

Entries: All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due by midnight, Sunday, September 12, 2010.
E-Mail: SAC6Coach@aol.com

Entry Fees: \$5.00 LSC surcharge
\$3.00 per individual event
Entry fees are due by the start of the first session, Saturday, September 18, 2010. Payment may be made by cash or check. Make checks payable to **Scottsdale Aquatic Club**.

Awards: Ribbons for 1st-8th place.

Timing: Volunteers will be asked to time for all events except for the 500 free. Swimmers must provide their own timers and lap counters.

Concessions: There will be a concession stand available for swimmers and spectators.

Reminder: TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

Session I – Saturday, September 18, 2010

Warm up: 8:00 AM Start: 9:00 AM

| Girls | Time | Event | Time | Boys |
|-------|------|----------------------|------|------|
| 1 | NT | 11 & Over 400 IM* | NT | 2 |
| 3 | NT | 8 & Under 50 Free | NT | 4 |
| 5 | NT | 9-10 50 Free | NT | 6 |
| 7 | NT | 11-12 100 Free | NT | 8 |
| 9 | NT | 13 & Over 100 Free | NT | 10 |
| 11 | NT | 8 & Under 25 Fly | NT | 12 |
| 13 | NT | 9-10 100 Fly | NT | 14 |
| 15 | NT | 11-12 200 Fly | NT | 16 |
| 17 | NT | 13 & Over 200 Fly | NT | 18 |
| 19 | NT | 8 & Under 50 Breast | NT | 20 |
| 21 | NT | 9-10 50 Breast | NT | 22 |
| 23 | NT | 11-12 100 Breast | NT | 24 |
| 25 | NT | 13 & Over 100 Breast | NT | 26 |
| 27 | NT | 8 & Under 25 Back | NT | 28 |
| 29 | NT | 9-10 100 Back | NT | 30 |
| 31 | NT | 11-12 200 Back | NT | 32 |
| 33 | NT | 13 & Over 200 Back | NT | 34 |
| 35 | NT | 9-10 100 IM | NT | 36 |
| 37 | NT | 8 & Under 100 IM | NT | 38 |
| 39 | NT | 9-10 500 Free* | NT | 40 |
| 41 | NT | 11 & Over 500 Free* | NT | 42 |

* The 400 IM and 500 Free will require positive check-in with the clerk of course 45 minutes prior to the start of the session. Athletes must provide their own timers (2) and lap counter for the 500 free.