

be 1. Long Course Meters, 2. Short Course Yards, 3. Short Course Meters. Please note SY or SM in red.

8. Time trials will be offered at the discretion of the Meet Referee.

9. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner. Clerk of Course will expect credentials to be presented at coaches' sign-in table. Coaches are required to check-in at the start of each session they are on deck and must show their credentials at that time.

10. All relays must be pre-entered at the meet entry deadline. While entry of names is encouraged, no names are required at the time of entry. There is no limit to the number of relays a team may enter, however only the fastest two will be scored.

11. For the 200 Freestyle and 200 Medley Relays the second and fourth swimmers will start in the water due to the shallow depth of the pool.

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

Session I: Friday, July 16, 2010 Warm-ups: 3:00 PM, Start: 4:00 PM
Session II: Friday, July 16, 2010 Warm-ups: 5:15 PM or at the conclusion
of Session I, Start: 5:45 PM or 30 minutes after warm-up starts
Session III: Saturday, July 17, 2010 Warm-ups: 7:30 AM, Start: 8:30 AM
Session IV: Sunday, July 18, 2010 Warm-ups: 7:30 AM, Start: 8:30 AM

Entries: All entries must be on the Arizona Swimming entry form or Com-link file and must be received by Thursday, July 8, 2010 for paper entries and by Saturday, July 10, 2010 for electronic entries. Late entries will be accepted subject to a \$5.00 late fee per athlete and lane availability. No new heats will be created, nor will any event be re-seeded to accommodate late entries.

Mail or deliver paper entries to: Rio Salado Swim Club
Attn: Regional Entries
868 N. Gilbert Road
Gilbert, AZ 85234

E-mail electronic entries to: mbripley56@msn.com

Electronic entries must include a hard copy attachment of their entries.

Entry Fees: \$5.00 LSC surcharge
\$4.50 per individual event
\$8.00 per relay
\$5.00 Time Trial

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Commlink fees are due prior to the first session of the meet.

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

Scoring: Only entries below the Arizona Qualifying Time Standard and above the Arizona Regional Time Standard will be scored. Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2. ***Teams may only score top two (2) relay teams in each relay event.

Concessions: A Snack Bar will be open.

Session I – Friday, July 16, 2010

Warm up: 3:00 PM, Meet Starts: 4:00 PM

Girls		Event		Boys
1*		10 & U 400 Free		2*
3*		11-12 800 Free		4*
5*		13-14 1500 Free		6*

*Note the 400 Free, 800 Free, and 1500 Free will be deck seeded, requiring positive check-in at the Clerk of Course, by the start of the session in which they are swum. These events will be swum fastest to slowest, alternating women and men.

Session II – Friday, July 16, 2010

Warm up: 5:15 PM or at the conclusion of Session I

Meet Starts: 5:45 PM or 30 minutes after warm-up starts

Girls	Time	Event	Time	Boys
7	NT	11-12 200 Free Relay	NT	8
9	NT	13-14 200 Free Relay	NT	10
11		10 & U 50 Back		12
13		11-12 50 Back		14
15		13-14 50 Back		16
17		10 & U 50 Breast		18
19		11-12 50 Breast		20
21		13-14 50 Breast		22
23		10 & U 50 Fly		24
25		11-12 50 Fly		26
27		13-14 50 Fly		28
29		10 & U 50 Free		30
31		11-12 50 Free		32
33		13-14 50 Free		34
35	NT	11-12 200 Medley Relay	NT	36
37	NT	13-14 200 Medley Relay	NT	38

Session III – Saturday, July 17, 2010

Warm up: 7:30 AM, Meet Starts: 8:30 AM

Girls	Time	Event	Time	Boys
39		11-12 400 IM		40
41		13-14 400 IM		42
43		10 & U 200 Free		44
45		11-12 200 Free		46
47		13-14 200 Free		48
49		10 & U 100 Back		50
51		11-12 100 Back		52
53		13-14 100 Back		54
55		11-12 200 Breast		56
57		13-14 200 Breast		58
59		10 & U 100 Fly		60
61		11-12 100 Fly		62
63		13-14 100 Fly		64
65	NT	13-14 800 Free Relay	NT	66
67	NT	11-12 400 Free Relay	NT	68
69	NT	10 & U 200 Free Relay	NT	70
71*		13-14 800 Free		72*
73*		11-12 1500 Free		74*

Session IV – Sunday, July 18, 2010

Warm up: 7:30 AM, Meet Starts: 8:30 AM

Girls	Time	Event	Time	Boys
75	NT	13-14 400 Medley Relay	NT	76
77	NT	11-12 400 Medley Relay	NT	78
79	NT	10 & U 200 Medley Relay	NT	80
81		13-14 100 Free		82
83		11-12 100 Free		84
85		10 & U 100 Free		86
87		13-14 200 Back		88
89		11-12 200 Back		90
91		13-14 100 Breast		92
93		11-12 100 Breast		94
95		10 & U 100 Breast		96
97		13-14 200 Fly		98
99		11-12 200 Fly		100
101		13-14 200 IM		102
103		11-12 200 IM		104
105		10 & U 200 IM		106
107	NT	13-14 400 Free Relay	NT	108
109*		11-12 400 Free		110*
111*		13-14 400 Free		112*

* See Note on 400, 800 and 1500 Free events after Session I on Page 3.