

2012 Road to London
February 3-5, 2012
Hosted by YMCA Westside Silver Fins
Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Sanction Number: AZ12-36R

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., the YMCA Westside Silver Fins, Southwest Valley Family 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 623-262-3152 davidlbrace@gmail.com

Meet Location: Southwest Valley Family YMCA, 2919 N. Litchfield Rd, Goodyear, AZ
Course: Outdoor, 50 meter competition, 6/8 lane heated pool with Colorado Start, semi-automatic timing system. 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. Breaks will be provided for warm-up/ warm-down needs throughout the meet at the discretion of the meet referee.

Eligibility:

1. Open to any USA Swimming 2012 registered athlete who is registered as of the meet entry deadline or any Fina registered foreign athletes who have been formally invited by USA Swimming.
2. All athletes, coaches and officials must be USA Swimming registered prior to the entry meet deadline. No on-deck registration will be available. A valid USA Swimming registration card must be presented to the Clerk of Course, if requested. **All coaches and officials must wear their current USA Swimming registration in a visible manner.** Out of state athletes must include a copy of their USA Registration card or a team roster signed by the LSC registrar when submitting entries.
3. Age on February 3, 2012 will govern for the meet.
4. Time standards are based on 2009-2012 National Age Group Motivational times- Top 16 Based- for 15-16 age group (BB standard) for all Senior sessions. This is an open age group meet for swimmers who have met qualifying times. Entry times for the 50 Fly, 50 Back and 50 Breast are based on the 100 meter qualifying time for that specific stroke.
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 or any special accommodations or seeding arrangements at the time the entry is submitted.
6. 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.

- Rules:**
1. The current rules of USA competitive swimming will govern this meet.
 2. Senior events will be deck seeded. All senior swimmers must positively check in at least 45 minutes prior to the start of each session. 800 meter and 1500 meter events will be swum fastest to slowest. ALTERNATING HEATS WOMEN AND MEN.
 3. **Swimmers are limited to 5 events per session. 13-14 year-olds must swim in one session/day, ONLY. 13-14 age group must be ALL senior session OR, ALL age group session.**
 4. Please enter with an accurate time achieved in the proper course. Converted times will be accepted. ***Please see conversion chart included. Senior Sessions will be seeded using Long Course Meter times.
 5. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
 6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 7. The Arizona controlled meet warm-up will be posted and enforced.
 8. WSF reserves the right to limit meet attendance to 300 swimmers per session.
 9. Time trials may be offered at the discretion of the meet referee.

Sessions:

Session I (Friday, Feb. 3, 2012):	Warm-ups: 4:00PM	Start: 5:00PM
Session II (Saturday, Feb. 4, 2012):	Warm-ups: 7:30AM	Start: 8:30AM
Session III (Sunday, Feb. 5, 2012):	Warm-ups: 7:30AM	Start: 8:30AM

Entries: All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due Sunday, January 29, 2010 by midnight.
E-Mail: robynferro@gmail.com

Entry Fees: \$5 individual event fee
\$5 swimmer surcharge
\$10 time trial event fee
Entry fees are due by the start of the first session, Friday, February 3, 2012. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

Awards: High point awards will be given to the top 3 men and women.

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

Timing: Volunteers will be asked to time for all events except for the 400 IM, 400 Free, 800 Free & 1500 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.

Results: Results will be posted on the YMCA Westside Silver Fins website (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.

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

Session I – Friday, Feb. 3rd
Warm up: 4:00pm Meet Start: 5:00pm

Women	Time	Event	Time	Men
1	11:30.19	800 Meter Free*		
		1500 Meter Free*	20:49.49	2

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

Session II – Saturday, Feb. 4th
Warm up: 7:30am Meet Start: 8:30am

Women	Time	Event	Time	Men
3	**	50 Meter Back	**	4
5	2:56.19	200 Meter Fly	2:43.19	6
7	1:14.39	100 Meter Free	1:08.39	8
9	3:01.19	200 Meter IM	2:48.89	10
11	1:33.89	100 Meter Breast	1:26.39	12
13	2:57.99	200 Meter Back	2:43.89	14
15	**	50 Meter Fly	**	16
17	5:34.69	400 Meter Free*	5:14.39	18

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

**Entry times for these events are based on the qualifying time for the 100 meter event of that specific stroke (e.g., 50 meter back qualifying time is the qualifying time for the 100 meter back).

Session III – Sunday, Feb 5th
Warm up: 7:30am Meet Start: 8:30am

Women	Time	Event	Time	Men
19	**	50 Meter Breast	**	20
21	1:20.39	100 Meter Fly	1:13.39	22
23	2:39.49	200 Meter Free	2:28.59	24
25	3:21.19	200 Meter Breast	3:08.79	26
27	1:22.69	100 Meter Back	1:16.49	28
29	34.49	50 Meter Free	31.19	30
31	6:19.79	400 Meter IM*	5:54.39	32

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

** Entry times for these events are based on the qualifying time for the 100 meter event of that specific stroke (e.g., 50 meter back qualifying time is the qualifying time for the 100 meter back).

CONVERSION CHART FOR WSF SWIM MEET

STROKE	-----50' s-----
Butterfly	(meter time) = (yard time) x 1.11 + 0.7 sec
Backstroke	(meter time) = (yard time) x 1.11 + 0.6 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 1.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 0.8 sec

STROKE	-----100' s-----
Butterfly	(meter time) = (yard time) x 1.11 + 1.4 sec
Backstroke	(meter time) = (yard time) x 1.11 + 1.2 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 2.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 1.6 sec

STROKE	-----200' s-----
Butterfly	(meter time) = (yard time) x 1.11 + 2.8 sec
Backstroke	(meter time) = (yard time) x 1.11 + 2.4 sec
Breaststroke	(meter time) = (yard time) x 1.11 + 4.0 sec
Freestyle	(meter time) = (yard time) x 1.11 + 3.2 sec
Ind. Medley	(meter time) = (yard time) x 1.11 + 3.2 sec

STROKE	-----400' s-----
Ind. Medley	(meter time) = (yard time) x 1.11 + 6.4 sec

CONVERSION FOR DISTANCE EVENTS

500/1000 yards converts to 400/800 meters (long course) by multiplying by .8925.

1650 yards converts to 1500 meters (long course) by multiplying by 1.02.