

9. Relay cards must be turned in 30 minutes prior to the start of the session in which they are swum. There is no limit to the number of relays a team may enter, however only the fastest two will be scored.
10. The Arizona controlled meet warm-up will be posted and enforced. Teams will be contacted for split warm up times.
11. All coaches and officials must be USA Swimming registered prior to the competition and wear their current registration in a visible manner. Coaches are required to check in at the start of each session they are on deck and must show their credentials at that time.

Session I (Friday, December 10, 2010) Warm-ups: 4:00 PM Start: 5:00 PM
 Session II (Friday, December 10, 2010) Warm-ups: in warm-up pool during session I
 Start: Immediately following session I
 Session III (Saturday, December 11, 2010) Warm-ups: 8:00 AM Start: 9:00 AM
 Session IV (Sunday, December 12, 2010) Warm-ups: 8:00 AM Start: 9:00 AM

Entries: All entries must be on the Arizona Swimming entry form or Com-link file and must be received by Thursday Dec 2, 2010. Late entries will be accepted subject to a \$5.00 late fee per athlete and lane availability. No new heats will be created, nor will any event be re-seeded to accommodate late entries.

Email meet entries to: Annette Jones: kaymax510@cox.net

Entry Fees: \$5.00 LSC surcharge
 \$4.50 per individual event
 \$8.00 per relay
 \$5.00 Time Trial

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Commlink fees are due prior to the first session of the meet.

Awards: Individual events: Regional medals 1st thru 3rd
 Regional ribbons 4th thru 8th place
 Relay events: Regional medals 1st place
 Team Awards for First and Second place

Scoring: Only entries below the Arizona Qualifying Time Standard and above the Arizona Regional Time Standard will be scored. Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2. ***Teams may only score top two (2) relay teams in each relay event.

Concessions: A Snack Bar will be open.

Timing: Lane assignments will be made from attending teams for timing.

Session I – Friday, December 10, 2010

Warm up: in warm-up pool during Session 1 Start: Immediately following Session 1

Girls		Event		Boys
1*		10 & U 500 Free		2*
3*		11-12 1000 Free		
5*		13-14 1650 Free		6*

*Note the 500 Free, 1000 Free, and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course, by the start of the session in which they are swum. These events will be swum fastest to slowest, alternating women and men.

Session II – Friday, December 10, 2010

Warm up: 4:00 PM

Start: 5:00PM

Girls	Time	Event	Time	Boys
7	NT	11-12 200 Free Relay	NT	8
9	NT	13-14 200 Free Relay	NT	10
11		10 & U 50 Back		12
13		11-12 50 Back		14
15		13-14 50 Back		16
17		10 & U 50 Breast		18
19		11-12 50 Breast		20
21		13-14 50 Breast		22
23		10 & U 50 Fly		24
25		11-12 50 Fly		26
27		13-14 50 Fly		28
29		10 & U 50 Free		30
31		11-12 50 Free		32
33		13-14 50 Free		34
35	NT	11-12 200 Medley Relay	NT	36
37	NT	13-14 200 Medley Relay	NT	38

Session III – Saturday, December 11, 2010

Warm up: 8:00AM

Start: 9:00AM

Girls	Time	Event	Time	Boys
39		11-12 400 IM		40
41		13-14 400 IM		42
43		10 & U 200 Free		44
45		11-12 200 Free		46
47		13-14 200 Free		48
49		10 & U 100 Back		50
51		11-12 100 Back		52
53		13-14 100 Back		54
55		11-12 200 Breast		56
57		13-14 200 Breast		58
59		10 & U 100 Fly		60
61		11-12 100 Fly		62
63		13-14 100 Fly		64
65		10 & U 100 IM		66
67		11-12 100 IM		68
69	NT	13-14 800 Free Relay	NT	70
71	NT	11-12 400 Free Relay	NT	72
73	NT	10 & U 200 Free Relay	NT	74
75*		13-14 1000 Free		76*
77*		11-12 1650 Free		77*

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Session IV –Sunday, December 12, 2010

Warm up: 8:00AM

Start: 9:00AM

Girls	Time	Event	Time	Boys
79	NT	13-14 400 Medley Relay	NT	80
81	NT	11-12 400 Medley Relay	NT	82
83	NT	10 & U 200 Medley Relay	NT	84
85		13-14 100 Free		86
87		11-12 100 Free		88
89		10 & U 100 Free		90
91		13-14 200 Back		92
93		11-12 200 Back		94
95		13-14 100 Breast		96
97		11-12 100 Breast		98
99		10 & U 100 Breast		100
101		13-14 200 Fly		102
103		11-12 200 Fly		104
105		13-14 200 IM		106
107		11-12 200 IM		108
109		10 & U 200 IM		110
111	NT	13-14 400 Free Relay	NT	112
113*		11-12 500 Free		114*
115*		13-14 500 Free		116*

*Note the 500 Free, 1000 Free, and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course, by the start of the session in which they are swum. These events will be swum fastest to slowest, alternating women and men.