

**2019 Mission Mile & Southwest Zone Open Water Championships**  
**1 & 2 Mile Swim – Lake Mission Viejo**  
**Sunday, September 22, 2019**

**Hosted by** Mission Viejo Nadadores Masters

**This is a Dual-Sanctioned Open Water Event:** Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc. – USMS Sanction Number 339-W002. Sanctioned by Southern California Swimming for USA Swimming – USA-S Sanction Number OW19-XXX

**DATE:** Sunday, September 22, 2019

**START TIME:** 8:00 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

**RACE DISTANCES:** 1 & 2 Mile (Participants may enter one or both distances.)

**RACE DAY TIMELINE:**

7:00 AM – Check-in opens on North Beach

7:00 AM – Warmup begins in designated area

7:45 AM – Mandatory Safety Meeting

8:00 AM – 1 mile first wave start, then remaining waves start (fast to slow)

9:00 AM – 2 mile wave start, then remaining waves start (fast to slow)

**COURSE MAP:** The 1 mile course will be marked with colored buoys. Swimmers will swim in a clockwise direction. The 2 mile race will consist of two laps of the course.

**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 2019 Rule Book and Part Seven of the USA Swimming 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 meet.

**ELIGIBILITY:** All swimmers must be registered with USMS for 2019 or USA Swimming for 2019, or foreign equivalents. **You must submit a copy of your 2019 USMS card or USA Swimming card or foreign equivalent at check-in.** Age for USMS participants is Age as of December 31st, 2019 except for 18 year olds, who must be 18 on the day that they swim. **One Day USMS Event (OEV) registration WILL NOT be available.** USA-S Participants must be 14 years of age or older as of the day of the swim and meet the following time standard for 1500 meters (pool time): Boys – 19:00, Girls – 19:40.

**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 under 45 minutes. **Swimmers not completing the race course in the required time of 1 hour (for 1 mile swim) and 2 hours (for 2 mile swim) 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.**

**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:**

- \$45.00 for single race distance/\$65 for both distances (combo) if received before midnight (Pacific Time) on Friday, September 6, 2019
- \$60.00 for single race distance/\$80 for both distances (combo) if received between Saturday September 7, 2019 and Saturday September 21, 2019, 6:00pm (Pacific Time)
- Fee includes refreshments, cap, and awards
- One-Event (OEVT) USMS registration membership will not be available.
- **No Day-of-Race entries will be allowed.**
- Mail-In Entries – You must submit a copy of your 2019 USMS card, 2019 USA-Swimming card or foreign equivalent
- Incomplete entries will not be processed.
- ONLINE ENTRIES ARE PAID BY CREDIT CARD TO [CLUBASSISTANT.COM](http://CLUBASSISTANT.COM) EVENTS.

**USMS SCORING:**

Events will be scored to 8 places deep in each age group for each event. Individual events will be scored as 9-7-6-5-4-3-2-1.

**USMS TEAM AWARDS:** SW Zone Championship Team Awards will be given to a minimum of the top three scoring teams. Team scoring for award issue is to be men and women combined score.

**USMS AWARDS: USMS Division** – Medals will be awarded to the top 3 Men & Women in each age group, ribbons will be awarded places 4-6: 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. Awards will be presented as soon as possible after the last swimmer has finished. RESULTS: Results will be posted at <https://www.spmasterswim.org/open-water-results/> and [USMS.org](http://USMS.org)

**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 (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

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@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org) or via phone at [949-233-6521](tel:949-233-6521).

More event information and on-line registration available at <https://www.spmasterswim.org/open-water-schedule/>

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