



Arizona Age Group Eastern Regional Championships

February 19-21, 2010

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming

Sanction Number: AZ10C103R

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., and Scottsdale Aquatic Club 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: Scottsdale Aquatic Club

Meet Director: Kevin Zacher/Rob Blundell kzswim@hotmail.com

Meet Referee: Ray Eynon eynonaz@cox.net

Meet Location: Cactus Pool

Course: Outdoor, 25 yard, heated pool, Colorado Start & Timing. A warm down pool is available. The competition course has not been certified in accordance with 104.2.2(C).

Eligibility:

1. Open to any current USA Swimming registered athlete who is a member of or training unattached with one of the following teams: RIO, DTAC, MAC, AZSL, SWIM, SCCS, AD, SAC or UNATTACHED athletes with no team affiliation. All swimmers must be registered as of the meet entry deadline. No on-deck registration will be available.
2. Age on February 19 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 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, and 5 events per day.
5. Entry times must be the swimmer's best short course yards times. No converted times may be used for entry.
6. The meet will be seeded YLS. Swimmers must enter with a valid qualifying time. Entry times not achieved in Short Course Yards shall be noted as LC (Long Course Meters) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be 1. Short Course Yards, 2. Long Course Meters, 3. Short Course Meters. Please note LC or SM in red.
7. Time trials will be offered at the discretion of the Meet Referee.
8. 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.
9. 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.
10. The Arizona controlled meet warm-up will be posted and enforced. Teams will be contacted for split warm up times.
11. All coaches and officials must be USA Swimming registered prior to the competition and wear their current registration in a visible manner. Coaches are required to check in at the start of each session they are on deck and must show their credentials at that time.

Session I (Friday, February 19):	Warm-ups: 3:30 PM	Start: 4:30 PM
Session II (Friday, February 19):	Warm-ups: 3:30 PM	Start: 4:30 PM
Session III (Saturday, February 20):	Warm-ups: 8:00 AM	Start: 9:00 AM
Session IV (Sunday, February 21):	Warm-ups: 8:00 AM	Start: 9:00 AM

Entries: ONLINE COMMITMENT DUE BY TUESDAY FEBRUARY 9TH

Entry Fees: \$6.00 LSC surcharge
 \$5.00 per individual event
 \$5.00 Time Trial

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

Scoring: Only entries below the Arizona Qualifying Time Standard and above the Arizona Regional Time Standard will be scored. 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: A Snack Bar will be open.

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

Parking: At Cactus Park. Free.

Session I – Friday, February 19

Warm up: 3:30 PM

Girls	Event	Boys
1*	10 & U 500 Free	2*
3*	11-12 1000 Free	
5*	13-14 1650 Free	6*

*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 II – Friday, February 19

Warm up: 3:30 PM

Girls	Time	Event	Time	Boys
7	NT	11-12 200 Free Relay	NT	8
9	NT	13-14 200 Free Relay	NT	10
11		10 & U 50 Back		12
13		11-12 50 Back		14
15		13-14 50 Back		16
17		10 & U 50 Breast		18
19		11-12 50 Breast		20
21		13-14 50 Breast		22
23		10 & U 50 Fly		24
25		11-12 50 Fly		26
27		13-14 50 Fly		28
29		10 & U 50 Free		30
31		11-12 50 Free		32
33		13-14 50 Free		34
35	NT	11-12 200 Medley Relay	NT	36
37	NT	13-14 200 Medley Relay	NT	38

Session III – Saturday Feb 20, 2010

Warm Up 8 AM Start 9 AM

Girls	Time	Event	Time	Boys
39		11-12 400 IM		40
41		13-14 400 IM		42
43		10 & U 200 Free		44
45		11-12 200 Free		46
47		13-14 200 Free		48
49		10 & U 100 Back		50
51		11-12 100 Back		52
53		13-14 100 Back		54
55		11-12 200 Breast		56
57		13-14 200 Breast		58
59		10 & U 100 Fly		60
61		11-12 100 Fly		62
63		13-14 100 Fly		64
65		10 & U 100 IM		66
67		11-12 100 IM		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*		13-14 1000 Free		76*
77*		11-12 1650 Free		77*

Session IV – Feb 21, 2010
Warm Up 8 AM Start 9 AM

Girls	Time	Event	Time	Boys
79	NT	13-14 400 Medley Relay	NT	80
81	NT	11-12 400 Medley Relay	NT	82
83	NT	10 & U 200 Medley Relay	NT	84
85		13-14 100 Free		86
87		11-12 100 Free		88
89		10 & U 100 Free		90
91		13-14 200 Back		92
93		11-12 200 Back		94
95		13-14 100 Breast		96
97		11-12 100 Breast		98
99		10 & U 100 Breast		100
101		13-14 200 Fly		102
103		11-12 200 Fly		104
105		13-14 200 IM		106
107		11-12 200 IM		108
109		10 & U 200 IM		110
111	NT	13-14 400 Free Relay	NT	112
113*		11-12 500 Free		114*
115*		13-14 500 Free		116*

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