

Mission Viejo Nadadores

LCM Relay Meet

Sunday, July 5th, 2009

Sanction number: 339-013

Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: 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 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, 2009 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 2009 USMS card.

Questions: Meet Director, Mark Moore, (949) 489-1847; coachmark@mastersmvnswim.org.

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

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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