

YMCA Westside Silver Fins Spring Age Group Regional Feb. 29-March 2, 2008

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Sanction Number: AZ08C0118R2

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., and 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: Robyn Ferro 623-935-4743 robynlottsferro@hotmail.com
Meet Referee: Mary Kramer 602-944-0615 mckswim@aol.com
Meet Referee: Donna Greenwalt 623-363-2970
dmorris22@aol.com

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

Course: Outdoor, 25 yard, 8 lane heated pool, Colorado Start, two button automatic timing system and warm-down area.

Eligibility: 1. Open to any current USA Swimming registered athlete who is a member of or an unattached swimmer training with one of these teams: **AD, ASG, HEAT, HSST, KDST, SDA, SWS, & WSF** All swimmers must be registered as of the meet entry deadline. No on-deck registration will be available.
2. Age on Feb. 29, 2008 will govern for the meet.
3. This is a Time Standard Meet. Swimmers must have equaled or bettered the Age Group Regional qualifying time for each event they have entered.
4. A current, valid USA Swimming registration card must be present to the Clerk of Course if requested.
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 for any special accommodations or seeding arrangements at the time the entry is submitted.

Rules: 1. The current rules of USA competitive swimming will govern.
2. Individual events are pre-seeded, time final events.
3. The 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, and 5 events per day.
5. Entry times must be the swimmer's best short course times. No converted times may be used for entry.
6. Time trials will be offered at the discretion of the Meet Referee.
7. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner. Clerk of Course will expect credentials to be presented at coaches' sign-in table. Dress for officials will be White shirts and Blue shorts/pants.

8. 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, however only the fastest two will be scored.

9. The Arizona controlled meet warm-up will be posted and enforced. Teams will be contacted for split warm up times.

Sessions:	Session I (Friday, Feb. 29, 2008):	Warm-ups: 3:30 PM	Start: 4:30 PM
	Session II (Friday, Feb. 29, 2008):	Warm-ups: 3:30 PM	Start: Immediately
		following Session I	
	Session III (Saturday, Mar 1, 2008):	Warm-ups: 8:30 AM	Start: 9:30 AM
	Session IV (Sunday, Mar 2, 2008):	Warm-ups: 8:30 AM	Start: 9:30 AM

Entries: All entries must be on the Arizona Swimming entry form or Commlink file and must be received by Monday, February 25, 2008. 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
\$4.00 per individual event
\$8.00 per relay
\$4.00 Time Trial

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: Individual events: Regional medals 1st thru 3rd
Regional ribbons 4th thru 8th place
Relay events: Regional ribbons 1st thru 3rd
Team Awards for First and Second place

Scoring: Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2. ***Teams may only score top two (2) relay teams in each relay event.

Concessions: There will be a snack bar available at this meet. Custom Regional Swim Meet T-shirts will be made available.

Timing: Lane assignments will be made from attending teams for timing.

Parking: All spectators and athletes will need to park at the adjacent church parking lot (dirt lot). There will be a drop-off/pick-up area located next to the pool. All officials and coaches will be allowed to park in the designated area of the YMCA lot. NO parking in the GGODYEAR SKATE PARK LOT located on the NW corner of the YMCA pool.

Session I – Friday, Feb. 29

Warm up: 3:30 PM

Girls	Time	Event	Time	Boys
1	NT	11-12 200 Free Relay	NT	2
3	NT	13-14 200 Free Relay	NT	4
5	48.89	10 & U 50 Back	49.49	6
7	39.99	11-12 50 Back	44.49	8
9	37.19	13-14 50 Back	40.09	10
11	53.59	10 & U 50 Breast	53.89	12
13	44.29	11-12 50 Breast	50.49	14
15	40.99	13-14 50 Breast	46.09	16
17	48.79	10 & U 50 Fly	47.29	18
19	38.19	11-12 50 Fly	38.29	20
21	36.39	13-14 50 Fly	37.09	22
23	40.09	10 & U 50 Free	39.19	24
25	34.69	11-12 50 Free	34.69	26
27	33.49	13-14 50 Free	31.09	28
29	NT	11-12 200 Medley Relay	NT	30
31	NT	13-14 200 Medley Relay	NT	32

Session II – Friday, Feb. 29

Warm up: 3:30 PM

Girls	Time	Event	Time	Boys
33*	8:30.49	10 & U 500 Free	8:25.79	34*
35*	15:39.49	11-12 1000 Free	15:10.59	36*
37*	23:34.19	13-14 1650 Free	22:55.99	38*

*Note the 500 Free, 1000 Free, and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course, by the start of the session in which they are swum. These events will be swum fastest to slowest, alternating women and men.

Session III – Saturday, March 1st

Warm up: 8:30 AM

Girls	Time	Event	Time	Boys
39	6:53.69	11-12 400 IM	7:45.49	40
41	6:13.49	13-14 400 IM	5:53.39	42
43	3:20.19	10 & U 200 Free	3:09.89	44
45	2:43.49	11-12 200 Free	2:39.69	46
47	2:36.59	13-14 200 Free	2:27.79	48
49	1:45.69	10 & U 100 Back	1:43.29	50
51	1:28.89	11-12 100 Back	1:26.69	52
53	1:21.39	13-14 100 Back	1:15.69	54
55	3:37.19	11-12 200 Breast	3:49.99	56
57	3:15.99	13-14 200 Breast	3:02.39	58
59	1:57.49	10 & U 100 Fly	1:55.39	60
61	1:26.79	11-12 100 Fly	1:26.79	62
63	1:19.79	13-14 100 Fly	1:14.69	64
65	1:45.69	10 & U 100 IM	1:41.59	66
67	1:26.79	11-12 100 IM	1:25.19	68
69	NT	13-14 800 Free Relay	NT	70
71	NT	11-12 400 Free Relay	NT	72
73	NT	10 & U 200 Free Relay	NT	74
75*	14:08.89	13-14 1000 Free	13:41.19	76*

Session IV – Sunday, March 2nd

Warm up: 8:30 AM

Girls	Time	Event	Time	Boys
77	NT	13-14 400 Medley Relay	NT	78
79	NT	11-12 400 Medley Relay	NT	80
81	NT	10 & U 200 Medley Relay	NT	82
83	1:12.99	13-14 100 Free	1:07.69	84
85	1:15.99	11-12 100 Free	1:13.49	86
87	1:31.99	10 & U 100 Free	1:29.19	88
89	2:54.59	13-14 200 Back	2:42.79	90
91	3:13.39	11-12 200 Back	3:20.99	92
93	1:30.99	13-14 100 Breast	1:32.59	94
95	1:36.39	11-12 100 Breast	1:35.99	96
97	1:59.99	10 & U 100 Breast	1:56.99	98
99	2:53.39	13-14 200 Fly	2:45.99	100
101	3:05.39	11-12 200 Fly	3:20.99	102
103	2:56.69	13-14 200 IM	2:46.19	104

105	3:05.39	11-12 200 IM	3:04.39	106
107	3:42.69	10 & U 200 IM	3:40.89	108
109	NT	13-14 400 Free Relay	NT	110
111*	7:10.79	11-12 500 Free	7:06.99	112*
113*	6:51.79	13-14 500 Free	6:36.79	114*

* See Note on 500 and 1000 Free events after Session II on Page 3.