

ENDLESS SUMMER-SWIMTIMES

Mission Viejo, California

Issue #6

August 7, 2005

Welcome to the sixth and final issue of *Endless Summer-SwimTimes*, your e-newsletter for the 2005 Long Course National Championship.

TIMES FLIES! ONLY 4 DAYS TO THE START!

In This Issue:

Airport/taxi information, Vendor Village Update, Special Events, Pool Records, Relay AND other important reminders, and Final Thoughts from the Meet Director

Travel/Airport/taxi information - PLAN smart- Allow enough time for check-in and security screening at the airport. If you are riding a taxi to the pool or hotel expect to pay \$30.00-\$45.00.

Pool Directions: Marguerite Aquatics Center, 27474 Casta Del Sol, Mission Viejo. From the North or South, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east away from ocean to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway (right) for pool parking.

Vendor Village Update - Arena, TYR, Speedo, Kast-A-Way, Adolph Keifer, Nike, VASA, Amino Vital, the Race Club, Penta Water, Cookie Lee Jewelry, Mission Hospital, and the South County Chamber of Commerce will be open for all your special swim needs.

Throughout the meet, there will be new Vasa Ergometers and Vasa Trainers available on deck for warm up, training and demonstration purposes. Use the Vasa Ergometer to check your power output, stroke rate, applied force right and left arm, etc. Controlled warm up on ergometers have been used by cyclists like Lance Armstrong for years. Now swimmers are catching on. You can see more on www.vasatrainer.com. Also enter their drawing to win a free Vasa Trainer to be announced Sunday morning at the meet. And, tryout Endless Pools and get a videotape of your swim.

Also check for discounts in your goodie bags. Several vendors have placed flyers with special discounts on their merchandise.

Special Events -

Wednesday, 5:00-7:00 pm enjoy the Island Groovin' Steel Drum Band. Also, selected swimmers will attend a pre-meet clinic with Gains and Goodell from 5:30-7:00 pm.

Friday, 6:30-9:00 pm Endless Summer Beach Party, Lakeside dinner social event. Only a few tickets are available for the social on the lake. Tickets will only be sold at the registration table on a limited basis.

Saturday, 7:45 am enjoy The Coralettes performing an opening routine before the meet. Nationally, in 2004, their team placed 3rd. In 2003, their duet placed 6th & our team placed 11th. They over 27 swimmers between the ages of 7 and 18 drawing from South Orange County. The Coralettes prides itself on teamwork, positive attitude, dedication, commitment, mental and self-discipline, achievement, self-confidence, and most of all, the camaraderie of its swimmers.

Marguerite Aquatic Center Pool Records -

200 Individual Medley

Tracy Caulkins, 1979 - 2:14.18

Ron Karnaug, 1992 - 2:02.98

400 Individual Medley

Kristine Quance, 1992 - 4:43.32 Sumima

Tabuchi, 2000 - 4:20.06

50 Free

Dara Tores, 1984 - 25.61

Jason Lezak, 2000 - 22.48

100 Free

Jill Sterkel, 1980 - 56.21

Jill Johnson, 1987

Matt Biondi, 1985 - 48.95

200 Free

Maki Mita, 2000 - 2:00.25

Matt Biondi, 1985 - 1:47.89

400 Free

Janet Evans, 1988 - 4:09.46

Artur Wojdat, 1988 - 3:52.26

800 Free

Tiffany Cohen, 1984 - 8:29.48

Dan Jorgensen, 1985 - 7:58.71

1500 Free

Janet Evans, 1994 - 16:13.81

Larsen Jensen, 2004 - 15:05.03

100 Fly

Misty Hymen, 1997 - 59.25

Pablo Morales, 1986 - 53.35

200 Fly

Mary T. Meagher, 1985 - 2:06.09

Craig Beardsley, 1981 - 1:58.21

100 Back

Noriko Inada, 2000 - 1:01.47

D. Weatherford, 1992 - 55.21

200 Back

Tomoko Hagiwara, 2000 - 2:11.27

Aaron Peirsol, 2005 - 1:58.11

100 Breast

Masami Tanaka, 2000 - 1:09.13

Mike Barrowman, 1992 - 1:02.02

200 Breast

Amanda Beard, 2004 - 2:27.57

Mike Barrowman, 1992 - 2:13.52

Relay AND other Important Reminders

General Relay Information:

- ◆ Relays may be entered until 4:00 PM on the day before the relay is to be swum. Each relay costs \$12. Payment is required at the time of entry. Refunds will not be given for duplications and scratches, so *it is recommended that only Team Representatives handle relay entries.*
- ◆ All relay members must have entered the meet and paid the individual or relay surcharge by the individual meet entry deadline (received by July 9, 2005).
- ◆ Prior to the 4 PM relay entry deadline, swimmers may fill out a Relay Information Sheet with the relay swimmers' names, ages, and #1 swimmer indicated. If this information is provided prior to that relay's entry deadline, the information will be printed on the relay card prior to pick up by the swimmer at 11 AM on the day of the relay.
- ◆ Substitution of swimmers is allowed until the relay swim starts. You must enter any changes on the relay card prior to giving the card to the timer just before the relay is swum. No changes in age group or seedtime are allowed. Any change of swimmers must therefore keep the relay team in the same age group or the relay will be disqualified.
- ◆ Relay heat sheets will be posted and relay cards must be picked up at the Relay Desk after 11:00 AM on the day of the relay. Prior to the swimming of the relay, the card must contain the following information:

Other Important Meet Procedures

Meet Registration Area: When you first arrive at the facility, you must register by filling out and signing a form that contains emergency contact information and a list of statements that you must agree with. You will then receive a packet containing a meet program, pre-paid social tickets, pre-paid Gold Sponsor Packets, goodie bag, and other information.

Daily Event Check-in: You do not have to check in for any 50, 100, or 200 events. The heat sheets for these events are in your Meet Program. For the 400, 800, and 1500 Free and the 400 IM, you must check-in in person or by Internet at www.usms.org/comp/lcnats05/heats/checkin.php. Internet check-in will be open 24 hours before on-site check-in.

800 Free (Thursday): You must check in on Wednesday between noon and 8 pm.

400 IM, 400 Free, and 1500 Free (on Friday, Saturday, and Monday): You must check-in the day before between 7 am and 6 pm.

Split Requests: If you wish to have intermediate distance or relay lead-off splits included in official final results, pick up a split request form at the control table (Admin Referee), complete the form, and return to the Admin Referee.

Facility Note:

Please be aware that no shaving is allowed in the locker rooms. Please take care of your shaving needs before heading to the Aquatic Center. Also, now that we are in the age of cell phones, there are no longer any pay phones in the Aquatic Center. The number of the Aquatic Center, which should be used for "extreme emergencies" only, is 949-380-2552. Please review emergency and code of conduct requirements you will be signing at the registration for more details.

Final Thoughts-

Meets of this magnitude do not happen without the tremendous support of local volunteers. **"Endless Summer of Swimming"** is made possible with the hard work and dedication of many volunteers and the financial support of local businesses and USMS National Sponsors. I wish to thank all of the members of the Nadadores Masters, the Nadadores Family and swimming community for their contribution to the cause.

My hope and my dream is that you have an extraordinary and memorable experience in Mission Viejo. If there is anything that we can do to assist you, please do not hesitate to call on us. We are here for you.

Good Luck! Next Stop - *In Search of the Perfect Swim!*

See you at the pool!

Coach Mark Moore
Meet Director