**Swimming**

 Sorry, **No On-site Registration**

***EVENTS*** (in Race Order)

1) 200Y Freestyle

2) 50Y Backstroke

3) 100Y Breaststroke

4) 200Y Backstroke

5) 100Y IM

6) 50Y Breaststroke

7) 500Y Freestyle

8) 50Y Butterfly

9) 100Y Backstroke

10) 200Y IM

11) 50Y Freestyle

12) 200Y Breaststroke

13) 100Y Butterfly

14) 100Y Freestyle

15) 1650Y Freestyle

***DATE:*** Sunday, February 24, 2013

***TIMES* Although times are approximate competition is continuous. Please be on time.** Check in-Warm Up Begins at 7:00 am Competition begins (Events 1-7) at 8:30 am Check in-Warm Up Begins at 10:00 am Competition begins (Events 8-15) at 10:30 am

***SITE***

Mesquite Grove Aquatic Center

5901 S. Hillcrest Drive

Chandler. AZ 85249

480-782-2635

***AMENITIES***

Dressing Rooms/Showers/Restrooms: **Yes** Phones: **$** Food: **No** Water: **Yes**

***FEES***

$24 Registration and Processing

Plus $8for each event entered

***DEADLINE:*** February 8, 2012

***ENTRY REQUIREMENTS***

1. Competition is in 5 year age groups: 50-54, 55-59 etc.

 2. Swimmers may enter a maximum of five events.

 3 Swimmers must provide towels, goggles suits, caps.

4. All 500 Yard & Mile swimmers are requested to bring someone to count laps for them.

5. Athletes may bring food and beverages but no glass containers are allowed.

***FORMAT***

1. Short course, 25 yd. pool heated to competition temperature.

2. All swimming events will be timed finals.

***SPORT RULES***

1. USMS Recognized Meet **#R481-0012**. USMS/NSGA/LMSC of Arizona rules apply.

2. All USMS swimmers must list their USMS # and best times when registering.

3. Forward start may be taken from the starting blocks, pool deck or a push from the wall.

Backstroke start must be taken from the wall. A false start will result in disqualification.

4. Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously.

5. Backstroke and Freestyle events require some part of the body to touch the wall at each turn & finish.

6. Order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle.

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| ***SPORT COMMISSIONER*** |  |
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| ***VICE-COMMISSIONER*** |  |  |
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