

## Mission Viejo Nadadores Masters

### LCM Swim Meet

**Sunday, June 1, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S034**

**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:** 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.

**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, 2014 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.

**Entry Fees:** \$30.00 per swimmer flat fee. Deck entries or online entries after Monday, May 26, 2014 will be allowed for a total of \$35.00. Online entries close at 6:00 p.m. Pacific time on Saturday, May 31, 2014.

**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 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 \$10.00 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.

**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, 27474 Casta Del Sol, Unit#2, Mission Viejo, CA 92692. On-line entries preferred.

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

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

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

**1500 Freestyle starts at 8:30 a.m.**

1. 1500 m Freestyle (check-in required)
2. 400 m Individual Medley (check-in required)

**Additional warm-up after 400 IM**

**Event #3 will start no earlier than 10:30 a.m.**

3. 400 m Freestyle (check-in required)
4. 200 m Freestyle
5. 50 m Butterfly
6. 100 m Backstroke
7. 200 m Breaststroke
8. 200 m Medley Relay (men, women, or mixed)
9. 200 m Individual Medley
10. 200 m Butterfly
11. 50 m Breaststroke
12. 200 m Backstroke
13. 100 m Freestyle
14. 100 m Butterfly
15. 50 m Backstroke
16. 200 m Freestyle Relay (men, women, or mixed)
17. 100 m Breaststroke
18. 50 m Freestyle
- 19. 100 KICK (kick board will be provided)**