

YMCA Westside Silver Fins September Intersquad Meet September 19, 2009

Held under the sanction of USA Swimming, Inc.

Hosted by: YMCA Westside Silver Fins

Meet Location: Southwest Valley Family YMCA, 2919 N. Litchfield Rd, Goodyear, AZ 85395

Course: Outdoor, 25 yard, 8 lane heated pool.

Eligibility: 1. Open to all Black and Blue group swimmers.

Rules:

1. The current rules of USA competitive swimming will govern this meet.
2. Swimmers may enter up to 5 individual events. They will be placed in relays at the coaches' discretion.
3. No entry times will be used for this meet.
4. The Arizona controlled meet warm-up will be posted and enforced.

Sessions: Session I (Saturday, Sept. 19, 2009): Warm-ups: 10:00AM Start: 10:30 AM

Entries: Entry forms must be turned in to the YMCA WSF mailbox on the pool deck NO LATER THAN Sept. 16, 2009.

Entry Fees: There are no entry fees for this meet.

Awards: There will be no awards for this meet.

Concessions: There will be no concessions for this meet.

Timing: We will need volunteer timers to run this meet. Parents should plan on having at least one family member present who is prepared to time.

Post Meet: Coaches will be meeting with all swimmers as a group immediately following the last race. Please be prepared to stay until the conclusion of the coaches' meeting.

Session I – Saturday, Sept. 21st

Warm up: 10:00 AM Start: 10:30 AM

| Girls | Time | Event | Time | Boys |
|-------|------|-------------------------------------|------|------|
| 1 | NT | Open 100 IM | NT | 2 |
| 3 | NT | Black Group 25 Fly | NT | 4 |
| 5 | NT | Blue Group 50 Fly | NT | 6 |
| 7 | | Black Group 25 Back | | 8 |
| 9 | NT | Blue Group 50 Back | NT | 10 |
| 11 | NT | Black Group 25 Breast | NT | 12 |
| 13 | | Blue Group 50 Breast | | 14 |
| 15 | NT | Black Group 50 Free | NT | 16 |
| 17 | NT | Blue Group 100 Free | NT | 18 |
| 19 | | Black Group Mixed 100 Free Relay | | |
| | NT | Blue Group Mixed 200 Free Relay | NT | 20 |