**2014 SWIMMING RELAYS**

**No Onsite Registration**

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| ***EVENTS (in race order)*** |  |
| Men, Women or Mixed 800 yd. | Freestyle Relay | 200, 200, 200, 200 (4)\* |
| Men, Women or Mixed 400 yd. | Medley relay | 100bk, 100br, 100fl, 100fr (4)\* |
| Men, Women or Mixed 200 yd. | Backstroke Relay | 50, 50, 50, 50 fr (4) |
| Men, Women or Mixed 200 yd. | Medley Relay | 50bk, 50br, 50fl,50fr (4)\* |
| Men, Women or Mixed 200 yd. | Breaststroke Relay | 50, 50, 50, 50 (4) |
| Men, Women or Mixed 200 yd. | Freestyle Relay | 50, 50, 50, 50 (4)\* |
| Men, Women or Mixed 200 yd. | Butterfly Relay | 50, 50, 50, 50 (4) |
| Men, Women or Mixed 400 yd. | Freestyle Relay | 100, 100, 100, 100 (4)\* |

 \*USMS RECOGNIZED EVENTS

 ***DATE***

March 1, 2014

 ***TIME*** Check in: 8:30am Warm Up: 9:00 am Start is at 10:00 am

 **Note: The awards ceremony and social will immediately follow the meet.**

***SITE***

Bell Recreation Center

16820 N. 99th Ave

Sun City, AZ 85351

623-876-3040

***AMENITIES***

Restrooms: Yes Phones: Yes Food: at Social Water: Yes

***FEES***

$26 Administration and Processing Fee if paid by 1/31. Add $5.00 for registration after 1/31.

Plus $ 2 per relay event. **No Refunds.**

***DEADLINE:*** February 17, 2014

***FORMAT*** USMS Recognized Meet

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

2. All swimming events are timed finals.

***ENTRY REQUIREMENTS***

1. Each person must register as an individual using the unique name of their team.

2. Competition is in 10 year age groups (ie: 50-54, 55-64, 65-74, 75-84, & 85+) You must be 50 years old to participate. Team age groups determined by the youngest member. Age will be determined as of 12/31/14.

3. Swimmers must provide towels, goggles, suits, cap, etc.

4. You may swim with only one team in each of the 8 events.

5. Swimmers may enter all 8 events.

6 You may swim in a Recognized Meet even if you are not a USMS member

7. All USMS swimmers must list their USMS number when registering.

8. If you have no team, contact Sharon Billeter @ 623-875-9259 by Feb. 10, and every effort will be made to place you with a team.

9. If you want your time to be recognized by USMS (United States Masters Swimming) you can have a team of all men, all women or two men and two women.

10. In order to qualify for Top Ten standing, you must be a USMS member and show your

 membership card at check in.

 11.All members of a team in a starred \* event must be from the same LMSC (Local Master Swim Club) to qualify for USMS Top Ten.

***SPORT RULES***

USMS / LMSC / NSGA rules apply.

***COMMISSIONER***

 Sharon Billeter 623-875-9259 sbilleter@cableone.net