

YMCA Westside Silver Fins

Gobble the Bubbles

November 20-22, 2009

Held under the approval of USA Swimming, Inc.

Sanctioned by: Arizona Swimming Approval # AZ10C012R

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 602-469-0400 eshields@vosymca.org

Meet Referee: Darrin Stock 602-361-4370 djstock5@cox.net

Meet Location: Southwest Valley Family YMCA, 2919 N. Litchfield Rd, Goodyear, AZ 85395

Course: Outdoor, 25 yard, 8/10 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 and athletes currently participating on a swim team from the member branches of the Valley of the Sun YMCA.
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 20, 2009 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 45 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 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. The Arizona controlled meet warm-up will be posted and enforced.

Sessions:

Session I (Friday, Nov. 20, 2009):	Warm-ups: 4:00 PM Start: 5:00 PM
Session II (Saturday, Nov. 21, 2009):	Warm-ups: 7:30 AM Start: 8:30 AM
Session III (Saturday, Nov. 21, 2009):	Warm-ups: 1:00 PM Start: 2:00 PM
Session IV (Sunday, Nov. 22, 2009):	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 15, 2009.
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 20, 2009. 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 request of a swimmer or coach.

Concessions:

There will be a snack bar and swim vendor available at this meet.

Timing:

Volunteers will be asked to time for all events except for the 400 IM, 500, 1000 & 1650 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.

Hotels:

The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.

- Holiday Inn Hotel and Suites, 623-547-1313
- Hampton Inn and Suites, 623-536-1313
- Holiday Inn Express, 623-535-1313

Session I – Friday, Nov. 20th

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 IM	NT	4
5	NT	8 & under 100 IM	NT	6
7	NT	9-10 50 Breast	NT	8
9	NT	8 & under 50 Breast	NT	10
11	NT	9-10 200 Free	NT	12
13	NT	8 & under 50 Back	NT	14
15	NT	9-10 50 Fly	NT	16
17	NT	8 & under 50 Fly	NT	18
19	NT	9-10 50 free	NT	20
21	NT	8 & under 50 Free	NT	22
23	NT	10 & Under 200 Free Relay	NT	24

Session II – Saturday, Nov. 21st

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

Women	TIME	Event	TIME	Men
25	NT	13 & Over 500 Free*	NT	26
27	NT	9-10 100 Fly	NT	28
29	NT	11-12 200 Fly	NT	30
31	NT	13-14 200 Fly	NT	32
33	NT	15 & O 200 Fly	NT	34
35	NT	11-12 50 Free	NT	36
37	NT	13-14 50 Free	NT	38
39	NT	15 & Over 50 Free	NT	40
41	NT	9-10 100 Breast	NT	42
43	NT	11-12 100 Breast	NT	44
45	NT	13-14 100 Breast	NT	46
47	NT	15 & Over 100 Breast	NT	48
49	NT	9-10 100 Back	NT	50
51	NT	11-12 50 Back	NT	52
53	NT	12 & U 200 Free Relay	NT	54
55	NT	13 & O 400 Free Relay	NT	56
57	NT	12 & U 400 IM*	NT	58
59	NT	13 & Over 400 IM*	NT	60

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

Session III – Saturday, Nov. 21st

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

Women	TIME	Event	TIME	Men
61	NT	11-12 200 Breast	NT	62
63	NT	13-14 200 Breast	NT	64
65	NT	15 & Over 200 Breast	NT	66
67	NT	9-10 100 Free	NT	68
69	NT	11-12 100 Free	NT	70
71	NT	13-14 100 Free	NT	72
73	NT	15 & Over 100 Free	NT	74
75	NT	11-12 50 fly	NT	76
77	NT	9-10 200 IM	NT	78
79	NT	11-12 200 IM	NT	80
81	NT	13-14 200 IM	NT	82
83	NT	15 & Over 200 IM	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. 22nd

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