

# **Masters Weekly Announcements**

## **Wednesday, February 21, 2018**

1. Words form Coach Mark
2. Cal Tech Pentathlon
3. OSO Fit & 5K Run
4. SW Zone Championships

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

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### **Words form Coach Mark**

Meet Preparation  
SW Zone SCY Championships

Hopefully, MOST MVN swimmers will enter the Championship Meet April 27-29, here at Mission in our new pool.

There are no qualify times! So think about the events you want to swim. (up to 6)

The best way you can swim well at this meet is to make a commitment to workout at least 3 (better 5-6) times weekly and to workout hard!

On intervals, swim the hardest you can, on descending sets, start fairly fast and really watch the clock.

One way to get ready for a target meet is to look at the last 6-8 weeks before the event as we will do sets where you swim as close as possible to your race pace (designated quality workouts).

Workouts will vary depending on whether you are a sprinter mid distance, or long distance person, but all swimmers, need some sprint work to get faster.

Our workouts the next 8-10 weeks will be designed to prepare you for the big meet.

Good luck in your training and don't forget to sign up for the meet!

Registration is open – includes a free meet t-shirt. Early registration (save \$10.00) is Friday, April 13.

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## **Cal Tech Pentathlon**

**Entries:** On-line registration is preferred. The pre-entry postmark deadline is Saturday, February 24, 2018. 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](https://www.clubassistant.com/club/meet_information.cfm?c=1461&smid=9889)

Always a fun and fast meet!!!  
Hope that you can make it.

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## **OSO Fit & 5K Run**

Calling on all Nadadores! Help us raise funds for our team and have some fun on March 3!

The Nadadores team receives 100% of all preregistration fee (Feb. 24th) \$25.00

( - just make sure you select MVN in the NonProfit drop down box)

Register NOW!

<http://osofit5k.org/>

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## **SW Zone Championships**

**Friday, April 27 - Sunday, April 29, 2018**

Hosted by the Mission Viejo Masters

**ENTRIES:** Online entries completed by 11:59 p.m. on Friday, April 13 are a flat \$55.00 entry fee. (T-shirt included)

Online entries completed April 14 through 11:59 p.m. on Sunday, April 22 are a flat \$65.00 entry fee.

Registration is OPEN!

[https://www.clubassistant.com/club/meet\\_information.cfm?c=964&smid=10130](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=10130)

## **Friday, April 27, 2018 - Session 1 Events 1-6**

Warm-ups start at 7:00 AM

Meet Session starts at 8:00 AM

| # | Sex   | Event  |      |
|---|-------|--------|------|
| 1 | Mixed | 1000 Y | Free |
| 3 | Mixed | 1650 Y | Free |
| 5 | Mixed | 400 Y  | IM   |

## **Saturday, April 28, 2018 - Session 2 Events 7-32**

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

| #  | Sex   | Event |              |
|----|-------|-------|--------------|
| 7  | Women | 200 Y | Free         |
| 8  | Men   | 200 Y | Free         |
| 9  | Mixed | 400 Y | Free Relay   |
| 10 | Mixed | 200 Y | Medley Relay |
| 11 | Women | 50 Y  | Breast       |
| 12 | Men   | 50 Y  | Breast       |
| 13 | Women | 200 Y | Fly          |
| 14 | Men   | 200 Y | Fly          |
| 15 | Women | 100 Y | Free         |
| 16 | Men   | 100 Y | Free         |
| 17 | Women | 200 Y | IM           |
| 18 | Men   | 200 Y | IM           |
| 19 | Women | 200 Y | Breast       |
| 20 | Men   | 200 Y | Breast       |
| 21 | Women | 100 Y | Back         |
| 22 | Men   | 100 Y | Back         |
| 23 | Women | 50 Y  | Fly          |
| 24 | Men   | 50 Y  | Fly          |
| 25 | Women | 800 Y | Free Relay   |
| 26 | Men   | 800 Y | Free Relay   |

| #  | Sex   | Event |              |
|----|-------|-------|--------------|
| 27 | Mixed | 800 Y | Free Relay   |
| 28 | Women | 400 Y | Medley Relay |
| 29 | Men   | 400 Y | Medley Relay |
| 30 | Mixed | 400 Y | Medley Relay |
| 31 | Women | 200 Y | Free Relay   |
| 32 | Men   | 200 Y | Free Relay   |

## Sunday, April 29, 2018 - Session 3 Events 31-52

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

| #  | Sex   | Event |              |
|----|-------|-------|--------------|
| 33 | Mixed | 500 Y | Free         |
| 35 | Women | 100 Y | IM           |
| 36 | Men   | 100 Y | IM           |
| 37 | Mixed | 200 Y | Free Relay   |
| 38 | Women | 200 Y | Medley Relay |
| 39 | Men   | 200 Y | Medley Relay |
| 40 | Women | 50 Y  | Back         |
| 41 | Men   | 50 Y  | Back         |
| 42 | Women | 100 Y | Breast       |
| 43 | Men   | 100 Y | Breast       |

| #  | Sex   | Event |            |
|----|-------|-------|------------|
| 44 | Women | 50 Y  | Free       |
| 45 | Men   | 50 Y  | Free       |
| 46 | Women | 200 Y | Back       |
| 47 | Men   | 200 Y | Back       |
| 48 | Women | 100 Y | Fly        |
| 49 | Men   | 100 Y | Fly        |
| 50 | Women | 400 Y | Free Relay |
| 51 | Men   | 400 Y | Free Relay |
| 52 | Mixed | 400 Y | Free Relay |

Mission Viejo Nadadores Masters  
*...a lifetime of... Challenge... Achievement...  
 Recognition...*