

# Mission Viejo Nadadores

## 2010 SPMA SCY Regional and Southwest Zone Championship Meet

### Friday, May 7th to Sunday, May 9th, 2010

Sanction number: 330-008

**Facility:** Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692.

**Directions:** 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 26th. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, April 26th. All entries must be received by 6:00 p.m. on Monday, May 3rd. Entries received after April 26th will not be appear in the meet program. Entry fee includes a meet t-shirt. No individual deck entries will be allowed. Age on May 9th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refund of entry fees after May 3rd.

**Relays:** All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card (meet t-shirt not included). Relay entries are \$12.00 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, except the 500, 1000, and 1650 yd. Freestyle which will be swum fastest to slowest. 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 all events. Check-in closes at 11:00 a.m. on Friday for the 1000 yd. Freestyle, 8:00 a.m. on Saturday for the 500 yd. Freestyle, and 8:00 a.m. on Sunday for the 1650 yd. Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

**Awards:** Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: medals for 1st place, 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.

**Meet Social:** There will be a meet social on Friday, May 7th at 6:00 p.m. The cost will be \$25.00 per person. Additional information will be available at [www.mastersmvnswim.org](http://www.mastersmvnswim.org).

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2010 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](http://www.spma.net) or [www.mastersmvnswim.org](http://www.mastersmvnswim.org) and click on 2010 SPMA SCY Championships.

**Questions:** Call (949) 489-1847 or send an email to Mark Moore, [m.w.moore@cox.net](mailto:m.w.moore@cox.net). For hotels, information, and directions go to [www.mastersmvnswim.org](http://www.mastersmvnswim.org).

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

**Online Entries (and additional information):**

<http://mastersmvnswim.org/2010ShortCourseChamps.htm>

#### Friday, May 7, 2010

##### Warm-up at 10:30 a.m.

##### Meet starts at noon

*Check-in for 1000 yd. Freestyle closes at 11:00 a.m.*

1. 1000 yd. Freestyle (Women, Men)
2. Women's 200 yd. Backstroke
3. Men's 200 yd. Backstroke
4. Women's 100 yd. Breaststroke
5. Men's 100 yd. Breaststroke
6. Women's 100 yd. Freestyle
7. Men's 100 yd. Freestyle
8. 400 yd. Individual Medley (Women, Men)
9. 200 yd. Medley Relay (Women, Men, Mixed)
10. 400 yd Freestyle Relay (Women, Men, Mixed)

#### Saturday, May 8, 2010

##### Warm-up at 7:15 a.m.

##### Meet starts at 8:30 a.m.

*Check-in for the 500 yd. Freestyle closes at 8:00 a.m.*

11. 500 yd. Freestyle (Women, Men)
12. Women's 100 yd. Backstroke
13. Men's 100 yd. Backstroke
14. Women's 200 yd. Butterfly
15. Men's 200 yd. Butterfly
16. Women's 200 yd. Freestyle
17. Men's 200 yd. Freestyle
18. Women's 50 yd. Breaststroke
19. Men's 50 yd. Breaststroke
20. Women's 100 yd. Individual Medley
21. Men's 100 yd. Individual Medley
22. Women's 50 yd. Butterfly
23. Men's 50 yd. Butterfly
24. 800 yd. Free Relay (Women, Men, Mixed)

#### Sunday, May 9, 2010

##### Warm-up at 7:15 a.m.

##### Meet starts at 8:30 a.m.

*Check-in for the 1650 yd. Free closes at 8 a.m.*

25. 1650 yd. Freestyle (Women, Men)
26. 400 yd. Medley Relay (Women, Men, Mixed)
27. 200 yd. Free Relay (Women, Men, Mixed)
28. Women's 200 yd. Breaststroke
29. Men's 200 yd. Breaststroke
30. Women's 50 yd. Freestyle
31. Men's 50 yd. Freestyle
32. Women's 100 yd. Butterfly
33. Men's 100 yd. Butterfly
34. Women's 200 yd. Individual Medley
35. Men's 200 yd. Individual Medley
36. Women's 50 yd. Backstroke
37. Men's 50 yd. Backstroke

**Relays:** A swimmer may swim only one relay in each of events 9, 10, 24, 26, and 27.