

**2024 Arizona Senior Olympic Swimming**  
**Sunday, November 17th 2024**  
*(2025 Iowa National Senior Games qualifier)*

**VENUE:**

Oro Valley Aquatic Center

23 W Calle Concordia, Oro Valley, AZ 85704

50 meter Olympic sized pool converted to a 25 yard 4 lane competition with 1 warm up and cool down lane.

**FORMAT:**

1. Warm ups will start at 10:00am Meet starts at 10:45am
2. Seeding will be done by age and sex, but meet referee reserves the right to combine ages and heats.
3. All swimmers in the 500-yard freestyle and the 400-yard IM will be required to check-in at the venue.

**AGE GROUPS:** 5 year increments (age as of November 17th, 2024)

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, etc

**AWARDS:**

Gold, Silver and Bronze medals for 1st—3rd place winners in each age group\*\*\*1st - 4th place will qualify for the National Senior Games being held in Des Moines, Iowa, July 24-August 4, 2025

**ENTRY FEES:**

\$50 Registration fee plus \$15 Per event fee

Register online at: <http://www.seniorgames.org/registration.html>

Registration deadline: November 8th, 2024

(Swimmers can enter a maximum of 5 events)

***No on site Registration will be accepted***

**EVENTS:** (in race order)

- |                  |                     |                    |                      |
|------------------|---------------------|--------------------|----------------------|
| 1. 500 Freestyle | 5. 100 Breaststroke | 9. 50 Breaststroke | 13. 50 Freestyle     |
| 2. 100 IM        | 6. 200 Freestyle    | 10. 400 IM         | 14. 200 IM           |
| 3. 200 Butterfly | 7. 50 Butterfly     | 11. 100 Butterfly  | 15. 200 Breaststroke |
| 4. 50 Backstroke | 8. 200 Backstroke   | 12. 100 Backstroke | 16. 100 Freestyle    |

**RULES:** *This is not a USMS Sanctioned or Recognized meet. Times will not count towards top 10 or records.*

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please visit the website [www.usms.org/rules](http://www.usms.org/rules)

2. The major points of the rules include:

a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.

b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.

c) Backstroke: The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall but not the finish.

d) Breaststroke: The appropriate stroke is required.

e) Butterfly: The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.

f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breast stroke, or backstroke.

g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.

3. Swimmers must provide their own swimsuit, towel, goggles

4. Athletes must bring their own food and beverages. No glass containers

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