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

DATE: Sunday, February 23, 2020

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
Competitors Meeting at 9:15 AM
Competition begins: 9:30 AM or 30 min. after 1650 finish.

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 Registration: $30.00 (Thru Nov. 8, 2019)
Registration: $35.00 (Nov. 9, 2019-Jan. 26, 2020)
Sport Fee: $10.00 per event.
Mail in: Must be Postmarked by 1/05/2020.
Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE

ENTRY REQUIREMENTS
1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age is determined as of 2/23/2020. 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.
ADDITIONAL INFORMATION
There will be a 15 minute break after the 8th event for the first medal presentation and the medal presentation for events 9-17 will occur at the end of the event.

SPORT COMMISSIONER
Judy Gillies Jgillies1848@gmail.com

VICE-COMMISSIONER
Dee Borendame deeborendame@gmail.com

Swim FINAL 10/8/19