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Mission Viejo Nadadores

LCM Relay Meet
Sunday, July 13th, 2008

Sanction number: 338-027

Directions: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: This will be a deck entered meet. Entry cards for events 1 to 4 are due by 8:45 a.m., events 5 to 8 due by 10:00 a.m., events 9 to 12 by 10:30 a.m., and events 13 to 15 by 11:00 a.m. Age on December 31, 2008 determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$10.00 per relay due upon entry.

Awards: SPMA ribbons for first through third place.

Entry Fees: \$15.00 per swimmer surcharge. Swimmers must complete a consolidated entry card and provide a photocopy of their 2008 USMS card.

Questions: Meet Director, Contact: [Mark Moore](#) or (949) 489-1847

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

Sunday, July 13, 2008
Warm-up at 8:30 a.m.
Meet starts at 10:00 a.m.

1. Women's 400 m Medley Relay
2. Men's 400 m Medley Relay
3. Women's 200 m Freestyle Relay
4. Men's 200 m Freestyle Relay
5. Women's 400 m Freestyle Relay
6. Men's 400 m Freestyle Relay
7. Women's 200 m Medley Relay
8. Men's 200 m Medley Relay

10 minute break

9. Women's 800 m Freestyle Relay

10. Men's 800 m Freestyle Relay

15 minute break

- 11. Mixed 400 m Medley Relay
- 12. Mixed 200 m Freestyle Relay
- 13. Mixed 400 m Freestyle Relay
- 14. Mixed 200 m Medley Relay

10 minute break

15. Mixed 800 m Freestyle Relay

All of our forms are presented in Adobe PDF format. Download the FREE Adobe Acrobat PDF Reader at <http://www.adobe.com/products/acrobat/readstep2.html>.

Contact spmawebmaster@spma.net for website errors, updates, or feedback.