

ENDLESS SUMMER-SWIMTIMES

Mission Viejo, California

Issue #5

July 31, 2005

Welcome again to the *Endless Summer-SwimTimes*, your e-newsletter for the 2005 Long Course National Championship. This is the fifth of six issues that will come your way before the meet begins.

In This Issue: Safety Alerts, Area Weather/Climate Forecast, Distance Event Check-in, and Shuttle Schedule and Routes

Safety Alerts - In accordance with the USMS rule "SWIMMERS MUST ENTER THE POOL FEET FIRST IN A CAUTIOUS AND CONTROLLED MANER, DIVING SHALL BE PERMITTED ONLY IN THE DESIGNED LANES". This rule is for your protection and we do plan to enforce it during all warm-up sessions before, during, and 30 minutes after the competition ends each day. Miscellaneous equipment usage of hand paddles, kick boards, pull buoys, and fins by swimmers shall be prohibited during warm-ups.

Thank you for your cooperation in making this a safe National Championship Meet.

Area Weather/Climate Forecast - Weather Notes

You may already know, this is an all-outdoor facility, so we will be affected by the weather.

Temperatures this August are averaging about 85°F, with highs up to 95°F and night lows around 65F. Relatively low humidity. We almost never get the hot muggy days.

During early mornings usually we experience Marine Layer/Overcast Layer and lower temperatures till it burns off, between 9 and 11AM. After that the temperatures will rise pretty quickly to mid to high 80's or little higher with steady sunshine. Rain, overcast and thunderstorms are rare and we don't expect them. If you are planning on going to the beach, temperatures near the ocean are some 10-15°F lower, and in the evenings and early mornings you may need a sweater.

If you are planning to be at the pool all day, be sure to bring something to keep you warm in the mornings after you get wet, and plenty of liquids to keep you hydrated during the day. A hat with a large visor and plenty of sunscreen is recommended. Bring a comfortable chair or something you may be able to lay down on periodically.

We are providing a significant amount of shade under the main bleachers which are being occupied on first come first serve basis. There is shade in Vendor Pavilion and around snack bar as well. Team setup areas are on grass, and suitable for team tents (usually the EZ-Up kind). Please be observant of the several smaller areas blocked off and reserved for specific teams.

According to weather.com next week's forecast has a slight cooling trend with mostly sunny skies. Daily highs are expected to be in 85°F and nightly lows around 63°F. Winds are in a range of 0-15mph and humidity around 55-70%.

More detail can be found at <http://tinyurl.com/a99qc>

Distance Event Check-in ONLY - Check-in may be done in person or via the on line check-in system for the Distance Events (400 IM, 400 Free, 800 Free, and 1500 Free). Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. All other events (50, 100, and 200) will be pre-seeded and posted in the meet program.

Thursday Event: 800 Free

You must check in on Wednesday between 12:00 and 8:00 pm in person.

Friday Event: 400 IM

You must check-in the day before between 7:00 am and 6:00 pm in person.

Saturday Event: 400 Free

You must check-in the day before between 7:00 am and 6:00 pm in person.

Monday Event: 1500 Free

You must check-in the day before between 7:00 am and 6:00 pm in person.

On line check-in will open 24 hours before each of these on site check-in times.

For on line check-in, please enter the swimmer's last name (or any portion of their last name) and select Search below. If there is more than one swimmer with the selected last name entered in the meet, you will then need to select the swimmer you are seeking. Once you have selected the appropriate swimmer, you can click to positively check in for any events where check-in is currently available. On line check-in will be available beginning 24 hours prior to the times listed above and will close at the same time the on site check-in closes. <http://www.usms.org/comp/lcnats05/heats/checkin.php>

Remember YOU MUST CHECK-IN FOR THE 400, 800, AND 1500 EVENTS BY THE CHECK-IN DEADLINES FOR THAT EVENT YOU WISH TO SWIM.

Failure to check-in on time will result in the swimmer being scratched from the event.

Shuttle Schedule and Routes - The Shuttle Service will be available starting Wednesday at 3:00 pm. It will be followed closely as possible, especially in the morning hours. Stops at hotels will be brief and will leave on time based on the scheduled times for the pool and hotels. **It is ULTIMATELY THE RESPONSIBILITY OF THE SWIMMER to get to the pool well before their event(s).** The shuttle service is provided as a courtesy to swimmers. Times for departure of shuttles from the pool and hotels will be available in the meet program, at each hotel, the pool shuttle stops and on our web site at <http://mastersmvnswim.org/2005LCNationals.htm>

There are two routes. (Route 241 and Route 5)

The hotels on Route 5 are Best Western, Best Value, Irvine Suites, Courtyard, Laguna Hills Lodge, Holiday Inn, and the Fairfield Inn. The hotels on Route 241 are Hampton Inn, Hilton Garden, Courtyard and Ayres Suites. Shuttle Service will be available on Friday, August 12 for the Lakeside Social Event. Please check the shuttle schedule and make your plans early to make sure you arrive on time for your events.

Gains and Goodell Pre-Meet Swim Clinic - Congratulations to the following swimmers for winning a free admission to the Brian Goodell and Rowdy Gaines Clinic! Clinic starts at 5:30 and runs till about 7:00. Bring your swimsuit and goggles, there will be a pool/swim session!

Steve Allbritton
Jane Birkhead
Kathy Boyer
Dan Cahill
Ellyn Cahill
Morgan Edwards
Russ Frazier
Jan Hinson
Alison Hunt
Kenton Jones
Janine Joy
Lynn Kubasek

Fred Lehman
Jeanne Little
Jennifer McCoy
Teresa McDowell
Alison Mitchell
Alejandro Moreno
Stuart Munro
Mary Anne Nelson
Bruce Newell
Chris Osburn
Jennie Quill
Gail Roper

Susanne Schumann
Marvin Schwartz
Edward Seltzman
Christine Spicer
Caroline Stein
Anthony Thompson
Gwen Uthus
Nancy Wendell
Shelly Whitlock
Dan Williams
Steve Willment
John Wooten

NEXT ISSUE: Airport/taxi information, Vendor Village Update, Special Events, Pool Records, Relay Reminders, and Final Thoughts from the Meet Director.

See you at the pool!

Coach Mark Moore
Meet Director