

YMCA Westside Silver Fins Age Group Road to London January 30-31, 2010

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Sanction Number: AZ10C075R

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 623-935-5193 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, 25 yard competition, 8 lane heated pool, Colorado Start, fully automatic timing system and warm-down area. The competition course has been certified in accordance with 104.2.2(C).

Eligibility:

1. Open to any USA Swimming athlete registered as of the meet entry deadline or Fina registered foreign athlete 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. This is an NTS meet.
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. Age Group events will be pre-seeded except for the 500 free and 400 IM, which will be deck seeded. Swimmers must positively check in at least 45 minutes prior to the start of each session.
3. **Swimmers are limited to 5 events per session. 13-14 year-olds must swim in one session per 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 short course yards. Converted times will not be accepted.
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 (Saturday, Jan. 30, 2010): Warm-ups: 1:00 PM Start: 2:00 PM***
Session II (Sunday, Jan. 31, 2010): Warm-ups: 1:00 PM Start: 2:00 PM***
***(This may be adjusted pending the size of the senior meet. Should the age group times change we will email coaches as soon as possible.)

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

Entry Fees: \$3 individual event fee
\$5 swimmer surcharge
Entry fees are due by the start of the first session, Saturday, January 30, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

Awards: Ribbons for 1st through 8th place for individual events.

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 and 500 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 – Saturday, Jan. 30

Warm up: 1:00pm Meet Start: 2:00pm*

(This may be adjusted pending the size of the senior meet. Should the age group times change we will email coaches as soon as possible.)

Women	Time	Event	Time	Men
1	NTS	12 & Under 200 Yd Fly	NTS	2
3	NTS	13 & Over 200 Yd Fly	NTS	4
5	NTS	12 & Under 100 Yd Free	NTS	6
7	NTS	13 & Over 100 Yd Free	NTS	8
9	NTS	12 & Under 200 Yd IM	NTS	10
11	NTS	13 & Over 200 Yd IM	NTS	12
13	NTS	12 & Under 100 Yd Breast	NTS	14
15	NTS	13 & Over 100 Yd Breast	NTS	16
17	NTS	12 & Under 200 Yd Back	NTS	18
19	NTS	13 & Over 200 Yd Back	NTS	20
21	NTS	12 & Under 500 Yd Free*	NTS	22
23	NTS	13 & Over 500 Yd Free*	NTS	24

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

Session II – Sunday, Jan. 31

Warm up: 1:00pm Meet Start: 2:00pm*

(This may be adjusted pending the size of the senior meet. Should the age group times change we will email coaches as soon as possible.)

Women	Time	Event	Time	Men
25	NTS	12 & Under 100 Yd Fly	NTS	26
27	NTS	13 & Over 100 Yd Fly	NTS	28
29	NTS	12 & Under 200 Yd Free	NTS	30
31	NTS	13 & Over 200 Yd Free	NTS	32
33	NTS	12 & Under 200 Yd Breast	NTS	34
35	NTS	13 & Over 200 Yd Breast	NTS	36
37	NTS	12 & Under 100 Yd Back	NTS	38
39	NTS	13 & Over 100 Yd Back	NTS	40
41	NTS	12 & Under 50 Yd Free	NTS	42
43	NTS	13 & Over 50 Yd Free	NTS	44
45	NTS	12 & Under 400 Yd IM*	NTS	46
47	NTS	13 & Over 400 Yd IM*	NTS	48

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

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.