



# Arizona Age LC Region One Championships

## July 15-17, 2011

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Sanction Number: AZ11-63  
Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., YMCA Westside Silver Fins, Valley of the Sun YMCA, and all meet officials and volunteers shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

Hosted by: YMCA Westside Silver Fins  
Meet Director: Robyn Ferro (623) 680-9156 robynferro@gmail.com  
Meet Referee: Dave Brace/Denise O'Connell davidlbrace@gmail.com/denise.oconnell@cox.net  
Meet Location: Southwest Valley Family YMCA, 2919 N. Litchfield Rd., Goodyear, AZ 85395

Course: Eight lane, outdoor, 50 meter, heated pool, semi-automatic start & timing. A warm down pool is available. 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 feet, 0 inches at the start end and 4 feet, 0 inches at the turn end.

Eligibility:

1. Open to any current USA Swimming registered athlete who is a member of or an unattached swimmer training with one of these teams: ASG, AZM, GOLD, MVAC, RIO, SAC, SCCS, SDA, SWS, and WSF. All swimmers must be registered as of the meet entry deadline. No on-deck registration will be available.
2. Any swimmer entered in the meet, unaccompanied by a US Swimming member coach, 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 legal guardian to ensure compliance with this requirement.
3. Age on July 15, 2011 will govern for the meet.
4. This is a Time Standard Meet. Swimmers must have equaled or bettered the Age Group Regional qualifying time for each event they have entered.
5. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Rules:

1. The current rules of USA competitive swimming will govern.
2. Individual events are pre-seeded, time final events except where noted below.
3. The 400 IM, 400 Free, 800 Free, and 1500 Free will be deck seeded, and will require positive check-in with the clerk of course 30 minutes prior to the start of the session in which the events are swum. Failure to check in will result in an athlete's removal from the event. Swimmers in these events must provide their own timers (2) unless determined otherwise by the referee. These events will be swum fastest to slowest, alternating women and men.
4. Swimmers are limited to 3 individual events per Session, and 5 events per day.
5. Entry times must be swimmers' best long course meters times.
6. Swimmers must enter with a valid qualifying time. Entry times not achieved in Long Course Meters shall be noted as SCY (Short Course Yards) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be 1. Long Course Meters, 2. Short Course Yards, 3. Short Course Meters.
7. Time trials may be offered at the discretion of the Meet Referee.

8. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner. Clerk of Course will expect credentials to be presented at coaches' sign-in table prior to the start of each session.

9. **Relays must be entered along with individual entries by the meet entry deadline.** There is no limit to the number of relays a team may enter. However, only the fastest two will be scored.

10. All relays 200 meters in distance will require that the second and fourth swimmers start in the water.

11. The Arizona Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.

Sessions:	Session I (Friday, July 15, 2011):	Warm-ups: 3:00 PM	Start: 4:00 PM
	Session II (Friday, July 15, 2011):	Warm-ups: immediately following the conclusion of session 1	Start: 30 minutes after the start of warm-ups
	Session III (Saturday, July 16, 2011):	Warm-ups: 7:30 AM	Start: 8:30 AM
	Session IV (Sunday, July 17, 2011):	Warm-ups: 7:30 AM	Start: 8:30 AM

Entries: All entries must be submitted via email in Hy-tek format unless other arrangements have been made with the meet director. Email entries to [robynferro@gmail.com](mailto:robynferro@gmail.com). Meet entries are due Sunday, July 10, 2011.

Entry Fees: \$5.00 LSC surcharge  
\$4.50 per individual event  
\$8.00 per relay  
\$9.00 per individual time trial

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Please make checks payable to the YMCA Westside Silver Fins.

Awards: Individual events: Regional medals 1<sup>st</sup> thru 3<sup>rd</sup>  
Regional ribbons 4<sup>th</sup> thru 8<sup>th</sup> place  
Relay events: Regional medals 1<sup>st</sup> place  
Team Awards for First and Second place

Scoring: Only entries below the Arizona State Qualifying Time Standard and above the Arizona Regional Time Standard will be scored.  
Individual Events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2. \*\*\*Teams may only score top two (2) relay teams in each relay event.

Hotels: There are a number of great hotels in the vicinity of the pool.

Concessions: A full snack bar with candy, snacks, meals and beverages will be open during each session of the meet.

Vendor: Ski Pro will be on site during the Saturday and Sunday sessions for all of your swim equipment needs.

Parking: Parking availability at the Southwest Valley Family YMCA is restricted. We ask that all officials, coaches and volunteers 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.

**Results:**

Results will be posted on the YMCA Westside Silver Fins website ([www.wsfins.com](http://www.wsfins.com)) after the conclusion of the meet. Results will be available as a downloadable zip file for Team Manager as well as PDF format for immediate viewing.

## Session I – Friday, July 15, 2011

Warm up: 3:00 PM Meet Start: 4:00 PM

Girls	Event	Boys
1*	10 & U 400 Free	2*
3*	11-12 800 Free	4*
5*	13-14 1500 Free	6*

\* The 400 Free, 800 Free, and 1500 Free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session I. These events will be swum fastest to slowest, alternating women and men.

## Session II – Friday, July 15, 2011

Warm up: immediately following the conclusion of session I

Meet Start: 30 minutes after the start of warm up

Girls	Event	Boys
7	11-12 200 Free Relay	8
9	13-14 200 Free Relay	10
11	10 & U 50 Back	12
13	11-12 50 Back	14
15	13-14 50 Back	16
17	10 & U 50 Breast	18
19	11-12 50 Breast	20
21	13-14 50 Breast	22
23	10 & U 50 Fly	24
25	11-12 50 Fly	26
27	13-14 50 Fly	28
29	10 & U 50 Free	30
31	11-12 50 Free	32
33	13-14 50 Free	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38

#All relays 200 meters in distance will require that the second and fourth swimmer start in the water.

### Session III – Saturday, July 16, 2011

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

Girls	Event	Boys
39	11-12 400 IM	40
41	13-14 400 IM	42
43	10 & U 200 Free	44
45	11-12 200 Free	46
47	13-14 200 Free	48
49	10 & U 100 Back	50
51	11-12 100 Back	52
53	13-14 100 Back	54
55	11-12 200 Breast	56
57	13-14 200 Breast	58
59	10 & U 100 Fly	60
61	11-12 100 Fly	62
63	13-14 100 Fly	64
65	13-14 800 Free Relay	66
67	11-12 400 Free Relay	68
69	10 & U 200 Free Relay	70
71*	13-14 800 Free	72*
73*	11-12 1500 Free	74*

\* The 800 free, and 1500 free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session III. These events will be swum fastest to slowest, alternating women and men.

#All relays 200 meters in distance will require that the second and fourth swimmer start in the water.

### Session IV – Sunday, July 17, 2011

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

Girls	Event	Boys
75	13-14 400 Medley Relay	76
77	11-12 400 Medley Relay	78
79	10 & U 200 Medley Relay	80
81	13-14 100 Free	82
83	11-12 100 Free	84
85	10 & U 100 Free	86
87	13-14 200 Back	88
89	11-12 200 Back	90
91	13-14 100 Breast	92
93	11-12 100 Breast	94
95	10 & U 100 Breast	96
97	13-14 200 Fly	98
99	11-12 200 Fly	100
101	13-14 200 IM	102
103	11-12 200 IM	104
105	10 & U 200 IM	106
107	13-14 400 Free Relay	108
109*	11-12 400 Free	110*
111*	13-14 400 Free	112*

\* The 400 free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session IV. These events will be swum fastest to slowest, alternating women and men.

#All relays 200 meters in distance will require that the second and fourth swimmer start in the water.