

Mission Viejo Nadadores
LCM Swim Meet
Sunday, May 20th, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-010

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.

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 Park-way. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

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, 2012 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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 and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms avail-able 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 \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Monday, May 14th will be allowed for a total of \$35.00. Online entries close at 6:00 p.m. Pacific time on Saturday, May 19th, 2012.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; coach-mark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, May 20, 2011

1500 Freestyle warm-up at 8:00 a.m.

1500 Freestyle starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)

Additional warm-up after 1500

Event #2 will start no earlier than 11:00 a.m.

2. 400 m Individual Medley (check-in required)

3. 200 m Freestyle

4. 50 m Butterfly

5. 100 m Backstroke

6. 200 m Breaststroke

7. 200 m Medley Relay (men, women, or mixed)

8. 200 m Individual Medley

9. 200 m Butterfly

10. 50 m Breaststroke

11. 200 m Backstroke

12. 100 m Freestyle

13. 100 m Butterfly

14. 50 m Backstroke

15. 200 m Freestyle Relay (men, women, or mixed)

16. 100 m Breaststroke

17. 50 m Freestyle

18. 400 m Freestyle (check-in required)