

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.

9. WSF reserves the right to limit meet entry to the first 350 athletes to help control the time line.

| | | | |
|-----------|---|-------------------|----------------|
| Sessions: | Session I (Friday, Sept. 28, 2007): | Warm-ups: 5:00 PM | Start: 6:00 PM |
| | Session II (Saturday, Sept. 29, 2007): | Warm-ups: 8:00 AM | Start: 9:00 AM |
| | Session III (Saturday, Sept. 29, 2007): | Warm-ups: 1:00 PM | Start: 2:00 PM |
| | Session IV (Sunday, Sept. 30, 2007): | 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 24, 2007. 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. 28th

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 29th

Warm up: 8:00 AM

| Girls | Time | Event | Time | Boys |
|-------|------|-----------------------|------|------|
| 29 | NT | 11 & Over 500 Free* | NT | 30 |
| 31 | NT | 11 & Over 200 Fly | NT | 32 |
| 33 | NT | 10 & Under 50 Free | NT | 34 |
| 35 | NT | 11 – 12 50 Free | NT | 36 |
| 37 | NT | 13 & Over 50 Free | NT | 38 |
| 39 | NT | 10 & Under 100 Breast | NT | 40 |
| 41 | NT | 11-12 100 Breast | NT | 42 |
| 43 | NT | 13 & Over 100 Breast | NT | 44 |
| 45 | NT | 10 & Under 50 Back | NT | 46 |
| 47 | NT | 11-12 50 Back | NT | 48 |
| 49 | NT | 12 & U 200 FreeRelay | NT | 50 |
| 51 | NT | 13 & O 400 Free Relay | NT | 52 |
| 53 | NT | 11 & Over 400 IM* | NT | 54 |

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

Session III – Saturday, September 29th

Warm up: 1:00 PM

| Girls | Time | Event | Time | Boys |
|--------------|-------------|----------------------|-------------|-------------|
| 55 | NT | 11 & Over 200 Breast | NT | 56 |
| 57 | NT | 10 & Under 100 Free | NT | 58 |
| 59 | NT | 11-12 100 Free | NT | 60 |
| 61 | NT | 13 & Over 100 Free | NT | 62 |
| 63 | NT | 10 & Under 50 Fly | NT | 64 |
| 65 | NT | 11-12 50 Fly | NT | 66 |
| 67 | NT | 10 & Under 200 IM | NT | 68 |
| 69 | NT | 11 -12 200 IM | NT | 70 |
| 71 | NT | 13 & Over 200 IM | NT | 72 |
| 73 | NT | 10 & Under 100 Back | NT | 74 |
| 75 | NT | 11-12 100 Back | NT | 76 |
| 77 | NT | 13 & Over 100 Back | NT | 78 |
| 79 | NT | 11 & Over 1650 Free* | NT | 80 |

Session IV – Sunday, September 30th

Warm up: 8:00 AM

| Girls | Time | Event | Time | Boys |
|--------------|-------------|-------------------------|-------------|-------------|
| 81 | NT | 11 & Over 200 Back | NT | 82 |
| 83 | NT | 10 & Under 100 IM | NT | 84 |
| 85 | NT | 11-12 100 IM | NT | 86 |
| 87 | NT | 10 & Under 200 Free | NT | 88 |
| 89 | NT | 11-12 200 Free | NT | 90 |
| 91 | NT | 13 & Over 200 Free | NT | 92 |
| 93 | NT | 10 & Under 50 Breast | NT | 94 |
| 95 | NT | 11-12 50 Breast | NT | 96 |
| 97 | NT | 10 & Under 100 Fly | NT | 98 |
| 99 | NT | 11-12 100 Fly | NT | 100 |
| 101 | NT | 13 & Over 100 Fly | NT | 102 |
| 103 | NT | 12 & U 200 Medley Relay | NT | 104 |
| 105 | NT | 13 & O 400 Medley Relay | NT | 106 |
| 107 | NT | 11 & Over 1000 Free* | NT | 108 |

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