

MVN MASTERS LONG COURSE Dual Meets

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc Date of Meet: Sunday, June 13, 2021

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz

exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is across from the tennis courts with the exit being at upper level. Do not park

in reserved tennis spots.

COURSE: Competition pool is outdoors, 50 meters x 25 yards. The length of the competition course

without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Times may be submitted for USMS

records and USMS Top 10 consideration. Colorado Timing will be used.

WARM UP RULES: USMS Swimming warm-up policies will be enforced by USA/SPMS Swimming Officials. There will

be NO DIVING into the pool during these times except into the designated sprint lane(s). All swimmers must slide in entries into the pool for warm up, no jumping or diving in. One

swimmer per lane, enter one side, exit opposite side.

MEET REFEREE: Meet referee shall oversee the meet. Any questions regarding the conduct of the meet

should be made directly to Paul Szuszkiewicz at pszsz@hotmail.com .

SPECIAL NOTICE: These are two dual meets open only to swimmers that are registered/members to MVN, Golden

Road Aquatics, and Long Beach Grunions. All swimmers must complete the following the USMS Covid-19 Liability Waiver and the COVID-19 Attendee Screening prior to competition.

Swimmers may swim a maximum of SIX events. per day. ALL EVENTS WILL BE SWUM SLOWEST

TO FASTEST. LIMITED 100 SWIMMERS PER SESSION.

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. All events are timed final. Golden Road and Grunions may only swim in the their

assigned session. MVN swimmers may swim in either session. max and a total of 6 events.

DECK CHANGES: Deck Changes are prohibited. **ENTRY FEE:** \$35. NO REFUNDS will be

ELIGIBILITY: OPEN TO ATHLETES WHO ARE

2021 USMS registered to MVN, SNACK BAR: Snacks will NOT be available.

GRA, and LBG. **NO ON DECK ENTRIES**. Age on December 31,

QUESTIONS:

Meet Director, Mark Moore,

2021 determines age group for mvnswimcoach@gmail.com

the meet. You must be at least

ADMIN: Judi Divan, divanj@cox.net

18 to compete.

Documents to be completed at the meet

<u>USMS Covid-19 Liability Waiver</u> <u>COVID-19AttendeeScreening Form</u>

ORDER OF EVENT

Mission Viejo Masters vs. Golden Road Aquatics

Session 1 (W/U at 8:00. Meet is from 9:00 to 12:00)

400 free or 400 IM (combined)

50 fly

50 breast

100 free

200 fly or 200 breast or 200 back (combined)

200 IM

50 free

50 back

100 fly

200 free

100 breast

100 back

800 and 1500 free (combined)

200 Medley (M, W, X)

200 Free (M, W, X)

(Deck entered relays TBD based on timeline)

Mission Viejo Masters vs. Long Beach Grunions

Session 2 (W/U at 12:00. Meet is from 1:00 to 4:00)

400 free or 400 IM (combined)

50 fly

50 breast

100 free

200 fly or 200 breast or 200 back (combined)

50 free

50 back

200 IM

100 fly

100 breast

100 back

200 free

200 Medley (M, W, X)

200 Free (M, W, X)

(Deck entered relays TBD based on timeline)