



7. Relay cards must be turned in 30 minutes prior to the start of the session in which they are swum. There is no limit to the number of relays a team may enter. We ask that you enter all relays with your individual entries if at all possible to help with time lines and ease meet administration.

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

9. WSF reserves the right to limit meet attendance to the first 350 athletes to help control the time line.

<b>Sessions:</b>	Session I (Friday, October 2, 2009):	Warm-ups: 4:00 PM	Start: 5:00 PM
	Session II (Saturday, October 3, 2009):	Warm-ups: 7:30 AM	Start: 8:30 AM
	Session III (Saturday, October 4, 2009):	Warm-ups: 1:00 PM	Start: 2:00 PM
	Session IV (Sunday, October 5, 2009):	Warm-ups: 7:30 AM	Start: 8:30 AM

**Entries:** All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due Sunday, September 27, 2009 by midnight.  
E-Mail: [eshields@vosymca.org](mailto:eshields@vosymca.org)

**Entry Fees:** \$5.00 LSC surcharge  
\$3.00 per individual event  
\$6.00 for relays  
Entry fees are due by the start of the first session, Friday, October 2, 2009. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

**Awards:** Ribbons for 1<sup>st</sup> through 8<sup>th</sup> place for individual events.  
Ribbons will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> places for the relays.  
Ribbons for 13 and over events will be available upon the swimmers or coaches request at the clerk of course table.

**Concessions:** There will be a snack bar and swim vendor available at this meet.

**Timing:** Volunteers will be asked to time for all events except for the 400 IM, 500 Free, 1000 Free & 1650 Free. In the above mentioned events, swimmers must provide their own timers and lap counters.

**Parking:** Parking availability at the YMCA is restricted. Expect officials, coaches and volunteers to park in adjacent lot to the YMCA (main parking lot). There will be a drop off/ pick up area located near the community entrance of the pool for anyone that is not a coach, official or volunteer.  
All parents and swimmers must use church parking lot to the east of the YMCA. Please enter the church parking lot using the driveway immediately east of the YMCA parking lot entrance on Thomas.  
Please do not use the parking lot located on the North-West corner of the YMCA. It is for the city of Goodyear skate park only.

**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 – Friday, October 2nd

Warm up: 4:00 PM      Start: 5:00 PM

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

### Session II – Saturday, October 3rd

Warm up: 7:30 AM      Start: 8:30AM

Girls	Time	Event	Time	Boys
35	NT	11 & Over 500 Free*	NT	36
37	NT	9-10 500 Free*	NT	38
39	NT	11 & Over 200 Fly	NT	40
41	NT	11-12 50 Free	NT	42
43	NT	13 & Over 50 Free	NT	44
45	NT	9-10 100 Breast	NT	46
47	NT	11-12 100 Breast	NT	48
49	NT	13 & Over 100 Breast	NT	50
51	NT	11-12 50 Back	NT	52
53	NT	12 & U 200 Free Relay	NT	54
55	NT	13 & O 400 Free Relay	NT	56
57	NT	11 & Over 400 IM*	NT	58

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

**Session III – Saturday, October 3rd**  
 Warm up: 1:00 PM      Start: 2:00 PM

<b>Girls</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Boys</b>
59	NT	11 & Over 200 Breast	NT	60
61	NT	9-10 100 Free	NT	62
63	NT	11-12 100 Free	NT	64
65	NT	13 & Over 100 Free	NT	66
67	NT	11-12 50 Fly	NT	68
69	NT	9-10 200 IM	NT	70
71	NT	11 -12 200 IM	NT	72
73	NT	13 & Over 200 IM	NT	74
75	NT	9-10 100 Back	NT	76
77	NT	11-12 100 Back	NT	78
79	NT	13 & Over 100 Back	NT	80
81	NT	11 & Over 1650 Free*	NT	82

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

**Session IV – Sunday, October 4th**  
 Warm up: 7:30 AM      Start: 8:30AM

<b>Girls</b>	<b>Time</b>	<b>Event</b>	<b>Time</b>	<b>Boys</b>
83	NT	11 & Over 200 Back	NT	84
85	NT	11-12 100 IM	NT	86
87	NT	13 & Over 200 Free	NT	88
89	NT	11-12 200 Free	NT	90
91	NT	13 & Over 100 Fly	NT	92
93	NT	11-12 50 Breast	NT	94
95	NT	11-12 100 Fly	NT	96
97	NT	13 & Over 400 Medley Relay	NT	98
99	NT	12 & U 200 Medley Relay	NT	100
101	NT	11 & Over 1000 Free*	NT	102

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