

## **Masters Weekly News Update**

### **Thursday, August 24, 2017**

1. Fall Workout Schedule
2. SPMS Swimmer of the Month
3. Don Burns Open Water Results
4. Mission Mile Lake Swim
5. SPMS Records

**Let's meet this week for breakfast Tomorrow!**



**Where:** *Broken Yolk Café*

**Location:** 28621 Marguerite Parkway, Mission Viejo

**Time:** 9:00 AM

**You're Invited:** **RSVP Today (Required)**

*If you have any questions please call Coach Mark  
at 949-233-6521*

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## **Fall Workout Schedule**

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## **Fall Workout Schedule**

Parking Pass Required at Saddleback

- \$40.00/Semester --purchase at Campus Police

### **Mornings at Saddleback**

Monday-Thursday

5:00 - 6:00 AM and 6:00-7:00 AM

Friday Mornings at Montanoso (Starts September, 8)

5:00 - 6:00 AM and 6:00 - 7:00 AM

### **Mid- Mornings at Saddleback**

Monday - Thursday

9:00 -10:00 AM

**Noon**

Monday – Thursday (STARTS Tuesday, Sept. 5)

12:00-1:00

Friday at Saddleback

12:00-1:00

**Evenings at Saddleback**

Monday-Friday

7:00-8:00 PM

**Weekends at Saddleback**

Saturday

6:00 - 7:00 AM and 7:00 - 8:00 AM

Sunday

8:30-10:30 AM

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## **SPMS Swimmer of the Month**

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## **SPMS Club Swimmer of the Month Award**

Congratulations Mission Swimmers!!!

JULY - Bruce Walton

For his Positive attitude and competitive spirit

AUGUST - John Campbell

For his practice and meet performance, and team support

**Way to go Nadadores!!!**

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## **Don Burns Open Water Results**

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Results for the Don Burns Open Water Swim

<http://www.itsyourrace.com/event.aspx?id=8112>

Audrey Viers (30-34) 2nd place

Bev Montrella (70-74) 1st place

Stephen Ripic (40-44) 3rd place

Wet Suit Division

Gwynne Steidle (55-59) 2nd place

***Way to go Nadadores!***

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**MISSION MILE LAKE SWIM**

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All team event!!! Sign Up TODAY!

Sunday, September 24

Nadadores Mile Swim - Lake Mission Viejo

Registration is open!!!

[https://www.clubassistant.com/club/meet\\_information.cfm?c=964&smid=9348](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=9348)

**Fee increases September 4! Sign up TODAY!**

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**New SPMS Records**

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Congratulations to Bev Montrella for setting the following new SCY Records for SPMS!!!

**Women 70-74 SCY**

50 Free - 31.98

200 Free - 2:55.38

500 Free - 7:37.44

1000 Free - 15:25.34

1650 Free - 25:26.15

50 Back - 40.16

100 Back - 1:28.80

200 Back - 3:11.98

50 Breast - 44.78

100 Breast - 1:40.23

100 IM - 1:25.45

200 IM - 3:18.86

Complete list of SPMS Records

<https://www.spmasterswim.org/top-ten/>