relay (MWX) 100 yd Individual Medley 50 yd Freestyle 100 yd Backstroke 100 yd Breaststroke 100 yd Butterfly *25 yd Backstroke ***20-minute BREAK / WARMUP***
10 / 11 / 12. 13. 14. 15. 16. 17. 18.	<u>-SESSION TWO-</u> 200 yd Freestyle Relay (MWX) 200 yd Individual Medley 100 yd Freestyle 50 yd Backstroke 50 yd Breaststroke 50 yd Butterfly *25 yd Breaststroke ***15-minute BREAK / WARMUP***
19. 20. 21. 22. 23.	<u>-SESSION THREE-</u> 400 yd Individual Medley 200 yd Freestyle *25 yd Butterfly *25 yd Freestyle *4 x 25 FUN Freestyle Relay

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten considerations.**