

Mission Viejo Nadadores

2009 SPMA SCY Regional Championship Meet

Friday, April 24th to Sunday, April 26th, 2009

Sanction number: 339-008

Directions: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 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.

Entries: Flat fee of \$45.00 if postmarked on or before Monday, April 13th. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, April 13th. All entries must be received by 6:00 p.m. Monday, April 20th. No individual deck entries will be allowed. Age on April 26, 2009 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 4 individual events per day. There will be no refund of entry fees after April 20th.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$10 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 500, 1000 and 1650 yd. Freestyle and 400 yd. 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 1650 yd. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

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

Check in: Positive check-in is required for 500, 1000, and 1650 yd. Freestyle and 400 yd. Individual Medley. All other events will be pre-seeded. Check-in closes at 3:00 p.m. Friday for the 1650 yd. Freestyle, noon on Saturday for the 1000 yd. Freestyle, and noon on Sunday for the 400 yd. IM and 500 yd. Freestyle.

Awards: Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA 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 2009 USMS card, and check to: Mission Viejo Nadadores Masters/Mark Moore, PMB #391 25108-B Marguerite Pkwy, Mission Viejo, CA 92692. Send a SASE or stamped postcard for a return receipt.

To register online, go to www.spma.net or www.mastersmvnswim.org and click on 2009 SPMA SCY Championships.

Questions: Call 949-489-1847 or send an email to Mark Moore, m.w.moore@cox.net. For hotels, information, and directions go to www.mastersmvnswim.org.

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

Online Entries (and additional information):

<http://mastersmvnswim.org/2009ShortCourseChamps.htm>

Friday, April 24, 2009

Warm-up at 10:30 a.m.

Meet starts at noon.

Check-in for 1650 yd. Freestyle closes at 3:00 p.m.

1. Women's 200 yd. Breaststroke
2. Men's 200 yd. Breaststroke
3. Women's 100 yd. Butterfly
4. Men's 100 yd. Butterfly
5. Women's 50 yd. Backstroke
6. Men's 50 yd. Backstroke
7. Women's 200 yd. Individual Medley
8. Men's 200 yd. Individual Medley
9. 800 yd. Freestyle Relay (Women, Men, Mixed)
10. 1650 yd. Freestyle (Women, Men)

Saturday, April 25, 2009

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 1000 yd. Freestyle closes at noon.

11. Women's 200 yd. Butterfly
12. Men's 200 yd. Butterfly
13. Women's 100 yd. Backstroke
14. Men's 100 yd. Backstroke
15. Women's 200 yd. Freestyle Relay
16. Men's 200 yd. Freestyle Relay
17. Women's 100 yd. Freestyle
18. Men's 100 yd. Freestyle
19. Mixed 200 yd. Medley Relay
20. Women's 100 yd. Breaststroke
21. Men's 100 yd. Breaststroke
22. Women's 50 yd. Butterfly
23. Men's 50 yd. Butterfly
24. Women's 100 yd. Individual Medley
25. Men's 100 yd. Individual Medley
26. 400 yd. Medley Relay (Women, Men, Mixed)
27. 1000 yd. Freestyle (Women, Men)

Sunday, April 26, 2009

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 400 yd. IM and 500 yd. Free closes at noon.

28. Women's 200 yd. Freestyle
29. Men's 200 yd. Freestyle
30. Women's 200 yd. Medley Relay
31. Men's 200 yd. Medley Relay
32. Women's 200 yd. Backstroke
33. Men's 200 yd. Backstroke
34. Women's 50 yd. Breaststroke
35. Men's 50 yd. Breaststroke
36. Mixed 200 yd. Freestyle Relay
37. Women's 50 yd. Freestyle
38. Men's 50 yd. Freestyle
39. 400 yd. Individual Medley (Women, Men)
40. 400 yd. Freestyle Relay (Women, Men, Mixed)
41. 500 yd. Freestyle (Women, Men)

Relays: A swimmer may swim only one relay in each of events 9, 26, and 40