



ARIZONA DESERT DOLPHINS

2009 LAST CHANCE MEET

SRD/NTS/8 & U FMT 1 & 2

FEBRUARY 7 & 8 2009

Held under the Sanction of USA Swimming, Inc.



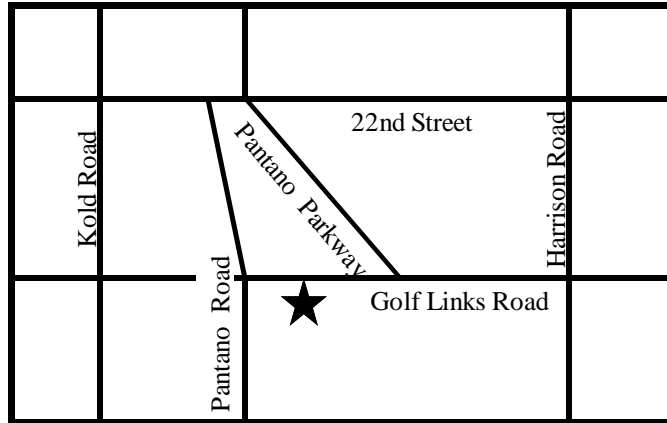
Sanctioned by: Arizona Swimming, Inc.
Sanction No. AZ09C029L

- Liability:** In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., AZDD, La Paloma Academy Schools, Spears Aquatics Inc., and all meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes the warm-up portion of the meet.
- Sponsored By:** ARIZONA DESERT DOLPHINS
- Meet Location:** La Paloma Academy-Lakeside Campus
8140 E. Golf Links RD.
- Meet Director:** JAMES P. SPEARS 520-907-5631 SPEARSAQUATICS@AOL.COM **Meet Referee:** Judy Gillies JGILLIES2@COX.NET
- Course:** Short course, 25-yard outdoor pool with non-turbulent 6-lane pool. Colorado starting system with 3 digital watch timing will be used. A warm-up / warm-down lane will not be available. The competition course has not been certified in accordance with 104.2.2(C).
- Eligibility:**
1. Open to any USA Swimming registered athlete holding a valid current USA Swimming card as of the meet entry deadline.
 2. Swimmer's age on February, 7th 2009 shall govern for the meet.
 3. A valid USA Swimming registration card must be presented to the Clerk of Course, if requested.
 4. This is a no Time Standard Meet.
 5. USA Swimming **REGISTRATION MUST BE COMPLETED BY THE MEET ENTRY DEADLINE IN ORDER FOR THE SWIMMER TO BE ELIGIBLE.**
 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 USA Swimming rules for competitive swimming will govern.
 2. All individual events are short course pre-seeded, timed finals, with the exception of the 400 IM and longer events which will require positive check-in.
 3. All swimmers are limited to five (5) individual events per day, four per session (4). 8 & under swimmers are limited to five (5) individual events per day or session.
 4. Entry times must be the swimmer's best short course times. A first-time participant in USA Swimming should enter with a NT (no-time).
 5. **Time Trials** may be offered at the discretion of the meet referee.
 6. All coaches and officials must be USA Swimming registered prior to the competition and wear the current registration in a visible manner.
 7. There is a positive check-in with the Clerk of the Course for DISTANCE EVENTS. Swimmers in DISTANCE events must check in **one-half hour prior to the scheduled start of the Session in which the event is swum.** DISTANCE events **may** be functionally seeded, and may be swum fastest to slowest, but will be scored and awarded separately by age group and gender. Also all swimmers in the 400 IM, 500, 1000 & 1650 Freestyle must provide their own individuals for counting laps and their own timers (3 timers) at the discretion of the meet referee.
 8. All relay cards must be turned into the Clerk of the Course within 1 hour after the scheduled start of the session.
 9. Arizona controlled warm-up procedures will be enforced and posted.
 10. 8 & Under swimmers may enter Open or 12 & Under events if they have at least one regional qualifying time.
- Schedule:**
- | | | | |
|-------------|--------------------------|---|----------------|
| Session I | Saturday, Feb. 7th, 2009 | 9:00 AM Warm-up, 10:00 AM Start | open & 8 under |
| Session II | Saturday, Feb. 7th, 2009 | 1:00 PM Warm-up east lanes, 2:00 PM Start | open*** |
| Session III | Sunday, Feb. 8th, 2009 | 9:00 AM Warm-up, 10:00 AM Start | open & 8 under |
| Session IV | Sunday, Feb. 8th, 2009 | 1:00 PM Warm-up east lanes, 2:00 PM Start | open*** |
- *** This session will start at the designated time or **immediately** after the conclusion of the previous session, whichever is later.
- Entries:** All entries must be on the enclosed Arizona entry form and sent to: **Jim Spears (520) 907-5631**
Coach's: e-mail - send entries to: SPEARSAQUATICS@AOL.COM 2681 W. Firebrook TUCSON, ARIZONA 85741
ALL ENTRIES MUST BE RECEIVED BY 11:00 PM on Wednesday Feb. 4th, 2009. Hand deliveries may be made to the above address. No late entries or deck entries will be accepted. **Entries will not be accepted without payment and / or without USA number. E-mail Team entry fees are due and payable with a team check, prior to the beginning of the first session.**
Make all Team checks payable to: **SPEARS AQUATICS.**
- Fees:** Individual Events: \$3.00/event LSC Surcharge: \$5.00/swimmer Time Trial Events: \$8.00 Relay Events: \$6.00/relay team Fees are non-refundable.
- Awards:** NTS and 8 & under sessions, Ribbons will be awarded separately by age group and gender to the top 8 places in each event.

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

Timing: Participating teams will be assigned lanes for timing based on the number of participants from each team in the session, 3 timers per lane. All swimmers in Time Trials and the 400 IM, 500, 1000, & 1650 Freestyle must provide their own individuals for counting laps and timing (3 timers).

Pool Location: Take Kolb to Golf Links head east. Pool is on right, SOUTH SIDE OF THE STREET, at the La Paloma Academy School.



La Paloma Academy - Lakeside Campus
8140 E. Golf Links Road
Tucson, AZ 85730

ARIZONA SWIMMING – USA SWIMMING ENTRY CARD

MALE

SWIMMERS NAME _____ AGE _____
(Last Name) (First Name) (MI)

FEMALE

EVT NO.	FREE (Submitted Time)	EVT NO.	BACK (Submitted Time)	EVT NO.	BREAST (Submitted Time)	EVT NO.	FLY (Submitted Time)	EVT NO.	I.M. (Submitted Time)
	25 : .		25 : .		25 : .		25 : .		100 : .
	50 : .		50 : .		50 : .		50 : .		200 : .
	100 : .		100 : .		100 : .		100 : .		400 : .
	200 : .		200 : .		200 : .		200 : .		
	400/500 : .	USA SWIMMING # _____ TEAM _____ CLUB INITIALS _____ PARENT TO _____ CONTACT _____ PHONE _____							
	800/1000 : .								
	1500/1650 : .								
								Number of Events X \$3.00 = \$ _____ Surcharge: \$ <u>5.00</u> Late Fee: \$ _____ Pay this Amount: \$ _____	

2009 LAST CHANCE MEET

Order of Events ***This meet is offering Format 1&2 events for 8&U and NTS.***

All Age Group & SRD Swimmers will swim together but be awarded separately by age group and gender.

Session I SATURDAY Feb. 7th, 2009 Warm-ups: 9:00 am Start: 10:00 am

Women		Event Description		Men
1	OPEN	200 FREE	OPEN	2
3	8 & UNDER	100 IM	8 & UNDER	4
5	OPEN	200 IM	OPEN	6
7	8 & UNDER	50 BREAST	8 & UNDER	8
9	OPEN	50 BREAST	OPEN	10
11	8 & UNDER	25 BACK	8 & UNDER	12
13	OPEN	100 BACK	OPEN	14
15	8 & UNDER	25 FLY	8 & UNDER	16
17	OPEN	100 FLY	OPEN	18
19	8 & UNDER	50 FREE	8 & UNDER	20
21	OPEN	50 FREE	OPEN	22
23	11 & Over	200 BREAST	11 & Over	24
25	8 & UNDER	CO-ED 100 FR RELAY	8 & UNDER	26
27	OPEN	CO-ED 200 FR RELAY	OPEN	28

Session II SATURDAY Feb. 7th, 2009, Warm-ups: 1:00 pm EAST LANES Start: 2:00 pm

Women		Event Description		Men
29	OPEN	500 FREE	OPEN	30
31	11 & Over	400 IM	11 & Over	32

8 & UNDER SWIMMERS MUST HAVE AT LEAST 1 AG REGIONAL TIME TO SWIM AG EVENTS

AGE GROUP Swimmers are limited to (4) four individual events per SESSION.

8 & under AND AGE GROUP swimmers are limited to five (5) individual events per day.

All Age Group & SRD Swimmers will swim together but be awarded separately by age group and gender.

Session III SUNDAY Feb. 8th, 2009 Warm-ups: 9:00 am Start: 10:00 am

Women		Event Description		Men
33	11 & Over	200 BACK	11 & Over	34
35	12 & Under	100 IM	12 & Under	36
37	8 & UNDER	100 FREE	8 & UNDER	38
39	OPEN	50 FLY	OPEN	40
41	8 & UNDER	50 FLY	8 & UNDER	42
43	OPEN	50 BACK	OPEN	44
45	8 & UNDER	50 BACK	8 & UNDER	46
47	OPEN	100 BREAST	OPEN	48
49	8 & UNDER	25 BREAST	8 & UNDER	50
51	OPEN	100 FREE	OPEN	52
53	8 & UNDER	25 FREE	8 & UNDER	54
55	11 & Over	200 FLY	11 & Over	56
57	8 & UNDER	CO-ED 100 M RELAY	8 & UNDER	58
59	OPEN	CO-ED 200 M RELAY	OPEN	60

Session IV SUNDAY Feb. 8th, 2009 Warm-ups: 1:00 pm EAST LANES Start: 2:00 pm

Women		Event Description		Men
61	11 & OVER	1000 FREE	11 & OVER	62
63	11 & OVER	1650 FREE	11 & OVER	64

8 & UNDER SWIMMERS MUST HAVE AT LEAST 1 AG REGIONAL TIME TO SWIM AGE EVENTS

AGE GROUP Swimmers are limited to (4) four individual events per SESSION.

8 & under AND AGE GROUP SWIMMERS are limited to five (5) individual events per day.

All Age Group Swimmers will swim together but be awarded separately by age group and gender.