



**Entries:** All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due by midnight, Sunday, December 28, 2009.  
E-Mail: [eshields@vosymca.org](mailto:eshields@vosymca.org)

**Entry Fees:** \$5.00 LSC surcharge  
\$3.00 per individual event  
Entry fees are due by the start of the first session, Saturday, Jan. 2, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

**Awards:** Awards will not be given at this meet.

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

**Timing:** Volunteers will be asked to time for all events except for the 400 IM and 500. In the above mentioned events, swimmers must provide their own timers and lap counters.

**Parking:** Parking availability at the YMCA is restricted. Expect officials, coaches and volunteers to park in adjacent lot to the YMCA (main parking lot). There will be a drop off/ pick up area located near the community entrance of the pool for anyone that is not a coach, official or volunteer.  
All parents and swimmers must use church parking lot to the east of the YMCA. Please enter the church parking lot using the driveway immediately east of the YMCA parking lot entrance on Thomas. Please do not use the parking lot located on the North-West corner of the YMCA. It is for the city of Goodyear skate park only.

### Session I – Saturday, Jan. 2

Warm up: 12:00 PM      Start: 1:00 PM

Girls	Time	Event	Time	Boys
1	NT	Open 500 Free*	NT	2
3	NT	Open 200 IM	NT	4
5	NT	Open 100 Free	NT	6
7	NT	Open 200 Stroke**	NT	8
9	NT	Open 200 Free	NT	10
11	NT	Open 400 IM*	NT	12

\* The 500 free and 400 IM will require positive check in and will be swum fast to slow. Athletes must provide their own timers and lap counter.

\*\* Events 7 and 8 will be seeded so that like strokes will be swum in the same heats of possible.