

5. Please enter with an accurate time achieved in the proper course. Converted times will not be accepted. Senior Sessions will be seeded using Long Course Meter times first followed by short course yard times then short course meter times. Age Group sessions will be seeded using short course times only.
6. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
7. The Arizona controlled meet warm-up will be posted and enforced.
8. WSF reserves the right to limit meet attendance. (350 participants)

Sessions:

Session I (Friday, Jan. 2, 2009):	Warm-ups: 5:00 PM	Start: 6:00 PM
Session II (Saturday, Jan. 3, 2009):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session III (Saturday, Jan. 3, 2009):	Warm-ups: 1:00 PM	Start: 2:00 PM
Session IV (Sunday, Jan. 4, 2009):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session V (Sunday, Jan. 4, 2009):	Warm-ups: 1:00 PM	Start: 2:00 PM

Entries: All entries must be sent via Hy-tek. No late entries will be accepted. Entry deadline will be Monday, December 22, 2008.

Mail or deliver meet entries to: Erin Shields
2919 N. Litchfield Road
Goodyear, AZ 85395

E-Mail: eshields@vosymca.org

Entry Fees: \$3.00/event
\$5.00/ surcharge

Time Trials: Time trials will be offered at the conclusion of each session at the discretion of Meet Referee. Swimmer must be entered in the meet and will pay \$5.00/event fee per trial.

Entry fees are due prior to the first session of the meet and must be paid by using one team check. Time trial fees will be collected on deck, prior to swimming trial.

Awards: Ribbons for 1st through 3rd place for individual events.

Concessions: There will be a snack bar available at this meet.

Timing: Timers will be provided by the YMCA Westside Silver Fins, but all volunteers are welcome to help.

Parking: All spectators and athletes will need to park in the adjacent church parking lot located one block EAST of the YMCA parking lot entrance and walk across the wash. All coaches and officials will park in the YMCA lot located adjacent to the pool. There will be a drop-off/pick-up area located next to the pool entrance. PLEASE, NO PARKING in the Goodyear Skate Park lot located on the NE corner of the YMCA.

Session I – Friday, Jan. 2nd

Warm up: 5:00 PM

Women	Time	Event	Time	Men
1	NT	800 Meter Free*	NT	
	NT	1500 Meter Free*	NT	2

Session II – Saturday, Jan. 3rd

Warm up: 8:00 AM

Women	Time	Event	Time	Men
3	NT	200 Meter Fly	NT	4
5	NT	100 Meter Free	NT	6
7	NT	200 Meter IM	NT	8
9	NT	100 Meter Breast	NT	10
11	NT	200 Meter Back	NT	12
13	NT	400 Meter Free*	NT	14

* Swimmers must provide their own timers and lap counters for these races.

Session III – Saturday, Jan. 3rd

Warm up: 1:00 PM

Women	Time	Event	Time	Men
15	NT	12 & Under 200 Yd Fly	NT	16
17	NT	13 & Over 200 Yd Fly	NT	18
19	NT	12 & Under 100 Yd Free	NT	20
21	NT	13 & Over 100 Yd Free	NT	22
23	NT	12 & Under 200 Yd IM	NT	24
25	NT	13 & Over 200 Yd IM	NT	26
27	NT	12 & Under 100 Yd Breast	NT	28
29	NT	13 & Over 100 Yd Breast	NT	30
31	NT	12 & Under 200 Yd Back	NT	32
33	NT	13 & Over 200 Yd Back	NT	34
35	NT	12 & Under 400 Yd Free*	NT	36
37	NT	13 & Over 400 Yd Free*	NT	38

Session IV – Sunday, Jan. 4th

Warm up: 8:00 AM

Women	Time	Event	Time	Men
39	NT	100 Meter Fly	NT	40
41	NT	200 Meter Free	NT	42
43	NT	200 Meter Breast	NT	44
45	NT	100 Meter Back	NT	46
47	NT	50 Meter Free	NT	48
49	NT	400 Meter IM*	NT	50

Session V – Sunday, Jan. 4th

Warm up: 1:00 PM

Women	Time	Event	Time	Men
51	NT	12 & Under 100 Yd Fly	NT	52
53	NT	13 & Over 100 Yd Fly	NT	54
55	NT	12 & Under 200 Yd Free	NT	56
57	NT	13 & Over 200 Yd Free	NT	58
59	NT	12 & Under 200 Yd Breast	NT	60
61	NT	13 & Over 200 Yd Breast	NT	62
63	NT	12 & Under 100 Yd Back	NT	64
65	NT	13 & Over 100 Yd Back	NT	66
67	NT	12 & Under 50 Yd Free	NT	68
69	NT	13 & Over 50 Yd Free	NT	70
71	NT	12 & Under 400 Yd IM*	NT	72
73	NT	13 & Over 400 Yd IM*	NT	74

- Swimmers must provide their own timers and lap counters for these races.

Hotel Accommodations:

The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. The following hotels are all less than a mile from our facility: Holiday Inn Hotel and Suites, Hampton Inn and Suites and the Holiday Inn Express. The rates are \$114 per night for two double beds and \$123 a night for a king bed. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.

623-547-1313, Holiday Inn Hotel and Suites

623-536-1313, Hampton Inn and Suites

623-535-1313, Holiday Inn Express