

7. Relay cards must be turned in 45 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. Time trials will be offered at the discretion of the meet referee.
9. The Arizona controlled meet warm-up will be posted and enforced.
10. WSF reserves the right to limit meet attendance to the first 350 athletes entered per session to help control the time line.

Sessions:	Session I (Friday, October 1, 2010):	Warm-ups: 4:00 PM	Start: 5:00 PM
	Session II (Saturday, October 2, 2010):	Warm-ups: 7:30 AM	Start: 8:30 AM
	Session III (Saturday, October 2, 2010):	Warm-ups: 1:00 PM	Start: 2:00 PM
	Session IV (Sunday, October 3, 2010):	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 26, 2010 by midnight.
E-Mail: 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 1, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

Awards: Ribbons for 1st through 8th place for individual events.
Ribbons will be awarded for 1st through 3rd 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. Ribbons will not be mailed to teams- please plan to wait an additional 10 minutes after the end of session 4 to allow for results and awards.

Timing: Volunteers will be asked to time for all events except for the 400 IM, 500 Free & 1000 Free. In the above mentioned events, swimmers must provide their own timers (2) and lap counters.

Please see the supplemental flyer for information on Concessions, Parking, Special Hotel Rates and more!

Session I – Friday, October 1, 2010

Warm up: 4:00 PM Start: 5:00 PM

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

Session II – Saturday, October 2, 2010

Warm up: 7:30 AM Start: 8:30AM

Girls	Time	Event	Time	Boys
27	NT	11 & Over 200 Back*	NT	28
29	NT	10 & Under 100 Back	NT	30
31	NT	13 & Over 50 Free	NT	32
33	NT	11-12 50 Free	NT	34
35	NT	10 & Under 200 Free*	NT	36
37	NT	13 & Over 100 Breast	NT	38
39	NT	11-12 100 Breast	NT	40
41	NT	10 & Under 100 Breast	NT	42
43	NT	11-12 50 Fly	NT	44
45	NT	13 & Over 400 Free Relay	NT	46
47	NT	12 & Under 200 Free Relay	NT	48
49	NT	11 & Over 400 IM* **	NT	50

* The 200 back, 200 free and 400 IM will require positive check in at the clerk of course 45 minutes prior to the start of the session.

** Swimmers must provide their own timers (2) for the 400 IM.

Session III – Saturday, October 2, 2010

Warm up: 1:00 PM Start: 2:00 PM

Girls	Time	Event	Time	Boys
51	NT	11-12 50 Breast	NT	52
53	NT	13 & Over 200 IM*	NT	54
55	NT	11-12 200 IM*	NT	56
57	NT	10 & Under 200 IM*	NT	58
59	NT	11-12 50 Back	NT	60
61	NT	13 & Over 100 Fly	NT	62
63	NT	10 & Under 100 Fly	NT	64
65	NT	11-12 100 Fly	NT	66
67	NT	13 & Over 100 Free	NT	68
69	NT	11-12 100 Free	NT	70
71	NT	13 & Over 400 Medley Relay	NT	72
73	NT	12 & Under 200 Medley Relay	NT	74
75	NT	10 & Under 500 Free* **	NT	76
77	NT	11 & Over 500 Free* **	NT	78

* The 200 IM and 500 free will require positive check in at the clerk of course 45 minutes prior to the start of the session.

** Swimmers must provide their own timers (2) and lap counter for these races.

Session IV – Sunday, October 3, 2010

Warm up: 7:30 AM Start: 8:30AM

Girls	Time	Event	Time	Boys
79	NT	11 & Over 200 Breast*	NT	80
81	NT	11-12 200 Free*	NT	82
83	NT	13 & Over 200 Free*	NT	84
85	NT	11-12 100 Back	NT	86
87	NT	13 & Over 100 Back	NT	88
89	NT	11 & Over 200 Fly*	NT	90
91	NT	11-12 100 IM	NT	92
93	NT	11 & Over 1000 Free* **	NT	94

* The 200 breast, 200 free, 200 fly and 1,000 free will require positive check-in at the clerk of course 45 minutes prior to the start of the session.

** Swimmers must provide their own timers (2) and lap counters for these races.