

- 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, and 1650 Free will be deck seeded, and will require positive check-in with the clerk of course 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 30 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.
 8. The Arizona controlled meet warm-up will be posted and enforced.

Sessions:

Session I (Friday, Sept. 29, 2006):	Warm-ups: 5:00 PM	Start: 6:00 PM
Session II (Saturday, Sept. 30, 2006):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session III (Saturday, Sept. 30, 2006):	Warm-ups: 1:00 PM	Start: 2:00 PM
Session IV (Sunday, Oct. 1, 2006):	Warm-ups: 8:00 AM	Start: 9:00 AM

Entries: All entries must be on the Arizona Swimming entry form or Commlink file and must be received by Monday, September 25, 2006. Late entries will be accepted subject to a \$5.00 late fee and lane availability. No new heats will be created, nor will any event be re-seeded to accommodate late entries.

Mail or deliver meet entries to: Robyn Ferro
565 Campina Dr.
Litchfield Park, AZ 85340

E-Mail: robynlottsferro@hotmail.com

Entry Fees: \$5.00 LSC surcharge
\$3.00 per individual event
\$5.00 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.

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.

Timing: Timers will be provided by the YMCA Westside Silver Fins except for the 400 IM, 500 Free, 1000 Free & 1650 Free, swimmers must provide their own timers and lap counters.

Session I – Friday, Sept. 29th

Warm up: 5:00 PM

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

Session II – Saturday, September 30th

Warm up: 8:00 AM

Girls	Time	Event	Time	Boys
29	11-12 6:40.09 13-14 6:22.39	11 & Over 500 Free*	11-12 6:35.09 13-14 6:07.69	30
31	11-12 2:52.99 13-14 2:40.99	11 & Over 200 Fly	11-12 2:51.49 13-14 2:32.59	32
33	36.19	10 & Under 50 Free	35.59	34
35	32.19	11 – 12 50 Free	30.99	36
37	13-14 30.99	13 & Over 50 Free	13-14 28.79	38
39	1:46.69	10 & Under 100 Breast	1:44.79	40
41	1:29.29	11-12 100 Breast	1:28.39	42
43	13-14 1:24.49	13 & Over 100 Breast	13-14 1:18.39	44
45	43.49	10 & Under 50 Back	43.89	46
47	37.09	11-12 50 Back	36.79	48
49	NT	12 & U 200 FreeRelay	NT	50
51	NT	13 & O 400 Free Relay	NT	52
53	11-12 6:06.19 13-14 5:46.19	11 & Over 400 IM*	11-12 5:59.59 13-14 5:27.59	54

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

Session III – Saturday, September 30th

Warm up: 1:00 PM

Girls	Time	Event	Time	Boys
55	11-12 3:12.49 13-14 3:01.99	11 & Over 200 Breast	11-12 3:07.39 13-14 2:49.39	56
57	1:22.09	10 & Under 100 Free	1:19.99	58
59	1:08.29	11-12 100 Free	1:08.09	60
61	13-14 1:07.39	13 & Over 100 Free	13-14 1:02.89	62
63	42.99	10 & Under 50 Fly	41.99	64
65	35.39	11-12 50 Fly	35.49	66
67	3:19.39	10 & Under 200 IM	3:18.09	68
69	2:51.79	11 -12 200 IM	2:49.69	70
71	13-14 2:43.89	13 & Over 200 IM	13-14 2:33.69	72
73	1:33.99	10 & Under 100 Back	1:32.49	74
75	1:21.89	11-12 100 Back	1:19.09	76
77	13-14 1:14.39	13 & Over 100 Back	13-14 1:10.29	78
79	11-12 23:30.19 13-14 21:53.19	11 & Over 1650 Free*	11-12 23:23.89 13-14 21:06.99	80

Session IV – Sunday, Oct 1st

Warm up: 8:00 AM

Girls	Time	Event	Time	Boys
81	11-12 2:50.19 13-14 2:39.59	11 & Over 200 Back	11-12 2:46.59 13-14 2:31.09	82
83	1:34.39	10 & Under 100 IM	1:31.39	84
85	1:20.29	11-12 100 IM	1:18.29	86
87	2:58.29	10 & Under 200 Free	2:50.89	88
89	2:31.79	11-12 200 Free	2:27.99	90
91	13-14 2:25.39	13 & Over 200 Free	13-14 2:16.29	92
93	47.79	10 & Under 50 Breast	48.19	94
95	41.09	11-12 50 Breast	41.09	96
97	1:42.09	10 & Under 100 Fly	1:40.59	98
99	1:20.59	11-12 100 Fly	1:19.29	100
101	13-14 1:13.79	13 & Over 100 Fly	13-14 1:08.69	102
103	NT	12 & U 200 Medley Relay	NT	104
105	NT	13 & O 400 Medley Relay	NT	106
107	11-12 13:57.39 13-14 13:08.29	11 & Over 1000 Free*	11-12 13:52.99 13-14 12:39.99	108

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