



2005 SPMA Regional SCY Championship April 22-24, 2005

Hosted by **Saddleback College Aquatics**
Sanctioned by SPMA for USMS, Inc. Sanction number: 335-008

Directions: 28000 Marguerite Pkwy. Mission Viejo, CA 92692. North or Southbound on the Interstate 5 Fwy. Exit Avery, Turn East on Avery, Cross Marguerite Parkway and go left into Avery Entrance. Turn right on College Drive East. Pool is located on left side past the gym. Parking is available in Lots 4 and 7.

Pool: The OUTDOOR 25 YARD Pool has 12 lanes, 8 lanes will be used for competition, and four warm-up lanes reserved.

Fees: Flat fee of \$35.00 if postmarked before Monday, April 11th, 2005. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Friday April 1st. All entries MUST be RECEIVED by 6:00 p.m. Fri., April 15th. **No individual deck entries are allowed. Relay only swimmers** may do so for a \$10.00 fee and must sign a consolidated entry card. Swimmers are limited to entering a total of eight individual events for the entire meet and no more than five individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All individual events plus the 400 and 800 yard relays will be seeded and swum slowest to fastest. The 200 yard relays will be seeded by age group. Men and women will be seeded together for the 500, 1000 and 1650 yard Freestyle and 400 yard 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 yard Freestyle may be limited to the first 50 entries at the discretion of the meet director.

Rules: 2005 USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of eight individual events (max. five per day) at this meet. Swimmers must check in with the Clerk of the Course for the deck seeded events that they wish to swim.

Eligibility: Open to **any current** 2005 USMS registered swimmer. SPMA swimmers may submit a registration application with their entry card. Age on April 24th determines age for the meet. You must be 18 on or before April 15th to sign the registration form, entry form and to compete.

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: Check-in is required for the 500, 1000 and 1650 m Freestyle and the 400 IM.

Awards: Individual: SPMA medals for places 1st to 3rd and SPMA ribbons for places 4th to 6th 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 six teams, based on combined scoring for men and women, individual events plus relays.

Entries: Mail entries, SPMA entry card, copy of USMS card, and check payable to **Saddleback College Aquatics Foundation** to:

SPMA SCY Championships C/O Mark Moore
25108-B Marguerite Parkway, #391,
Mission Viejo, CA 92692

Questions: Mark Moore (Meet Director) 949-489-1847 or m.w.moore@cox.net

**2005 SPMA Regional SCY Championship---Saddleback College
April 22-24, 2005**

Friday, April 22, 2005

Warm-up at 4:00 p.m., Meet starts at 5:00 p.m.

Check in for 1650 yd. Freestyle closes at 4:30 p.m.

1. 1650 yd. Freestyle (Women, Men)

Check in for 400 IM closes at 6:00 p.m.

2. Women's 400 yd. Individual Medley

3. Men's 400 yd. Individual Medley

Saturday, April 23, 2005

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.

Check in for the 500 yd. Freestyle closes at 8:30 a.m.

4. Women's 500 yd. Freestyle

5. Men's 500 yd. Freestyle

6. Women's 50 yd. Butterfly

7. Men's 50 yd. Butterfly

8. Women's 200 yd. Freestyle Relay

9. Men's 200 yd. Freestyle Relay

10. Women's 100 yd. Backstroke

11. Men's 100 yd. Backstroke

12. Women's 200 yd. Freestyle

13. Men's 200 yd. Freestyle

14. Women's 100 yd. Individual Medley

15. Men's 100 yd. Individual Medley

16. Mixed 200 yd. Medley Relay

17. Women's 200 yd. Butterfly

18. Men's 200 yd. Butterfly

19. *400 yd. Medley Relay* (Women, Men, Mixed)

20. Women's 50 yd. Freestyle

21. Men's 50 yd. Freestyle

22. Women's 100 yd. Breaststroke

23. Men's 100 yd. Breaststroke

24. *400 yd. Freestyle Relay* (Women, Men, Mixed)

Sunday, April 24, 2005

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.

Check in for the 1000 yd. Freestyle closes at 8:30 a.m.

25. Mixed 1000 yd. Freestyle

26. Women's 100 yd. Butterfly

27. Men's 100 yd. Butterfly

28. Women's 50 yd. Breaststroke

29. Men's 50 yd. Breaststroke

30. Women's 200 yd. Backstroke

31. Men's 200 yd. Backstroke

32. Women's 200 yd. Medley Relay

33. Men's 200 yd. Medley Relay

34. Women's 100 yd. Freestyle

35. Men's 100 yd. Freestyle

36. Women's 200 yd. Breaststroke

37. Men's 200 yd. Breaststroke

38. Mixed 200 yd. Freestyle Relay

39. Women's 50 yd. Backstroke

40. Men's 50 yd. Backstroke

41. Women's 200 yd. Individual Medley

42. Men's 200 yd. Individual Medley

43. *800 yd. Freestyle Relay* (Women, Men, Mixed)

***Relays:** A swimmer may swim only one relay in each of events 19, 24 and 43 (Women, Men, Mixed relays).