

# 2018 SWIM RELAYS

## **EVENTS**

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

## **\*USMS RECOGNIZED EVENTS**

## **DATE**

Sunday, March 11, 2018

**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**

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

## **AMENITIES**

Restrooms: Yes      Phones: Yes      Food: Snacks      Water: Yes

## **ON-LINE AND MAIL-IN FEES**

\$25 Registration Fee + \$25 Sport Fee (for all events) if registering on or before December 15.  
\$30 Registration Fee + \$25 Sport Fee (for all events) if registering December 16 thru February 22.  
Paper registration is available but will incur a \$5. Data Entry Fee and must be postmarked by Dec. 15.  
Registration fee is charged one time only per person.

## **REGISTRATION DEADLINE**

**February 22, 2018** for all registration.

## **FORMAT**

USMS Recognized Meet # **488 - R002**

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 3/11/18. 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 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.

**(continued)**

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 March 1, 2018. ASO will seed those unattached swimmers.

***AWARDS***

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

***COMMISSIONER***

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