

2013 SWIMMING RELAYS

No Onsite Registration

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 9, 2013

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

\$24 Registration and Processing Fees
 Plus \$ 2 per relay

DEADLINE: February 25, 2013

FORMAT USMS Recognized Meet R481-0021

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. Teams age groups determined by the youngest member.
3. Swimmers must provide towels, goggles, suits, cap, etc.
4. You may swim with only one team in each event.
5. Swimmers may enter all eight relays.
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. 18th, 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