

YMCA WSF 8 and Under/ Senior Meet

Feb. 20-21, 2010

Held under the sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming, Inc. Sanction Number: AZ10C099R

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., YMCA Westside Silver Fins, Southwest Valley Family YMCA, and all meet officials shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

Hosted by: YMCA Westside Silver Fins

Meet Director: Erin Shields (602) 469-0400 eshields@vosymca.org

Meet Referee: Mary Kramer mckswim@aol.com

Meet Location: Southwest Valley Family YMCA, 2919 N. Litchfield Rd., Goodyear, AZ 85395
Course: Eight/ten lane, 25 yard heated pool, Colorado Start, fully-automatic system for all sessions. Warm-up / warm-down lanes will be available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Eligibility:

1. Open to any current USA Swimming registered athlete. All swimmers must be registered as of the meet entry deadline. No on-deck registration will be available.
2. Age on Feb. 20, 2009 will govern for the meet.
3. There are no time standards for this meet.
4. A current, valid USA Swimming registration card must be presented to the Clerk of Course if requested.
5. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Rules:

1. The current rules of USA competitive swimming will govern.
2. Individual events are pre-seeded, time final events.
3. The 400 IM, 500 Free, and 1650 Free will be deck seeded, and will require positive check-in with the clerk of course prior to the session in which they occur. Swimmers in events 400 yards and longer will need to provide their own timers and counters. Swimmers may only enter one distance event (events 400 and longer) per session.
4. Swimmers are limited to 5 individual events per Session, and 5 events per day.
5. Entry times must be the swimmer's best short course yards times. No converted times may be used for entry.
6. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner. Clerk of Course will expect credentials to be presented at coaches' sign-in table.
7. The Arizona controlled meet warm-up procedures will be posted and enforced. Teams will be contacted for split warm up times.

Sessions:

Session I (Saturday, Feb. 20, 2009):	Warm-ups: 1:00pm	Start: 2:00pm
Session II (Sunday, Feb 21, 2009):	Warm-ups: 1:00pm	Start: 2:00pm

- Time Trials:** Will be offered at the discretion of the Referee as time permits.
- Entries:** All entries must be on a Hy-tek Com-link file and must be received by Monday, February 9, 2010. Late entries will be accepted subject to a \$5.00 late fee and lane availability. No new heats will be created, nor will any event be re-seeded to accommodate late entries.
- Email meet entries to: Erin Shields- eshields@vosymca.org
- Entry Fees:** \$5.00 LSC surcharge
\$3.00 per individual event
- Entry fees are due by the start of the first session, Saturday, February 20, 2010. Payment may be made by cash, check or credit card. Make checks payable to YMCA Westside Silver Fins.
- Awards:** Ribbons will be awarded to 8&U's for 1st through 8th place. There will be no awards for Seniors.
- Concessions:** A snack bar will be available throughout the meet.
- Timing:** Volunteers will be asked to time for all events except for the 500 free, 400 IM, 1,000 free, and 1,650 free. For those events swimmers must provide their own timers and lap counters.
- Parking:** Parking availability at the YMCA is restricted. Expect officials, coaches and volunteers to park in adjacent lot to the YMCA (main parking lot). There will be a drop off/ pick up area located near the community entrance of the pool for anyone that is not a coach, official or volunteer.
- All parents and swimmers must use church parking lot to the east of the YMCA. Please enter the church parking lot using the driveway immediately east of the YMCA parking lot entrance on Thomas.
- Please do not use the parking lot located on the North-West corner of the YMCA. It is for the city of Goodyear skate park only.
- Hotels:** The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.
- Holiday Inn Hotel and Suites, 623-547-1313
 - Hampton Inn and Suites, 623-536-1313
 - Holiday Inn Express, 623-535-1313

Session I – Saturday, February 20, 2010

Warm up: 1:00pm Start: 2:00pm

Girls #	Time	Event	Time	Boys #
1	NT	Senior 200 Free	NT	2
3	NT	8 & U 100 Free	NT	4
5	NT	Senior 100 IM	NT	6
7	NT	Senior 50 Fly	NT	8
9	NT	8 & U 25 Fly	NT	10
11	NT	Senior 100 Breast	NT	12
13	NT	8 & U 50 Breast	NT	14
15	NT	Senior 100 Back	NT	16
17	NT	8 & U 50 Back	NT	18
19	NT	Senior 200 Fly	NT	20
21	NT	Senior 50 Free	NT	22
23	NT	8 & U 25 Free	NT	24
**25	NT	Senior 500 Free	NT	**26
**27	NT	Senior 400 IM	NT	**28

** These events require a positive check in. Swimmers must provide their own timers and lap counters.

Session II – Sunday, February 21, 2010

Warm up: 1:00pm Start 2:00pm

Girls #	Time	Event	Time	Boys #
29	NT	Senior 200 IM	NT	30
31	NT	8 & U 100 IM	NT	32
33	NT	Senior 50 Back	NT	34
35	NT	8 & U 25 Back	NT	36
37	NT	Senior 200 Breast	NT	38
39	NT	Senior 100 Free	NT	40
41	NT	8 & U 50 Free	NT	42
43	NT	Senior 100 Fly	NT	44
45	NT	8 & U 50 Fly	NT	46
47	NT	Senior 200 Back	NT	48
49	NT	Senior 50 Breast	NT	50
51	NT	8 & U 25 Breast	NT	52
**53	NT	Senior 1650 Free	NT	**54

** These events require a positive check in. Swimmers must provide their own timers and lap counters.