



2021 Southwest Zone & SPMS Summer Championships Friday - Sunday, July 30-August 1

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

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 complies with USMS Rule 105.1.7 and is on file with USMS.

Directions & Parking: 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.

Timing System: The primary timing system will be fully automatic. Times may be submitted for World & USMS records and Top 10 consideration.

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, 2021, determines age for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 8 individual events for the entire meet and no more than 5 individual events per day.

Warm-up: USMS warm-up policies will be enforced. 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: A total of 300 entrants maximum will be allowed. If the meet is deemed too large, all athletes' eighth events will be dropped. During the online entry, please indicate your eighth event. The 1500 M Freestyle may be limited to the first 64 entries at the discretion of the meet director. \$60.00 per swimmer flat fee for online entries until midnight PDT on Friday, July 23. Late online entries will be allowed for \$70.00 until 11:59PM PDT on Monday, July 26. Deck entries are not allowed for individual events. There will be no refunds. Enter online at [Club Assistant Online Entries](#). **All swimmers must complete the USMS Liability Waiver prior to competition.**

Relay-Only Swimmer Entries: Relay-only swimmers are encouraged to enter online BEFORE relay team entry opens on Tuesday, July 27 in order to best help coaches form relays. Relay-only swimmers last option to enter online is 8:00am July 30. Relay-only swimmers option to deck enter in person at the pool is on July 30 between 7:30am and 8:00am. Relay-only swimmer entry is a \$20.00 fee. If the relay only entry is submitted on deck on July 30, relay-only swimmers must sign **the USMS Liability Waiver**.

Seeding: All events will be seeded and swum slowest to fastest, except the 800 M and the 1500 M Freestyle which will be swum fastest to slowest. 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.

Check-in: Positive check-in is required for all events. Check-in closes Friday at 8:30am for the 1500 M Freestyle. Check-in closes at 8:00 AM on Saturday for the 400 M Freestyle, and at 8:00 AM 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.

Relays: Online relay team entry will be available for coaches beginning 1:00 PM on July 27. Online relay team entry will close each day's relay events at 8:00 AM on the day that relay swims (i.e. Friday's relays close online entry at 8 AM Friday). Coaches may use their own web-enabled device to submit relays online. Relay entries are \$16.00 per relay. A swimmer may swim seven (7) relays. Fees are payable to MVN and are due when submitted. Deadlines for relay name changes & relay scratches will be announced at the meet. The name of the leadoff swimmer must be clearly designated when the relay reports to the blocks. A swimmer may swim only one 400 Free relay (#3, 4, 5), one 800 Free relay (#9, 10, 11) and one 400 Medley relay (#29, 30, 31). USMS Rule 101.7.3.G Mixed relays shall consist of two men and two women who may swim in any order.

Individual Awards: Medals for places 1 to 3, ribbons for places 4 to 6 for each age group and gender.

Relay Awards: Medals for 1st place, ribbons for 2nd and 3rd places.

High point Awards: Special award for male and female swimmer in each age group, based on points from individual events.

Club: Special Southwest Zone awards for places 1st – 6th overall on combined scoring women, men and mixed

Snack Bar: No snacks or food will be available for purchase.

Spectator Policy: The updated spectator policy will be sent out to participants.

Face Mask Policy: All unvaccinated participants and spectators must wear a face mask in the facility.

Meet Director: Mark Moore (949) 233-6521; mvnswimcoach@gmail.com

Meet Referee: First Name Last name, email address

Admin: Judi Divan, divanj@cox.net

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EVENT SCHEDULE

Friday, July 30, 2021

Warm-up starts at 8:00 AM

Meet starts at 9:00 AM

1. Mixed(W/M) 1500 M Free (64 max)
2. Mixed(W/M) 400 M Indiv. Medley
3. Women 400 M Freestyle Relay
4. Men 400 M Freestyle Relay
5. Mixed 400 M Freestyle Relay

Swimmers are limited to one (1) 400 Free relay.

Saturday, July 31, 2021

Warm-up starts at 7:30 AM

Meet starts at 8:30 AM

6. Mixed(W/M) 400 M Free
7. Women 200 M Butterfly
8. Men 200 M Butterfly
9. Women 800 M Freestyle Relay
10. Men 800 M Freestyle Relay
11. Mixed 800 M Freestyle Relay

Swimmers are limited to one (1) 800 Free relay.

12. Women 50 M Freestyle
13. Men 50 M Freestyle
14. Women 200 M Breaststroke
15. Men 200 M Breaststroke
16. Mixed 200 M Freestyle Relay
17. Women 100 M Backstroke
18. Men 100 M Backstroke
19. Women 50 M Butterfly
20. Men 50 M Butterfly
21. Mixed 200 M Medley Relay
22. Women 100 M Breaststroke
23. Men 100 M Breaststroke
24. Women 200 M Freestyle
25. Men 200 M Freestyle

Sunday, August 1, 2021

Warm-up starts at 7:30 AM

Meet starts at 8:30 AM

26. Mixed(W/M) 800 M Free
27. Women 200 M Indiv. Medley
28. Men 200 M Indiv. Medley
29. Women 400 M Medley Relay
30. Men 400 M Medley Relay
31. Mixed 400 M Medley Relay

Swimmers are limited to one (1) 400 Medley relay.

32. Women 100 M Freestyle
33. Men 100 M Freestyle
34. Women 50 M Backstroke
35. Men 50 M Backstroke
36. Women 200 M Freestyle Relay
37. Men 200 M Freestyle Relay
38. Women 100 M Butterfly
39. Men 100 M Butterfly
40. Women 50 M Breaststroke
41. Men 50 M Breaststroke
42. Women 200 M Medley Relay
43. Men 200 M Medley Relay
44. Women 200 M Backstroke
45. Men 200 M Backstroke