



Arizona Masters

Long Course State Champs

Saturday and Sunday

August 6 – 7, 2016

Warmup 7:00 AM, start 8:00 AM

Meet director: Jim Stites, (520) 621-4203.

Sanctions: Sanctioned by AZ LMSC for USMS Inc. Sanction number 486-S008

Eligibility: Open to all registered Masters swimmers holding a valid 2016 USMS card. Online USMS registration is available at www.usms.org. For further information on registration contact Katy James at katyjameswims@hotmail.com.

Rules: 2016 USMS rules apply. Limit of four (4) individual events per day. Breaks as requested. Your age on December 31, 2016 is your age for the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Online entry: Preferred method of registration for this event! The following link will be available for online entry until 6:00pm on Sunday July 31, 2016: [Online registration link](#)

Entries and fees: Flat rate fee of \$40 for a maximum of 8 events (no more than 4 each day). Entries must be received by July 29, 2016. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you plan to swim. Consolidated entry cards are available online at www.azlmsc.org Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2011 USMS card to Jim Stites, PO Box 44233, Tucson, AZ 85733; questions, call Jim at (520) 621-4203.

Deck entries: \$25 flat fee per day. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis. Deck entries will close at 7:30 AM sharp!

Event seeding: All events will be swum slowest to fastest.

Location: University of Arizona Hillenbrand Aquatic Center located on Campbell Avenue between 6th Street and Speedway. Outdoor, 8 lane, 50 meter pool operated at 80° F with non-turbulent lane lines and electronic timing. Kasser Pool, 8 lanes by 25 meters, will be available for warm up during the meet.

Awards: High Point Awards will be given in each age group, female & male.

Questions????? Call the meet director: Jim Stites at (520) 621-4203

The 1500 and the 800 freestyle events are positive check-in events. All swimmers entered in these events MUST check-in by 7:30am each day. If you fail to check-in you will not be seeded and will not swim. Relays will be run at the end of each day's session. You may enter relays on deck at the meet. There is no extra charge for relay events.

Saturday, August 6 warmup 7:00 AM, 8:00 AM start	
Order	Event
1	1500 m. Freestyle
2	200 m. Freestyle
3	50 m. Butterfly
4	200 m. Backstroke
5	100 m. Breaststroke
6	400 m. Freestyle
7	200 m. Individual Medley
8	50 m. Backstroke
9	200 m. Butterfly
10	200 Free Relays (W)
11	200 Free Relays (M)
12	200 Free Relays (MX)

Sunday, August 7 warmup 7:00 AM, 8:00 AM start	
Order	Event
13	800 m. Freestyle
14	100 m. Freestyle
15	50 m. Breaststroke
16	100 m. Backstroke
17	100 m. Butterfly
18	200 m. Breaststroke
19	50 m. Freestyle
20	400 m. Individual Medley
21	200 Med. Relays (W)
22	200 Med. Relays (M)
23	200 Med. Relays (MX)
24, 25, 26	400 Med. Relays (W, M, MX)