



**MESA AQUATICS CLUB
M A S T E R S**

2010 East Valley Invite

SANCTION: Sanctioned by the Arizona LMSC for USMS, Inc., Sanction Number; 480-0008

MEET DIRECTOR: Laura Smith

FACILITY: Competition will be held at Kino Aquatics Center at 848 N. Horne, Mesa, AZ 85203. The facility is an outdoor 50-meter, 8-lane pool operated at 80 F with non-turbulent lane lines and electronic timing. The course will be 25 yards. There will be separate lanes available for warm-up and loosen-down during the meet.

COURSE: Short Course Yards

DATE: Saturday March 13, 2010

RULES: 2010 USMS rules apply. All events are timed finals. There is a limit of five (5) individual events per day plus relays.

ELIGIBILITY: Open to all registered Masters Swimmers holding a valid 2010 USMS Card. For further information on registration, contact the AZ LMSC Registrar, Rayann Reynolds at rayannazregistrar@yahoo.com. Swimmers that do not include a copy of their USMS card will be required to show proof of registration the day of the meet and may risk forfeiting the entry fee and their swim.

ENTRY AND FEES: Entries must be received by March 8th, no late entries will be accepted. Cost is \$25 **IF YOU ENTER ONLINE** (www.active.com), \$30 if you mail in: Checks payable to Sol Mates, 1957 E. Fairmont Dr. Tempe, AZ 85282 (must include a copy of your USMS card). Consolidated entry forms available at www.azlmsc.org. Deck entries will not be allowed.

SEEDING: All events will be pre-seeded (Women & Men together) slowest to fastest. Due to time constraints, events 1000 yards and above may need to be limited in size. This will be done on a first come first serve basis. Swimmers may enter only the 1650 or 1000. If you register after the event is closed, we will attempt to notify you in advance.

AGE GROUPS: 18-24,25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on March 13, 2010.

RESULTS: During the meet, results will be posted. At the conclusion of the meet, results will be posted online at www.azlmsc.org and at www.mesamasters.com.

RELAYS: Entries for the 200 Medley Relays are due at the start of the 100 breaststroke, entries for the 200 Free Relays are due at the start of the 50 Fly.



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ORDER OF EVENTS:

Saturday March 13, 2010	
Warm-up 8am/Start 9am	
NUMBER	EVENT
1	1650 Freestyle
2	1000 Freestyle
30 Minute Warm-up	
3	100 Breaststroke
4	100 Butterfly
5	50 Backstroke
6	200 Individual Medley
7/8/9	200 Medley Relays (W/M/X)
10	500 Freestyle
11	100 Freestyle
12	200 Backstroke
13	50 Breaststroke
14	200 Butterfly
15	50 Freestyle
16	200 Breaststroke
17	400 Individual Medley
18	50 Butterfly
19	100 Individual Medley
20	200 Freestyle
21	100 Backstroke
22/23/24	200 Free Relay (W/M/X)