

YMCA Westside Silver Fins October Intersquad Meet October 24, 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, Oct. 24, 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 Wednesday, Oct. 21, 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, Oct. 24th Warm up: 10:00 AM Start: 10:30 AM

Girls	Time	Event	Time	Boys
1	NT	Black Group 100 IM	NT	2
3	NT	Blue Group 200 IM	NT	4
5	NT	Black Group 50 Fly	NT	6
7	NT	Blue Group 100 Fly	NT	8
9	NT	Black Group 50 Back	NT	10
11	NT	Blue Group 100 Back	NT	12
13	NT	Black Group 50 Breast	NT	14
15	NT	Blue Group 100 Breast	NT	16
17	NT	Black Group 50 Free	NT	18
19	NT	Blue Group 200 Free	NT	20
21	NT	Black Group Mixed 100 Medley Relay	NT	
	NT	Blue Group Mixed 200 Medley Relay	NT	22