

Masters Weekly Announcements

Wednesday, February 28, 2018

1. Words form Coach Mark
2. Cal Tech Pentathlon
3. SW Zone Meet Sponsors Needed
4. 2017 SCM Top Ten Results

“SWIM BETTER -- FEEL BETTER -- BE BETTER”

Words form Coach Mark

Are You Swimming the SCY ZONE MEET in Mission Viejo?... Why Not? Sounds Like Fun!

Over 500 competitors from around the area are expected to attend. The meet begins on Friday, April 27 with the 1000 yd free, 1650 yd free and the 400 IM and ends Sunday, April 29th. This special event gives you an opportunity to meet new friends and catch up with friends you have not seen for a while.

Almost all Masters Swimmers are unsure about signing up for their first Zone level meet. When they decide to swim in a Zone meet, they find that their fears are largely unfounded. Here are some common concerns and questions swimmers typically have when thinking about swimming in their first national meet.

Am I fast enough to swim a Zone meet?

Yes. Absolutely. Everyone can swim up to six events and there are NO qualifying time. Many people do this.

What if I don't think I'm fast enough to score any points in my events?

You may be surprised to find that you can score points just by finishing a race. Some races don't have many people sign up to swim them. Also, events in the afternoon of the last day of the meet tend to have a lot of people who signed up for the event decide not to swim it. Even if you don't score a single point in your individual events, you can still score points by participating in relays. Relays score twice as many points as individual events, and, very often, relays score points just by finishing the race legally.

Isn't a Zone meet just for serious competitors?

Some of the swimmers at Zone meets take the competition very seriously; however, most of the swimmers attend for the social aspects of the meet. It is a lot of fun meeting swimmers from different parts of Orange County, San

Diego, Las Vegas, LA, Ventura, and Santa Barbara and connecting with swimming friends you haven't seen for a while. Some swimmers attend in order to achieve their own personal goals.

If I don't have times for the meet, what time do I use?

You can use your times from other meets or a time you've swam in practice to enter the Zone meet. Just don't enter "no time" or NT. It's better to estimate what your time might be.

Don't delay go ahead and enter the meet!

Registration is OPEN!

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=10130

Coach Mark

Cal Tech Pentathlon

Entries: Online entries will close Wednesday, February 28, 2018, @ 11:59 pm. Deck registration is permitted. Deck entries close at 8:15 a.m.

Entry Fee: \$30.00 flat fee per swimmer. Deck entry fee is \$40.00.

https://www.clubassistant.com/club/meet_information.cfm?c=1461&smid=9889

Always a fun and fast meet!!!

Hope that you can make it.

Meet Sponsors Needed for the SW Zone Championships

We need your help obtaining meet sponsors for our upcoming Championship meet. If you know a friend with a local business or have a local favorite please see if you can get them to be part of our meet..

Attached is the sponsor form. It offers \$100 - \$1,000 sponsorships.

If you have any questions please contact Coach Mark.

2017 SCM Top Ten Times in the Country – 4 All American Swim!! *Way to Go Bev and Tyler*

Place	Age Group	Event	Name	Age	Time
3	W40-44	50 Free	Heidi A Walker	42	28.57M

9	W40-44	100 Free	Heidi A Walker	42	1:05.37M
3	W40-44	200 Free	Heidi A Walker	42	2:17.44M
5	W40-44	400 Free	Heidi A Walker	42	4:58.43M
3	W40-44	800 Free	Heidi A Walker	42	10:18.05M
5	W40-44	1500 Free	Heidi A Walker	42	20:03.58M
8	W50-54	100 Breast	Jody A Bergstrom	54	1:28.91M
8	W65-69	50 Free	Mindy M Dougherty	65	34.81M
6	W65-69	400 Free	Mindy M Dougherty	65	5:57.63M
3	W65-69	50 Back	Mindy M Dougherty	65	38.76M
3	W65-69	100 Back	Mindy M Dougherty	65	1:23.60M
3	W65-69	200 Back	Mindy M Dougherty	65	2:59.08M
10	W65-69	100 IM	Mindy M Dougherty	65	1:34.43M
3	W70-74	50 Free	Beverly J Montrella	71	37.28M
3	W70-74	100 Free	Beverly J Montrella	71	1:26.86M
3	W70-74	200 Free	Beverly J Montrella	71	3:03.98M
2	W70-74	400 Free	Beverly J Montrella	71	6:38.18M
1	W70-74	800 Free	Beverly J Montrella	71	13:20.24M
1	W70-74	1500 Free	Beverly J Montrella	71	25:04.40M
2	W70-74	100 Back	Beverly J Montrella	71	1:39.23M
3	W70-74	200 Back	Beverly J Montrella	71	3:30.26M
9	W70-74	50 Fly	Beverly J Montrella	71	49.03M
5	W70-74	200 IM	Beverly J Montrella	71	3:32.35M
8	M18-24	50 Free	Tyler S Fidler	20	24.77M
3	M18-24	100 Free	Tyler S Fidler	20	54.60M
3	M18-24	200 Free	Tyler S Fidler	20	2:00.28M
1	M18-24	400 Free	Tyler S Fidler	20	4:19.28M
1	M18-24	800 Free	Tyler S Fidler	20	8:55.32M
5	M18-24	100 Back	Tyler S Fidler	20	1:04.47M
4	M40-44	1500 Free	Brendan Herlihy	41	19:00.09M
8	M40-44	200 Back	Brendan Herlihy	41	2:33.35M
8	M45-49	200 Free	Steve Gunnell	47	2:08.32M
6	M45-49	200 IM	Steve Gunnell	47	2:29.86M
5	M45-49	400 IM	Steve Gunnell	47	5:20.98M

Congratulations Swimmers!!!

Mission Viejo Nadadores Masters

*...a lifetime of... Challenge... Achievement...
Recognition...*