

YMCA Westside Silver Fins
Arizona Age Group
Western Regional Championships
December 10-12, 2010

Location: Glendale Community College (located at 61st Ave and Olive)

Sessions:

Session I (Friday, December 10, 2010) Warm-ups: 4:00 PM, Start: 5:00 PM

Session II (Friday, December 10, 2010) Warm-ups: in warm-up pool during session I,
Start: Immediately following session I

Session III (Saturday, December 11, 2010) Warm-ups: 8:00 AM, Start: 9:00 AM

Session IV (Sunday, December 12, 2010) Warm-ups: 8:00 AM, Start: 9:00 AM

Eligible Athletes: Open to all YMCA Westside Silver Fins team members who have times better than or equal to the Arizona Regional Time Standards.

Entries: Swimmers are limited to 3 individual events per Session, and 5 events per day.

Awards: Individual events: Regional medals 1st - 3rd
Regional ribbons 4th - 8th place
Relay events: Regional medals 1st place
Team Awards for First and Second place

Fees: \$5.00 LSC surcharge
\$4.50 per individual event
\$8.00 per relay (\$2.00 per swimmer)
\$5.00 Time Trial

Please retain this sheet and the meet flyer for future reference.