





## Session I – Friday, Sept. 26<sup>th</sup>

Warm up: 5:00 PM

Girls	Time	Event	Time	Boys
1	NT	8 & Under 100 Free	NT	2
3	NT	10 & Under 200 Free	NT	4
5	NT	6 & Under 50 Breast	NT	6
7	NT	7 yr old 50 Breast	NT	8
9	NT	8 yr old 50 Breast	NT	10
11	NT	10 & Under 50 Breast	NT	12
13	NT	6 & Under 50 Back	NT	14
15	NT	7 yr old 50 Back	NT	16
17	NT	8 yr old 50 Back	NT	18
19	NT	10 & Under 100 Fly	NT	20
21	NT	6 & Under 50 Fly	NT	22
23	NT	7 yr old 50 Fly	NT	24
25	NT	8 yr old 50 Fly	NT	26
27	NT	6 & Under 50 Free	NT	28
29	NT	7 yr old 50 Free	NT	30
31	NT	8 yr old 50 Free	NT	32
33	NT	10 & Under 100 IM	NT	34
35	NT	8 & Under 100 IM	NT	36

## Session II – Saturday, September 27<sup>th</sup>

Warm up: 8:00 AM

Girls	Time	Event	Time	Boys
37	NT	11 & Over 500 Free*	NT	38
39	NT	11 & Over 200 Fly	NT	40
41	NT	10 & Under 50 Free	NT	42
43	NT	11 – 12 50 Free	NT	44
45	NT	13 & Over 50 Free	NT	46
47	NT	10 & Under 100 Breast	NT	48
49	NT	11-12 100 Breast	NT	50
51	NT	13 & Over 100 Breast	NT	52
53	NT	10 & Under 50 Back	NT	54
55	NT	11-12 50 Back	NT	56
57	NT	12 & U 200 FreeRelay	NT	58
59	NT	13 & O 400 Free Relay	NT	60
61	NT	11 & Over 400 IM*	NT	62

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

### Session III – Saturday, September 27<sup>th</sup>

Warm up: 1:00 PM

<b>Girls</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Boys</b>
63	NT	11 & Over 200 Breast	NT	64
65	NT	10 & Under 100 Free	NT	66
67	NT	11-12 100 Free	NT	68
69	NT	13 & Over 100 Free	NT	70
71	NT	10 & Under 50 Fly	NT	72
73	NT	11-12 50 Fly	NT	74
75	NT	10 & Under 200 IM	NT	76
77	NT	11 -12 200 IM	NT	78
79	NT	13 & Over 200 IM	NT	80
81	NT	10 & Under 100 Back	NT	82
83	NT	11-12 100 Back	NT	84
85	NT	13 & Over 100 Back	NT	86
87	NT	11 & Over 1650 Free*	NT	88

### Session IV – Sunday, September 28<sup>th</sup>

Warm up: 8:00 AM

<b>Girls</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Boys</b>
89	NT	11 & Over 200 Back	NT	90
91	NT	11-12 100 IM	NT	92
93	NT	13 & Over 200 Free	NT	94
95	NT	11-12 200 Free	NT	96
97	NT	13 & Over 100 Fly	NT	98
99	NT	11-12 50 Breast	NT	100
101	NT	11-12 100 Fly	NT	102
103	NT	13 & Over 400 Medley Relay	NT	104
105	NT	12 & U 200 Medley Relay	NT	106

107	NT	11 & Over 1000 Free*	NT	108

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

Hotel Accommodations:

The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. The following hotels are all less than a mile from our facility: Holiday Inn Hotel and Suites, Hampton Inn and Suites and the Holiday Inn Express. The rates are \$114 per night for two double beds and \$123 a night for a king bed. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.

623-547-1313, Holiday Inn Hotel and Suites

623-536-1313, Hampton Inn and Suites

623-535-1313, Holiday Inn Express