

ARIZONA SWIMMING GAUCHOS
December Q- Meet
December 12-13, 2009

Held under the sanction of USA Swimming Sanctioned by: Arizona Swimming, Inc.
Sanction # AZ10C013

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Arizona Swimming Gauchos, Glendale Community College and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

Hosted by: Arizona Swimming Gauchos

Meet Directors: Charlie Cunningham phone: 602-674-0125 e-mail: gasg1@ionet.net

Meet Location: Glendale Community College, 61st Ave. & Olive, Glendale, Az.

Meet Referee: Cris Dilworth coachdilworth@juno.com

Course: Outdoor, 25 yard, 8 lane heated pool, Colorado Start and 8 lane warm-up and cool down pool
The competition pool was not been certified in accordance with 104.2.2(C).

Eligibility:

1. Open to any registered athlete holding a current 2009 or 2010 USA Swimming card as of the meet entry deadline.
2. Age on December 12, 2009, will govern for the meet.
3. A current, valid USA Swimming registration card must be presented to the Clerk of Course if requested.
4. This is a Q- Time Standard meet.
5. **No on-deck registration** will be available.
6. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Rules:

1. The current rules of USA competitive swimming will govern.
2. Individual events are pre-seeded, timed final events.
3. The 500 Free will be deck-seeded. Swimmers must check-in at the Clerk of Course by the start of the session to swim. This event will be swum fastest to slowest, alternating girls and boys.
4. **All swimmers are limited to 5 events per day and 350 swimmers limit.**
5. Entry times must be the swimmer's best short course times.
6. No Time Trials will be offered.
7. The Arizona Swimming controlled meet warm-up will be posted and enforced.

Sessions:

Session 1 Saturday, December 12 Warm-up 8:00 AM Start 9:00am
Session 2 Sunday, December 13 Warm-up 8:00 AM Start 9:00am

Entry Fees: \$3.50 per individual event \$5.00 LSC surcharge

Entries: All entries must be on the Arizona Swimming entry form or Commlink file and must be received by Wednesday, December 9th, 2009. If entries are sent by express mail signature MUST be waived.

Mail: ASG December Meet
P.O. Box 37872
Phoenix, Arizona, 85069-7872

Late entries will be accepted subject to a \$5 late fee and lane availability. No new heats will be created, nor will any event be re-seeded to accommodate late entries.

Entries will not be accepted without payment. Make all checks payable to: **ASG**
Entry fees and surcharge are not refundable.

Email entries to: gasg1@ionet.net

Awards: Ribbons 1st – 8th Place by age Group 10 & U, 11-12, 13-14

Concessions: There will be a snack bar available at this meet.

Timing: Participating teams may be assigned lanes for timing based on the number of participants from each team in the session.

Saturday Dec. 12 Session 1

Warm-up 8:00 AM Start 9:00AM

Sunday Dec. 13 Session2

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys	Girls	Event	Boys
1	2:51.49 11&O 200 Fly 3:16.99	2	27	2:41.09 11&O 200 Back 2:50.69	28
3	2:39.39 10&U 200 Free 2:50.89	4	29	1:13.39 10&U 100 Free 1:17.39	30
5	2:19.19 11-12 200 Free 2:22.39	6	31	1:04.29 11-12 100 Free 1:06.29	32
7	2:06.59 13&O 200 Free 2:04.29	8	33	:59.09 13&O 100 Free : 56.19	34
9	40.39 10&U 50 Back 41.89	10	35	46.39 10&U 50 Breast 48.19	36
11	35.49 11-12 50 Back 37.09	12	37	39.99 11-12 50 Breast 42.49	38
13	1:09.79 13&O 100 Back 1:06.89	14	39	1:17.89 13&O 100 Breast 1:17.99	40
15	1:37.09 10&U 100 Breast 1:44.29	16	41	1:31.69 10&U 100 Fly 1:44.59	42
17	1:24.79 11-12 100 Breast 1:30.99	18	43	1:17.59 11-12 100 Fly 1:21.69	44
19	2:46.69 13&O 200 Breast 2:46.69	20	45	1:07.89 13&O 100 Fly 1:06.19	46
21	1:25.09 10&U 100IM 1:29.99	22	47	3:01.69 10&U 200 IM 3:12.59	48
23	1:15.49 11-12 100IM 1:18.39	24	49	2:40.89 11-12 200 IM 2:44.59	50
25	2:24.39 13&O 200IM 2:22.09	26	51	5:36.09 13&O 500 Free 5:31.99	52
			53	6:11.99 12&U 500 Free 6:39.89	54

Entry times must be slower than the above time standard

Swimmers in the 500 Free must provide their own timers and personnel to count.