

2019 Swimming

EVENTS (in Race Order)

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|----------------------|-----------------------|
| 1) 1650Y Freestyle | 9) 500Y Freestyle |
| 2) 200Y Butterfly | 10) 400Y IM |
| 3) 200Y Freestyle | 11) 50Y Butterfly |
| 4) 50Y Backstroke | 12) 100Y Backstroke |
| 5) 100Y Breaststroke | 13) 200Y IM |
| 6) 200Y Backstroke | 14) 50Y Freestyle |
| 7) 100Y IM | 15) 200Y Breaststroke |
| 8) 50Y Breaststroke | 16) 100Y Butterfly |
| | 17) 100Y Freestyle |

DATE: Sunday, February 24, 2019

TIMES Although times are approximate competition is continuous. Please be on time.

Check in-Warm Up: 7:30 AM (1650),

Competition begins: 8:00 AM (1650)

Check in-All other events: 8:00 AM

Competition begins: 9:30 AM or 30 min. after 1650 finish.

Competitors Meeting at 9:15 AM

SITE

Mesquite Grove Aquatic Center
5901 S. Hillcrest Drive
Chandler, AZ 85249
480-782-2635

AMENITIES

Dressing Rooms/Showers/Restrooms: **Yes** Phones: \$ Food: **No** Water: **Yes**

FEES

Early Bird Reg.: \$28.00 Registration fee + \$10 Sport fee per event by December 15, 2018.

Late Reg.: \$35.00 + \$10 Sport fee per event from December 16, 2018 thru January 20, 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 20, 2019.

ENTRY REQUIREMENTS

1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age is determined as of 2/24/19. Age groups may be combined for competition and a sole competitor in an age group will compete in the next lower age group. Awards remain by age.
2. Swimmers may enter a maximum of five events.
- 3 Swimmers must provide towels, goggles suits, caps.
4. All 500Y & 1650 Freestyle swimmers are requested to bring someone to count laps for them.
5. Athletes may bring food and beverages but NO glass containers are allowed.

FORMAT

1. Short course, 25 yd. pool heated to competition temperature.
2. All swimming events will be timed finals.

SPORT RULES

1. USMS Recognized Meet # . USMS/NSGA/LMSC of Arizona rules apply.
2. All USMS swimmers must list their USMS # and best times when registering.
3. Forward start may be taken from the starting blocks, pool deck or a push from the wall.
Backstroke start must be taken from the wall. A false start will result in disqualification.
4. Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously.
5. Backstroke and Freestyle events require some part of the body to touch the wall at each turn & finish.
6. Order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle.

(Continued)

ADDITIONAL INFORMATION

There will be a 15 minute break after the 8th event for the first medal presentation and a lunch will be provided at the end of the meet for all swimmers as well as the medal presentation for events 9-17.

SPORT COMMISSIONER

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VICE-COMMISSIONER

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