

2019 SWIM RELAYS

EVENTS

*Men, Women and Mixed 800 yd.	Freestyle Relay	Men, Women and Mixed 200yd.	Backstroke Relay
*Men, Women and Mixed 400 yd.	Medley Relay	Men, Women and Mixed 200yd.	Breaststroke Relay
*Men, Women and Mixed 200 yd.	Medley Relay	Men, Women and Mixed 200yd.	Butterfly Relay
*Men, Women and Mixed 200 yd.	Freestyle Relay		
*Men, Women and Mixed 400 yd.	Freestyle Relay		

***USMS RECOGNIZED EVENTS**

DATE

Sunday, February 10, 2019

TIME

Check in: 9:00 AM Warm Up: 9:30 AM Start is at 10:30 AM

A 15 minute break will be scheduled mid-point in the meet.

SITE

(TBD) Kino Aquatic Center
848 N Horne
Mesa, AZ 85203
480- 644-2376

AMENITIES

Restrooms: Yes

Phones: Yes

Food: Snacks

Water: Yes

FEES

Early Bird Reg.: **\$28.00 Registration fee + \$25.00 Sport fee (all events) by Dec. 15, 2018.**

Late Reg.: **\$38.00 + \$25.00 Sport fee (all events) from Dec. 16, 2018 thru Jan. 6, 2019.**

Mail In: **Add \$10.00 (incl. addl. processing fee). Postmarked by 12/31/18.**

Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE

Sunday, January 6, 2019

FORMAT

USMS Recognized Meet # (pending)

1. Short course, 25 yard pool, heated to competition temperature (79-81 degrees)
2. All swimming events are timed finals.
3. Team age groups determined by the youngest member. Age will be determined as of 2/10/19. You must be 50 years old to participate.

ENTRY REQUIREMENTS

1. Each person must register as an individual using the unique name of their team.
2. Swimmers must provide towels, goggles, suits, cap, etc.
3. You may swim with only one team in each of the events.
4. Teams may enter all 5 events.
5. You may swim in a Recognized Meet even if you are not a USMS member
6. All USMS swimmers must list their USMS number when registering. No day of meet seeding.
7. Unattached swimmers will be grouped by ASO into teams and given a team name.
8. In order to qualify for Top Ten standing, you must be a USMS member and show your membership card at check in.

SPORT RULES

1. USMS / LMSC / NSGA rules apply.
2. All members of each team must be from the same LMSC to qualify for Top Ten.
3. Your time will be recognized by USMS with a team that includes all men, women or two men/women.
4. Each club must assign and seed their respective swimmers. Every effort must be made to give each swimmer at least 4 events.
5. Club swimmer seeding must be received in the ASO office by January 31, 2019. ASO will seed those individual swimmers.

(continued)

AWARDS

Team points will be given for 1st, 2nd and 3rd place in each age group for each relay. The top 3 teams with the highest points will get a special award.

COMMISSIONER

TBD