

**YMCA Westside Silver Fins**  
**Senior Road to London**  
**January 29- 31, 2010**

Held under the sanction of USA Swimming

**Sanctioned by:** Arizona Swimming Sanction Number: AZ10C074R

**Liability:** In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., the YMCA Westside Silver Fins, 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 623-935-5195 eshields@vosymca.org  
**Meet Referee:** Mary Kramer 602-944-0615 mckswim@aol.com

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

**Course:** Outdoor, 50 meter competition, 8 lane heated pool, Colorado Start, fully automatic timing system and warm-down area. **SENIOR MEET: 8 COMPETITION LANES LONG COURSE.** An adjacent 3-4 lane 25 yard warm-up/warm-down pool will be available throughout the competition. Absolutely no horseplay will be allowed and those athletes NOT following the rules will be dismissed from the meet.  
The competition course has been certified in accordance with 104.2.2(C).

**Eligibility:**

1. Open to any USA Swimming 2009 registered athlete who is registered as of the meet entry deadline or any Fina registered foreign athletes who have been formally invited by USA Swimming.
2. All athletes, coaches and officials must be USA Swimming registered prior to the entry meet deadline. No on-deck registration will be available. A valid USA Swimming registration card must be presented to the Clerk of Course, if requested. **All coaches and officials must wear their current USA Swimming registration in a visible manner.** Out of state athletes must include a copy of their USA Registration card or a team roster signed by the LSC registrar.
3. Age on January 29, 2010 will govern for the meet.
4. Time standards are based on 2009-2012 National Age Group Motivational times- Top 16 Based- for 15-16 age group (BB standard) for all Senior sessions. This is an open age group meet for swimmers who have met qualifying times.
5. **Swimmers who are 13-14 may either swim as a Senior in the AM meet or in the 13-14 age group PM meet but may not swim in both meets.**
6. 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 or any special accommodations or seeding arrangements at the time the entry is submitted.

**Rules:**

1. The current rules of USA competitive swimming will govern this meet.
2. Senior events will be deck seeded. All senior swimmers must positively check in at least 45 minutes prior to the start of each session. 800 meter and 1500 meter events will be swum fastest to slowest. **ALTERNATING HEATS WOMEN AND MEN.**

3. **Swimmers are limited to 5 events per session. 13-14 year-olds must swim in one session/day, ONLY. 13-14 age group must be ALL senior session OR, ALL age group session.**

4. Please enter with an accurate time achieved in the proper course. Converted times will be accepted. \*\*\*Please see conversion chart included. Senior Sessions will be seeded using Long Course Meter times.

5. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.

6. The Arizona controlled meet warm-up will be posted and enforced.

7. WSF reserves the right to limit meet attendance to 300 swimmers per session.

**Sessions:** Session I (Friday, Jan. 29, 2010): Warm-ups: 4:00PM Start: 5:00PM  
Session II (Saturday, Jan. 30, 2010): Warm-ups: 7:00AM Start: 8:00AM  
Session III (Sunday, Jan. 31, 2010): Warm-ups: 7:00AM Start: 8:00AM

**Entries:** All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due Sunday, January 24, 2010 by midnight.  
E-Mail: [eshields@vosymca.org](mailto:eshields@vosymca.org)

**Entry Fees:** \$5 individual event fee  
\$5 swimmer surcharge  
Entry fees are due by the start of the first session, Friday, January 29, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins.**

**Awards:** High point awards will be given to the top 3 men and women.

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

**Timing:** Volunteers will be asked to time for all events except for the 400 IM, 400 Free, 800 Free & 1500 Free. In the above mentioned events, swimmers must provide their own timers and lap counters.

**Parking:** \*\*Parking will be limited. There will be a coaches and officials parking area located next to the competition pool clearly marked. There will also be a drop off area for all swimmers located next to the competition pool. There will be a designated parking area located at the neighboring St. Thomas Aquinas church for all other spectators, parents and volunteers. This will also be clearly marked.

**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 – Friday, Jan. 29**  
**Warm up: 4:00pm      Meet Start: 5:00pm**

Women	Time	Event	Time	Men
1	11:30.19	800 Meter Free*		
		1500 Meter Free*	20:49.49	2

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

**Session II – Saturday, Jan. 30**  
**Warm up: 7:00am      Meet Start: 8:00am**

Women	Time	Event	Time	Men
3	2:56.19	200 Meter Fly	2:43.19	4
5	1:14.39	100 Meter Free	1:08.39	6
7	3:01.19	200 Meter IM	2:48.89	8
9	1:33.89	100 Meter Breast	1:26.39	10
11	2:57.99	200 Meter Back	2:43.89	12
13	5:34.69	400 Meter Free*	5:14.39	14

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

**Session III – Sunday, Feb 1<sup>st</sup>**  
**Warm up: 7:00am      Meet Start: 8:00am**

Women	Time	Event	Time	Men
15	1:20.39	100 Meter Fly	1:13.39	16
17	2:39.49	200 Meter Free	2:28.59	18
19	3:21.19	200 Meter Breast	3:08.79	20
21	1:22.69	100 Meter Back	1:16.49	22
23	34.49	50 Meter Free	31.19	24
25	6:19.79	400 Meter IM*	5:54.39	26

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

## CONVERSION CHART FOR WSF SWIM MEET

STROKE	-----50's-----
Butterfly	(meter time) = (yard time) x 1.11 + 0.7 sec
Backstroke	(meter time) = (yard time) x 1.11 + 0.6 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 1.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 0.8 sec

STROKE	-----100's-----
Butterfly	(meter time) = (yard time) x 1.11 + 1.4 sec
Backstroke	(meter time) = (yard time) x 1.11 + 1.2 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 2.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 1.6 sec

STROKE	-----200's-----
Butterfly	(meter time) = (yard time) x 1.11 + 2.8 sec
Backstroke	(meter time) = (yard time) x 1.11 + 2.4 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 4.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 3.2 sec
Ind. Medley	(meter time) = (yard time) x 1.11 + 3.2 sec

STROKE	-----400's-----
Ind. Medley	(meter time) = (yard time) x 1.11 + 6.4 sec

## CONVERSION FOR DISTANCE EVENTS

500/1000 yards converts to 400/800 meters (long course) by multiplying by .8925.

1650 yards converts to 1500 meters (long course) by multiplying by 1.02.

## **Driving Directions**

### **From I-17 (From N. Arizona):**

Follow I-17 until it ends into I-10. Take I-10 W to Litchfield Rd. Take Litchfield Rd north to Thomas Rd. Turn right on Thomas Rd and the Pool is on the left.

### **From I-10 Northbound (From Tucson):**

Take I-10 W to Litchfield Rd. Take Litchfield Rd north to Thomas Rd. Turn right on Thomas Rd and the Pool is on the left.

### **From I-10 Westbound (From the East Valley)**

Take I-10 W to Litchfield Rd. Take Litchfield Rd north to Thomas Rd. Turn right on Thomas Rd and the Pool is on the left.