

YMCA Westside Silver Fins Gobble the Bubbles

November 21-23, 2008

Held under the sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming

Sanction Number: AZ09C017R2

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., the YMCA Westside Silver Fins, and all meet officials 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: Erin Shields 623-935-5193 ext 55116

eshields@vosymca.org

Meet Referee: Mary Kramer 602-944-0615

mckswim@aol.com

Meet Location: Southwest Valley YMCA, 2919 N. Litchfield Rd, Goodyear, AZ

Course: Outdoor, 25 yard, 10 lane heated pool, Colorado Start, semi-automatic system for all Sessions. A 25-yard warm up pool area will be available for continuous warm-up throughout the meet.

Eligibility:

1. Open to any current USA Swimming athlete holding a current USA Swimming registration card.
2. All swimmers, coaches, and officials must be registered prior to the competition and present proof of current registration to the Clerk of Course, if requested. Out of state teams may submit a roster signed by the LSC registrar as proof of registration. No on deck registration will be accepted. All coaches and officials shall wear their current USA Swimming registration in a visible manner.
3. Age on **November 21, 2008** will govern for the meet.
4. This is a No Time Standard Meet.
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.

Rules:

1. The current rules of USA competitive swimming will govern this meet.
2. Individual events are pre-seeded, timed final events, except where noted below.
3. The 400 IM, 500 Free, 1000 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 they are swum. These events will be swum fastest to slowest, alternating women and men.
4. Swimmers are limited to 3 individual events per Session for Sessions II, III & IV, but no more than 5 individual events per day may be swum. Session I swimmers are limited to 5 individual events.
5. Entry times must be the swimmer's best short course times. No converted times may be used for entry.
6. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
7. Relay cards must be turned within 30 minutes after the start of the session in which they are swum. There is no limit to the number of relays a team may enter.
8. The Arizona controlled meet warm-up will be posted and enforced.

Sessions:

Session I (Friday, Nov. 21, 2008): Warm-ups: 4:30 PM Start: 5:30 PM

Session II (Saturday, Nov. 22, 2008): Warm-ups: 7:30 AM Start: 8:30 AM

Session III (Saturday, Nov. 22, 2008): Warm-ups: 1:00 PM Start: 2:00 PM

Session IV (Sunday, Nov. 23, 2008): Warm-ups: 7:30 AM Start: 8:30 AM

Entries: All entries must be on the Arizona Swimming entry form or Commlink file and must be received by Monday, November 17, 2008.

Mail or deliver meet entries to: Erin Shields
2919 N Litchfield Rd.
Goodyear, AZ 85395

E-Mail: eshields@vosymca.org

Entry Fees: \$5.00 LSC surcharge
\$3.00 per individual event
\$6.00 for relays

Entries will not be accepted without payment. Commlink fees are due prior to the first session of the meet and must be paid by using one team check. 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.

Concessions: There will be a snack bar available at this meet at all 4 sessions. SynchorSwim will participate as on-deck vender for all equipment and suit needs.

Timing: We will need volunteer timers throughout the meet from ALL teams that participate. For the following events: 400 IM, 500 Free, 1000 Free, swimmers must provide their own timers and lap counters.

Parking: PARKING AVAILABILITY AT THE YMCA IS RESTRICTED.....EXPECT OFFICIALS AND 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 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 NW CORNER OF THE YMCA....IT IS FOR THE CITY OF GOODYEAR SKATE PARK ONLY.

Session I – Friday, Nov. 21st

Warm up: 4:30 PM

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

Session II – Saturday, Nov. 22nd

Warm up: 7:30 AM

Women	TIME	Event	TIME	Men
23	NT	13 & Over 500 Free*	NT	24
25	NT	10 & Under 50 Fly	NT	26
27	NT	11-12 200 Fly	NT	28
29	NT	13-14 200 Fly	NT	30
31	NT	15 & O 200 Fly	NT	32
33	NT	11-12 50 Free	NT	34
35	NT	13-14 50 Free	NT	36
37	NT	15 & Over 50 Free	NT	38
39	NT	10 & Under 100 Breast	NT	40
41	NT	11-12 100 Breast	NT	42
43	NT	13-14 100 Breast	NT	44
45	NT	15 & Over 100 Breast	NT	46
47	NT	10 & Under 50 Back	NT	48
49	NT	11-12 50 Back	NT	50
51	NT	12 & U 200 Free Relay	NT	52
53	NT	13 & O 400 Free Relay	NT	54
55	NT	12 & U 400 IM*	NT	56
57	NT	13 & Over 400 IM*	NT	58

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

Session III – Saturday, Nov. 22nd

Warm up: 1:00 PM

Women	TIME	Event	TIME	Men
59	NT	11-12 200 Breast	NT	60
61	NT	13-14 200 Breast	NT	62
63	NT	15 & Over 200 Breast	NT	64
65	NT	10 & Under 100 Free	NT	66
67	NT	11-12 100 Free	NT	68
69	NT	13-14 100 Free	NT	70
71	NT	15 & Over 100 Free	NT	72
73	NT	11-12 50 fly	NT	74
75	NT	10 & Under 200 IM	NT	76
77	NT	11-12 200 IM	NT	78
79	NT	13-14 200 IM	NT	80
81	NT	15 & Over 200 IM	NT	82
83	NT	10 & Under 100 Back	NT	84
85	NT	11-12 100 Back	NT	86
87	NT	13-14 100 Back	NT	88
89	NT	15 & Over 100 Back	NT	90
91	NT	12 & Under 500 Free*	NT	92

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

Session IV – Sunday, Nov. 23rd

Warm up: 7:30 AM

Women	TIME	Event	TIME	Men
93	NT	11 -12 200 Back	NT	94
95	NT	13-14 200 Back	NT	96
97	NT	15 & Over 200 Back	NT	98
99	NT	11-12 100 IM	NT	100
101	NT	15 & Over 200 Free	NT	102
103	NT	13-14 200 Free	NT	104
105	NT	11-12 200 Free	NT	106
107	NT	11-12 50 Breast	NT	108
109	NT	15 & Over 100 Fly	NT	110
111	NT	13-14 100 Fly	NT	112
113	NT	11-12 100 Fly	NT	114
115	NT	13 & Over 400 Medley Relay	NT	116
117	NT	12 & Under 200 Medley Relay	NT	118
119	NT	11 & Over 1000 Free*	NT	120

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

Hotel Accommodations:

The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. The following hotels are all less than a mile from our facility: Holiday Inn Hotel and Suites, Hampton Inn and Suites and the Holiday Inn Express. The rates are \$114 per night for two double beds and \$123 a night for a king bed. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.

623-547-1313, Holiday Inn Hotel and Suites

623-536-1313, Hampton Inn and Suites

623-535-1313, Holiday Inn Express