

3. Age Group events will be pre-seeded.
4. Swimmers are limited to 5 events per session. 13-14 year-olds must swim in one session/day, ONLY. 13-14 age group must be ALL senior session OR, ALL age group session.
5. Please enter with an accurate time achieved in the proper course. Converted times will not be accepted. Senior Sessions will be seeded using Long Course Meter times first followed by short course yard times then short course meter times. Age Group sessions will be seeded using short course times only.
6. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
7. The Arizona controlled meet warm-up will be posted and enforced.
8. WSF reserves the right to limit meet attendance to 300 swimmers per session.

Sessions:

Session I (Friday, Jan. 4, 2008):	Warm-ups: 5:00 PM	Start: 6:00 PM
Session II (Saturday, Jan. 5, 2008):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session III (Saturday, Jan. 5, 2008):	Warm-ups: 1:00 PM	Start: 2:00 PM ***1 ½ HOUR AFTER SENIOR SESSION (POOL CHANGE NEEDED)
Session IV (Sunday, Jan. 6, 2008):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session V (Sunday, Jan. 6, 2008):	Warm-ups: 1:00 PM	Start: 2:00 PM***1 ½ HOUR AFTER SENIOR SESSION (POOL CHANGE NEEDED)

***Age Group sessions will begin 1 ½ hour after completion of Senior session. A timeline will be made available to all teams prior to start of meet through email.

Entries: All entries must be on the Arizona Swimming entry form or Commlink file and must be received by Monday, December 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: Erin Shields
2919 N. Litchfield Road
Goodyear, AZ 85395

E-Mail: eshields@vosymca.org

Entry Fees: \$5 individual event fee
\$5 swimmer surcharge (AZ Swim)

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 3rd place for individual events.

Concessions: There will be a snack bar available at this meet.

Timing: Timers will be provided by the YMCA Westside Silver Fins.

Session I – Friday, Jan. 4th

Warm up: 5:00 PM

Women	Time	Event	Time	Men
1	11:30.0	800 Meter Free*		
		1500 Meter Free*	22:00.0	2

Session II – Saturday, Jan. 5th

Warm up: 8:00 AM

Women	Time	Event	Time	Men
3	2:56.0	200 Meter Fly	2:44.50	4
5	1:15.0	100 Meter Free	1:08.0	6
7	3:00.0	200 Meter IM	2:45.0	8
9	1:35.0	100 Meter Breast	1:26.0	10
11	3:01.0	200 Meter Back	2:45.0	12
13	5:37.0	400 Meter Free*	5:14.0	14

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

Session III – Saturday, Jan. 5th

Warm up: * to begin at the conclusion of Senior session, but allowing for pool change to short course and ending 1 ½ hour later

Women	Time	Event	Time	Men
15	3:00.0	12 & Under 200 Yd Fly	2:58.0	16
17	2:45.0	13-14 200 Yd Fly	2:38.0	18
19	1:15.0	12 & Under 100 Yd Free	1:13.0	20
21	1:10.0	13-14 100 Yd Free	1:06.0	22
23	3:06.0	12 & Under 200 Yd IM	3:04.0	24

25	2:49.0	13-14 200 Yd IM	2:39.0	26
27	1:37.0	12 & Under 100 Yd Breast	1:36.0	28
29	1:27.0	13-14 100 Yd Breast	1:22.0	30
31	2:57.0	12 & Under 200 Yd Back	2:53.0	32
33	2:45.0	13-14 200 Yd Back	2:37.0	34
35	7:10.0	12 & Under 500 Yd Free*	7:05.0	36
37	6:37.0	13-14 500 Yd Free*	6:21.0	38

Session IV – Sunday, Jan. 6th

Warm up: 8:00 AM

Women	Time	Event	Time	Men
39	1:22.0	100 Meter Fly	1:13.0	40
41	2:41.0	200 Meter Free	2:28.50	42
43	3:24.0	200 Meter Breast	3:06.0	44
45	1:24.0	100 Meter Back	1:17.0	46
47	35.0	50 Meter Free	31.50	48
49	6:25.0	400 Meter IM*	5:55.0	50

Session V – Sunday, Jan. 6th

Warm up: * to begin at the conclusion of Senior session, but allowing for pool change to short course and ending 1 ½ hour later

Women	Time	Event	Time	Men
51	1:31.0	12 & Under 100 Yd Fly	1:29.0	52
53	1:16.0	13-14 100 Yd Fly	1:11.0	54
55	2:44.0	12 & Under 200 Yd Free	2:43.0	56
57	2:30.50	13-14 200 Yd Free	2:21.0	58
59	3:19.0	12 & Under 200 Yd Breast	3:14.0	60
61	3:08.0	13-14 200 Yd Breast	2:56.0	62
63	1:27.0	12 & Under 100 Yd Back	1:25.0	64
65	1:17.0	13-14 100 Yd Back	1:13.0	66
67	34.0	12 & Under 50 Yd Free	33.0	68
69	31.50	13-14 50 Yd Free	29.50	70
71	6:20.0	12 & Under 400 Yd IM*	6:13.0	72
73	5:59.0	13-14 400 Yd IM*	5:39.0	74

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