

administration.

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

Sessions:

Session I (Friday, Nov. 19, 2010):	Warm-ups: 4:00 PM Start: 5:00 PM
Session II (Saturday, Nov. 20, 2010):	Warm-ups: 7:30 AM Start: 8:30 AM
Session III (Saturday, Nov. 20, 2010):	Warm-ups: 1:00 PM Start: 2:00 PM
Session IV (Sunday, Nov. 21, 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 by midnight, Sunday, November 14, 2010.
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, November 19, 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, & 1650 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, Nov. 19, 2010

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

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

Session II – Saturday, Nov. 20, 2010

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

Women	TIME	Event	TIME	Men
29	NT	10 & Under 200 Fly*	NT	30
31	NT	11-12 200 Fly*	NT	32
33	NT	13-14 200 Fly*	NT	34
35	NT	15 & O 200 Fly*	NT	36
37	NT	11-12 50 Free	NT	38
39	NT	13-14 50 Free	NT	40
41	NT	15 & Over 50 Free	NT	42
43	NT	10 & Under 200 Free*	NT	44
45	NT	11-12 50 Breast	NT	46
47	NT	11-12 100 Back	NT	48
49	NT	13-14 100 Back	NT	50
51	NT	15 & Over 100 Back	NT	52
53	NT	10 & Under 200 Back*	NT	54
55	NT	12 & U 200 Free Relay	NT	56
57	NT	13 & O 400 Free Relay	NT	58
59	NT	12 & U 400 IM**	NT	60
61	NT	13 & Over 400 IM**	NT	62

* The 200 fly, 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, Nov. 20, 2010

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

Women	TIME	Event	TIME	Men
63	NT	10 & Under 200 Breast*	NT	64
65	NT	11-12 200 Breast*	NT	66
67	NT	13-14 200 Breast*	NT	68
69	NT	15 & Over 200 Breast*	NT	70
71	NT	11-12 100 Free	NT	72
73	NT	13-14 100 Free	NT	74
75	NT	15 & Over 100 Free	NT	76
77	NT	11-12 50 fly	NT	78
79	NT	10 & Under 200 IM*	NT	80
81	NT	11-12 200 IM*	NT	82
83	NT	13-14 200 IM*	NT	84
85	NT	15 & Over 200 IM*	NT	86
87	NT	11-12 50 Back	NT	88
89	NT	12 & U 200 Medley Relay	NT	90
91	NT	13 & O 400 Medley Relay	NT	92
93	NT	12 & Under 500 Free* **	NT	94
95	NT	13 & Over 500 Free* **	NT	96

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

** Swimmers must provide their own timers (2) and lap counters for the 500 free.

Session IV – Sunday, Nov. 21, 2010

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

Women	TIME	Event	TIME	Men
97	NT	11 -12 200 Back*	NT	98
99	NT	13-14 200 Back*	NT	100
101	NT	15 & Over 200 Back*	NT	102
103	NT	11-12 100 IM	NT	104
105	NT	15 & Over 200 Free*	NT	106
107	NT	11-12 200 Free*	NT	108
109	NT	13-14 200 Free*	NT	110
111	NT	11-12 100 Breast	NT	112
113	NT	13-14 100 Breast	NT	114
115	NT	15 & Over 100 Breast	NT	116
117	NT	15 & Over 100 Fly	NT	118
119	NT	13-14 100 Fly	NT	120
121	NT	11-12 100 Fly	NT	122
123	NT	11 & Over 1650 Free* **	NT	124

* The 200 back, 200 free and 1,650 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 the 1,000 free.