

# 2005 Mission Viejo Nadadores FIRECRACKER LONG COURSE MASTERS RELAY MEET

Outdoors at the Marguerite Aquatic Complex

Sunday, July 3<sup>rd</sup> 2005 at 10:00 AM

Sanctioned by SPMA for USMS, Inc. Sanction number: 335-026    Sponsored by the Mission Viejo Nadadores Masters

**This will be a deck entered meet. Warm-up begins at 8:30 AM, Meet starts at 10:00 AM**  
**Events 1-4 Entry Cards Due By 8:45 AM, 5-8 By 10:00 AM, 9-12 By 10:30 AM, 13-15 by 11:00 AM**

Number	Event	Distance	Sex
1	Medley Relay	400 Meters	F
2	Medley Relay	400 Meters	M
3	Freestyle Relay	200 Meters	F
4	Freestyle Relay	200 Meters	M
5	Freestyle Relay	400 Meters	F
6	Freestyle Relay	400 Meters	M
7	Medley Relay	200 Meters	F
8	Medley Relay	200 Meters	M
<b>10 Minute Break</b>			
9	Freestyle Relay	800 Meters	F
10	Freestyle Relay	800 Meters	M
<b>15 Minute Break</b>			
11	Medley Relay	400 Meters	X
12	Freestyle Relay	200 Meters	X
13	Freestyle Relay	400 Meters	X
14	Medley Relay	200 Meters	X
<b>10 Minute Break</b>			
15	Freestyle Relay	800 Meters	X

**Electronic Timing will be used**

**POOL COMPLEX:** Marguerite Aquatics Complex. Competition pool is an outdoor, international depth, eight-lane, 50 meter course with adjacent eight lane warm-up pool.

**DIRECTIONS:** Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

**RULES:** Current USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five relay events in the meet. Swimmers may compete in the appropriate male or female event as well as the mixed relay event for the same specified relay and distance. Swimmers must complete a Consolidated Entry Card and provide a photocopy of their 2005 USMS card. Entry cards may be downloaded and printed on the [www.spma.net](http://www.spma.net) website. **(Lead-off swimmer's times will be valid for submitting to time qualifying events (a pad hit and legal finish is required)).**

**EVENT CLOSINGS:** Events 1-4 Entry Cards Due By 8:45 AM, 5-8 By 10:00 AM, 9-12 By 10:30 AM, 13-15 by 11:00 AM

**RELAYS:**

**ELIGIBILITY.** Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit.

**AFFILIATION.** A swimmer's affiliation as stated their USMS card

**SEEDING.** All events will be deck seeded slowest to fastest, by entered time, ages combined.

**SUBMITTED TIMES.** Please enter your best time or a reasonable estimate for your relays. All times must be submitted on blank relay cards that will be available at the Clerk of Course on the day of the meet.

**AWARDS. RELAY -** SPMA ribbons first through third place in each standard age group.

**ENTRY FEES: SWIMMERS:** \$15.00 surcharge per swimmer.

**RELAYS:** \$10.00 per relay entered.

**MAKE CHECKS PAYABLE TO:** Mission Viejo Nadadores

**QUESTIONS:** Meet Director: Elyn Cahill (949) 456-9212 or Coach Mark (949) 489-1847

***A BBQ Lunch, Drinks, and Snacks will be available***  
 Meet form also available online at [www.spma.net](http://www.spma.net)