**2015 Arizona LCM State Championships**

**NAU’s Wall Aquatic Center**

**Flagstaff, Arizona**

**August 22 and 23, 2015**

**Sanction #** **485-S010**

**Meet Director**—Liz Hobbs coachlizhobbs@gmail.com or 928-286-7989. Or for information contact Erika Brayton, Wall Aquatic Center Aquatic Coordinator, 928-523-6324.

**Location**—Held at the Wall Aquatic Center, Corner of San Francisco and Franklin Sts, Northern Arizona University, Flagstaff, AZ

**Facility**—8 lane Indoor 50 meter course with non-turbulent lane lines. During the 800 and 1500, we may use seven lanes, with one lane available for warmdown. For all other events, 5-6 lanes will be used for competition, and two 50 meter lanes will be available for continuous warmup and warmdown. Touchpads/Electronic timing will be used, except for 50 meter races, which will be hand timed.

**Rules**—

1. 2015 USMS Rules will apply
2. All events are timed finals
3. Swimmers may swim up to 5 individual events per day
4. 400 Free, 400 IM, 800 free will require positive check-in
5. Swimmers age as of December 31, 2015, will determine their age for the meet

**Seeding**—All events will be run slowest to fastest, ages and sexes combined. The 400 Free and IM may be combined to help make full heats. Breaks will be included as necessary and requested.

**Eligibility**—Open to any swimmer with a valid 2015 USMS registration. We will be accepting one day registrations if you are only swimming in one day of the meet.

**Cost:** $30 if you can only attend one day and $50 if you attend both days. This will include a cap or other remembrance of the meet, and cookout on Saturday after the meet.

**Entry Procedures and Deadlines**: To enter online, go to:

[https://www.ClubAssistant.com/club/meet\_information.cfm?c=2218&smid=6782](https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=6777)

To enter by mail, you may send a consolidated entry card (found at [www.AZLMSC.org](http://www.AZLMSC.org) under forms), a copy of your USMS card, and a check for $30 for one day or $50 for both days. Please make checks payable to Liz Hobbs, and send to Liz at 514 W. Navajo Rd, Flagstaff, AZ 86001.

Mail in Entries must be received by Wednesday, August 19. Online entries will be open until midnight on Thursday, August 20.

**Relays**—A swimmer may participate in only one of each type of relay, i.e. if a swimmer swims the 200 Mixed Free Relay he cannot swim the Men’s 200 Free Relay.

**Scoring**—Team scores will be kept for relays and individual events, and a special 1st Place team award will be given.

**Order of Events**

**Saturday August 22**

Warmups begin at 1 PM, 800 Free starts at 2 PM

After the 800 free there will be a 15 minute warmup

before Event #2, the 800 Free Relays

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| **Women's Event #** |  | **Event** | **Men's** **Event #** |
|  |  | Event #1 Mixed 800 Freestyle 2 Men’s and Women’s 800 Free Relay 3 Event #4 Mixed 800 Free Relay |  |
| 5 |  | 50 Backstroke | 6 |
| 7 |  | 100 Freestyle | 8 |
| 9 |  | 200 Butterfly | 10 |
| 11 |  | 200 Freestyle Relays | 12 |
|  |  | Event #13 Mixed 200 Freestyle Relay |  |
| 14 |  | 400 IM | 15 |
| 16 |  | 200 Backstroke | 17 |
| 18 |  | 50 Butterfly | 19 |
| 20 |  | 100 Breaststroke | 21 |
| 22 |  | 400 Medley Relays | 23 |
|  |  | Event #24 Mixed 400 Medley Relay |  |
|  |  | **Sunday August 23**Warmups begin at 8:00 AM, 1500 Free will start at 9:00. After the 1500 there will be a 15 min warmup before event 26, the women’s 100 Butterfly |  |
|   |  | Event # 25 Mixed 1500 Freestyle |  |
| 26 |  | 100 Butterfly | 27 |
| 28 |  | 200 Breaststroke | 29 |
| 30 |  | 50 Freestyle | 31 |
| 32 |  | 100 Backstroke | 33 |
| 34 |  | 400 Freestyle | 35 |
| 36 |  | 200 Medley Relays | 37 |
|   |  | Event #38 Mixed 200 Medley Relay |  |
| 39 |  | 50 Breaststroke | 40 |
| 41 |  | 200 Freestyle | 42 |
| 43 |  | 200 IM | 44 |
| 45 |  | 400 Freestyle Relays | 46 |
|  |  | Event #47 400 Freestyle Relays |  |
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