

2011 Long Course Season Finale Meet

July 30, 2011

Hosted by YMCA Westside Silver Fins

Held under sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming, Inc.

Sanction #AZ11-33R2

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., YMCA Westside Silver Fins, Southwest Valley Family YMCA and all meet officials and volunteers shall be free from any and any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

Location: Southwest Valley Family YMCA, 2919 N Litchfield Rd., Goodyear, AZ 85395

Meet Director: Robyn Ferro robynferro@gmail.com

Meet Referee: David Brace davidlbrace@gmail.com

Course: Six/ eight lane, outdoor, 50 meter pool with non-turbulent lane dividers. Colorado start with two-button semi-automatic timing system and one-line time display board will be used. The competition course has been certified in accordance with 104.2.2(C). The minimum water depth, measured in accordance with Article 103.2.3, is 13' at the start end and 4' at the turn end.

Eligibility:

1. Open to any USA swimming athlete holding a current USA Swimming registration card as of the meet entry deadline. Proof of registration WILL be required at the clerk of course.
2. All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. All athletes must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's guardian to ensure compliance with this requirement. Please notify the meet director of any necessary arrangements prior to the start of the first session of competition.
3. Age on **July 30, 2011** will govern for this meet.
2. All coaches and officials must be USA Swimming registered prior to the competition and shall wear their current USA Swimming credentials in a visible manner. Registration will be checked at the Clerk of Course prior to the start of each session.
3. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the Meet Director as to the need for any special accommodations or seeding arrangements.

Rules:

1. The current USA Swimming rules of competitive swimming will govern.
2. Athletes are limited to five (5) individual events per day.
3. Entry times must be swimmers' best **long course** times. All events are NTS.
4. The Arizona Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
5. **The event order will be repeated twice, so that swimmers can have a longer break between swims, if needed.**
6. **Proof of registration is required. All athletes must present their current USA Registration cards or, alternatively, be listed on the current team roster for the club. Current team rosters are available on the USA Swimming web site through the Club Portal. Athletes who can not prove 2011 USA Swimming athlete registration will not be eligible to swim. NO EXCEPTIONS!!**

No on deck registration will be available.

Entries: Saturday, July 30th, Warm-up 8:30 am. Meet Start 10:00 am. Deck entries will be accepted, however, we **strongly encourage** all club teams to email or bring a Hy-tek entry file so that we can import your team's entries to save time. Swimmers may change their entries (withdraw or add additional events) on deck prior to the start of the meet. Deck entries must be received by 9:00 am

Entry Fees: LSC Surcharge \$5.00
Individual Events \$3.00

Entry fees are due by 9:00 am, Saturday, July 30, 2011. Payment may be made by cash or check. Make checks payable to **YMCA Westside Silver Fins.**

Awards: NO AWARDS, ONLY FAST TIMES!!!

Concessions: A snack bar will be available with limited choices.

Timers: We will need everyone's help with the timing responsibilities.

*****THIS EVENT ORDER WILL BE REPEATED TWICE (2) DURING THIS SESSION.**

Round I- Saturday, July 30, 2011
Warm-up 8:30am Meet Start 10:00 am

Women	Event	Men
1	Open 200 Free	2
3	Open 200 Breast	4
5	Open 200 Fly	6
7	Open 200 Back	8
9	Open 200 IM	10
11	Open 50 Breast	12

13	Open 50 Free	14
15	Open 50 Back	16
17	Open 50 Fly	18
19	Open 100 Breast	20

21	Open 100 Free	22
23	Open 100 Back	24
25	Open 100 Fly	26
27	Open 400 IM	28
29	Open 400 Free	30

Round II- Saturday, July 30, 2011
Warm-up 8:30am Meet Start 10:00 am

Women	Event	Men
100	Open 200 Free	200
101	Open 200 Breast	202
103	Open 200 Fly	204
105	Open 200 Back	206
107	Open 200 IM	208
109	Open 50 Breast	210

111	Open 50 Free	212
113	Open 50 Back	214
115	Open 50 Fly	216
117	Open 100 Breast	218

119	Open 100 Free	220
121	Open 100 Back	222
123	Open 100 Fly	224
125	Open 400 IM	226
127	Open 400 Free	328