

Prescott Swim Team presents
The 2010 Prescott Plunge
January 8-10th, 2010

Sanctioned by Arizona Swimming, Inc.

Sancton # AZ10C047

- Liability: In granting this sanction, it is understood and agreed that USA Swimming inc., Arizona Swimming Inc, Prescott Swim Team, Inc., Yavapai College, 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 warm-up sessions.
- Hosted By: **Prescott Swim Team, Inc.**
Location: Yavapai Community College- Building # 2- 1100 E. Sheldon St. Prescott, AZ 86301
- Meet Referee: Ron Corbin email: sandronj@roadrunner.com
Meet Director: Kelly Haynes email: haynes@cableone.net 928-778-3096
- Course: Indoor, 25 yard, 6 lane heated pool, Colorado Starting system with 2 button timing system. Arizona Swimming warm-up procedures will be posted and enforced. The competition course has not been certified in accordance with 104.2.2(C).
- Eligibility:
1. Open to any USA Swimming 2010 registered athlete who is registered as of the meet entry deadline.
 2. All swimmers, coaches and officials must be registered prior to the competition and present proof of current registration to the Clerk of the Course if requested. All coaches and officials shall wear their current USA swimming registration in a visible manner.
 3. Swimmers age on January 8, 2010 shall govern for this meet
 4. This is a not time standard meet for all age groups.
 5. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the Meet Director 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 of competitive swimming will govern.
 2. The Arizona controlled meet warm-up will be posted and enforced.
 3. The host team reserves the right to limit the meet to 200 swimmers per session to control the timeline.
 4. All events are pre-seeded, timed final events
 5. 500 Freestyle events require a positive check-in. Swimmers are to provide their own lap counters & timers.
 6. Events are functionally seeded and scored separately by age group (8 & under, 9-10, 11-12, 13-14, 15 & over)
 7. Entry times must be the swimmers best Short Course Yard (SCY) times, or NT (no time)
 8. All swimmers are limited to a maximum of FOUR (4) individual events per session.
 9. No time trials will be offered at this meet.
- Schedule:
- Session I: Friday January 8, 2010---Warm-up 5:30 pm---Meet Starts 6:15 pm
Session II: Saturday January 9, 2010—Warm-up 8:00am—Meet Starts 9:00am
Session III: Saturday January 9, 2010—Warm-up 1:00pm—Meet Starts 2:00pm
Session IV: Sunday January 10, 2010—Warm-up 8:00am—Meet Starts 9:00 am
Session V: Sunday January 10, 2010—Warm-ups start no later than 1:00 pm or immediately following end of session IV.
- Entries: Entries are due by December 31, 2009. Paper entries will not be accepted. Electronic/Hy-Tek entry files must be emailed to haynes@cableone.net by the entry deadline. We cannot accommodate individual, late or deck entries. All entry fees are due at the start of the meet and are non-refundable. Please pay for your entries with a single team check made payable to Prescott Swim Team or PST.
- Entry fees: LSC Surcharge \$5.00 per swimmer \$3.00 per individual event
- Scoring: The top 8 places of each individual event will score (9,7,6,5,4,3,2,1)
- Awards: Ribbons will be awarded 1st through 8th place in the following age groups: 8 & under, 9-10, 11-12, 13-14, 15 & Over
- Concessions: A concession/snack bar will be available on site for all sessions of the meet.
Hospitality: An outstanding hospitality room with fantastic food and drink is once again available to all coaches/officials only.

Session I
Friday January 8th, 2010
Warm-ups 5:30 Meet Start 6:15

Girls	Event	Boys
1	9 & Over 200 Breast	2
3	9 & Over 200 Fly	4
5	9 & Over 200 Back	6
7	9 & Over 500 Free	8

Session II
Saturday, January 9th 2010
Warm-ups 8:00 AM Meet Start 9:00AM

Girls	Event	Boys
9	9-12 50 Free	10
11	8 & Under 100 Free	12
13	9-12 100 Back	14
15	8 & Under 50 Back	16
17	9-12 200 IM	18
19	8 & Under 50 Breast	20
21	9-12 50 Back	22
23	8 & Under 25 Fly	24
25	9-12 50 Fly	26
27	8 & Under 25 Free	28
29	9-12 100 Breast	30

Session III
Saturday January 9th, 2010
Warm-ups 1:00PM Meet Start 2:00PM

Girls	Event	Boys
31	13 & Over 50 Free	32
33	13 & Over 200 IM	34
35	13 & Over 50 Back	36
37	13 & Over 100 Breast	38
39	13 & Over 50 Fly	40
41	13 & Over 100 Free	42

Session IV
Sunday January 10, 2010
Warm-ups 8:00 am Meet Start 9:00 am

Girls	Event	Boys
43	9-12 200 Free	44
45	8 & Under 50 Free	46
47	9-12 100 Free	48
49	8 & Under 25 Breast	50
51	9-12 50 Breast	52
53	8 & Under 25 Back	54
55	9-12 100 Fly	56
57	8 & Under 50 Fly	58
59	9-12 100 IM	60
61	8 & Under 100 IM	62

Session V
Sunday January 10, 2010
Warm-ups start 30 minutes after the completion of Session IV or no later than
1:00pm

Girls	Event	Boys
63	13 & Over 100 Back	64
65	13 & Over 200 Free	66
67	13 & Over 50 Breast	68
69	13 & Over 100 Fly	70
71	13 & Over 400 IM	72