

PHOENIX SWIM CLUB PRESENTS
2010 AZ MASTERS LC METERS STATE CHAMPIONSHIPS
July 30th – August 1st, 2010

- Liability:** In granting this sanction, it is understood and agreed that U.S. Masters Swimming, the Local Masters Swim Committee of Arizona, BEST Swim Club Inc. Phoenix Swim Club, Brophy College Prep, 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 all warm-up sessions.
- Host Club:** Phoenix Swim Club
- Meet Director:** Mark Rankin 602-881-2868 mrankin@bestswimclub.org
- Meet Referee:** Ron Joost 602-944-4265 bjon@cox.net
- Sanction:** Held under the sanction of U.S. Masters Swimming and the Local Masters Swim Committee of Arizona, Sanction #480-0018
- Location:** The Dottie Boreyko/Brophy Sports Campus
2902 E. Campbell Avenue, Phoenix, AZ 85016. 602-468-0319
- Course:** Eight lane, outdoor, 50 meter pool with non turbulent lane lines, Colorado timing system, several lanes in a separate warm-up pool will be available throughout the meet
- Eligibility:** Any swimmer with a valid 2010 USMS registration or a valid travel permit from another country is eligible. Each swimmer must submit a copy of their 2010 USMS registration card or travel permit with their entry.
- Rules:** 2010 USMS rules apply. All events are timed final. Swimmers are limited to a total of 9 individual events for the entire meet, no more than 4 per day not including relays. Age on December 31, 2010 determines the age group of the swimmer for the entire meet.
The 800 and 1500 free events will be limited to the first 32 entries received for each event and will run slowest to fastest, ages and sexes combined. You may swim either the 800 or the 1500 but not both. Positive check-in is required for the 800 & 1500 events. Check-in will close at 4:30 p.m. for the 800 and 5:00 p.m. for the 1500 on Friday, July 30th.
- Entries and fees:** Entries must be postmarked by July 21, 2010. No deck entries will be accepted. Please use the Arizona consolidated entry card and fill it out completely and include event numbers and seed times for all events you plan to swim. Consolidated entry cards are available online at www.azlmsc.org A flat entry fee of \$45 includes a meet t-shirt. Be sure to include t-shirt size in the lower left corner of your consolidated entry card (S, M, L or XL) Make checks payable to Phoenix Swim Club. Mail check, consolidated entry card with t-shirt size and a copy of your USMS card to:

Phoenix Swim Club

2902 E. Campbell Avenue
Phoenix, AZ 85016

Order of Events:

FRIDAY, JULY 30TH, 2010	
WARM UP 4:00 PM START 5:00 PM	
POSITIVE CHECK-IN REQUIRED. MEN & WOMEN SEED TOGETHER, SLOWEST TO FASTEST	
EVENT #	EVENT NAME
1	MIXED 800 FREE (CHECK IN BY 4:30 PM)
2	MIXED 1500 FREE (CHECK IN BY 5:00 PM)

SATURDAY, JULY 31ST, 2010	
WARM UP 8:00AM START 9:00 AM	
MEN & WOMEN SEED TOGETHER, SLOWEST TO FASTEST	
EVENT #	EVENT NAME
3	MIXED 200 FREE
4	MIXED 50 FLY
5	MIXED 100 BACK
6	MIXED 200 MEDLEY RELAY
7	MIXED 200 BREAST
8	MIXED 50 FREE
9	MIXED 100 FLY
10	MIXED 50 BACK
11	MIXED 200 IM
12	WOMEN'S 200 FREE RELAY
13	MEN'S 200 FREE RELAY

SUNDAY, AUGUST 1ST, 2010 WARM UP 10:00AM START 11:00 AM MEN & WOMEN SEEDED TOGETHER, SLOWEST TO FASTEST	
EVENT #	EVENT NAME
14	MIXED 500 FREE
15	MIXED 200 FREE RELAY
16	MIXED 50 BREAST
17	MIXED 100 FREE
18	MIXED 200 FLY
19	WOMEN'S 200 MEDLEY RELAY
20	MEN'S 200 MEDLEY RELAY
21	MIXED 200 BACK
22	MIXED 100 BREAST
23	MIXED 400 IM