



2014 SW Zone and SPMS Regional Long Course Summer Championships August 22-24, 2014

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 334-S040



Facility: Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692

Directions: Take I-5 Freeway to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite. Street parking is available between marked and posted signs.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of 7 individual events for the entire meet, not including relays but not more than 5 per day. Age on December 31st, 2014 determines the age group of the swimmer for the entire meet.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: Online registration is encouraged. Online entries completed by 11:59 p.m. on Friday, August 15, 2014 are a flat \$45.00 entry fee. Online entries completed August 15 through 11:59 p.m. on Monday, August 18 are a flat \$60.00 entry fee. **Paper/mailed entries** that are postmarked on or before Monday, August 11, 2014 are a flat \$45.00 entry fee. No paper/mailed entries will be accepted if postmarked after Monday, August 11, 2014.

Relays: A swimmer may swim only once in each relay event (400 and 800 Freestyle Relay, and 400 Medley Relay). Relay fees (\$10.00) are payable at the time relays are entered, either by cash or by check (payable to MVN). All relays must be submitted on an SPMS relay form. (Incomplete, incorrect, or illegible relay forms will be rejected.) A USMS-registered swimmer may enter the meet to swim only relays **before the start of the meet** (event 1), by paying the \$10.00 relay-only entry fee, and by signing the meet entry form. Check-in deadlines for relays will be announced at the meet.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 400, 800, and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing when possible.

Check-in: **Positive check-in is required for all events.** Check-in closes at 12:30 p.m. on Friday for the 1500 m Freestyle. Check-in closes at 8:00 a.m. on Saturday for the 400 m Freestyle, and at 8:00 a.m. on Sunday for the 800 m Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

Awards: Individual: SPMS Medals for places 1 to 3, and SPMS Ribbons for places 4 to 6 for each age group and gender. Relays: SPMS medals for 1st place, SPMS Ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2014 USMS card, and check to:

Mark Moore, 33055 Dolphin Ct, San Juan Capistrano, CA 92675

To register online, go to www.spmasterswim.org and click on 2014 SW Zone/SPMS Summer Championships.

Questions Meet Director, Mark Moore, (949) 489-1847, m.w.moore@cox.net

Snack Bar: A complete hot and cold snack bar will be available.

EVENT SCHEDULE

(Women's / Men's)

Friday, August 22, 2014

Warm-up starts at 12:00 noon

Meet starts at 1:00 p.m.

(1 / 2) Mixed 1500 m Freestyle

(3 / 4) Mixed 400 m Individual Medley

(5) 400 m Freestyle Relay (Women, Men, Mixed)

Saturday, August 23, 2014

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

(6 / 7) Mixed 400 m Freestyle

(8 / 9) 200 m Butterfly

(10) 800 m Freestyle Relay (Women, Men, Mixed)

(11/12) 50 m Freestyle

(13/14) 200 m Breaststroke

(15) Mixed 200 m Freestyle Relay

(16/17) 100 m Backstroke

(18/19) 50 m Butterfly

(20) Mixed 200 m Medley Relay

(21/22) 100 m Breaststroke

(23/24) 200 m Freestyle

Sunday, August 24, 2014

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

(25/26) Mixed 800 m Freestyle

(27/28) 200 m Individual Medley

(29) 400 m Medley Relay (Women, Men, Mixed)

(30/31) 100 m Freestyle

(32/33) 50 m Backstroke

(34) 200 m Freestyle Relay (Women, Men)

(35/36) 100 m Butterfly

(37/38) 50 m Breaststroke

(39) 200 m Medley Relay (Women, Men)

(40/41) 200 m Backstroke