

2017 Swimming –AZ SENIOR GAMES MEET 2018 NATIONAL QUALIFIER

No on-site Registration

To register online, go to <http://www.seniorgames.org> Registration will open about the 10th of Jan. 2017.

EVENTS (in Race Order)

- | | |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1) 200Y Butterfly | 9) 400Y IM |
| 2) 200Y Freestyle | 10) 50Y Butterfly |
| 3) 50Y Backstroke | 11) 100Y Backstroke |
| 4) 100Y Breaststroke | 12) 200Y IM |
| 5) 200Y Backstroke | 13) 50Y Freestyle |
| 6) 100Y IM | 14) 200Y Breaststroke |
| 7) 50Y Breaststroke | 15) 100Y Butterfly |
| 8) 500Y Freestyle | 16) 100 Y Freestyle |
| 15 minute break for medal presentation | 17) 1650Y Freestyle- during this event, 2nd session for Medal presentations |

DATE: Sunday, February 26, 2017

TIMES Although times are approximate competition is continuous. Please be on time. Check in-Warm Up at 8:00 am, Competitors Meeting at 9:15 am, Competition begins at 9 : 3 0 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

\$26. Administration and Processing Fee if paid by 1/31. Add \$5.00 for registration after 1/31. Plus \$8 for each event entered.

DEADLINE: February 19th, 2017, contact the state SO Office 520-274-7742 if problems

ENTRY REQUIREMENTS

1. Competition is in 5 year age groups: 50-54, 55-59 etc. Age is determined as of 12/31/17. 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 500 Yard & Mile 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 # 487-R001 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.

SPORT COMMISSIONER's

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