

**Mission Viejo Masters
SCY Swim Meet
Sunday, January 15th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #332-001

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.

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. The lower parking lot of the Marguerite Aquatics Center is closed for renovation.

PARKING OPPORTUNITIES are Marguerite Parkway – street parking will be allowed along the east side of Marguerite Parkway. Casta Del Sol - street parking will be allowed on the south side. Trabuco Road and Via Santa Clara – the public streets adjacent to the YMCA and the public parking lot on Via Santa Clara below Trabuco Road.

Entries: The pre-entry postmark deadline is Saturday, January 7, 2012. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events. Age on January 15th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to 4 individual events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

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.

**Sunday, January 15th, 2012
Warm-up at 8:00 a.m.
Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

Additional warm-up after 400 IM

Event #3 will start no earlier than 11:00 a.m.

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten consideration.**