



**Arizona Masters
 Long Course State Champs
 Saturday and Sunday
 July 25 – 26, 2009
 Warmup 7:00 AM, start 8:00 AM**

Meet director: Jim Stites, (520) 621-4203.

Sanctions: Sanctioned by AZ LMSC for USMS Inc. Sanction number 489-0019

Eligibility: Open to all registered Masters swimmers holding a valid 2009 USMS card. Online USMS registration is available at www.usms.org. For further information on registration contact Rayann Reynolds at rayannazregistrar@yahoo.com.

Rules: 2009 USMS rules apply. Limit of four (4) individual events per day. Breaks as requested. Your age on December 31, 2009 is your age for the meet.

Entries and fees: Flat rate fee of \$35 for a maximum of 8 events (no more than 4 each day). Entries must be received by July 17, 2009. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you plan to swim. Consolidated entry cards are available online at www.azlmsc.org. Please indicate your t-shirt size in lower left hand corner of your consolidated entry form. **Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2009 USMS card to Jim Stites, PO Box 44233, Tucson, AZ 85733; questions, call Jim at (520) 621-4203.**

Online entry: The following link will be available for online entry until midnight on July 17, 2009:
www.active.com/page/Event_Details.htm?event_id=1763502

Deck entries: \$25 flat fee per day. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis. Deck entries will close at 7:30 AM sharp!

Event seeding: All events will be swum slowest to fastest.

Location: University of Arizona Hillenbrand Aquatic Center located on Campbell Avenue between 6th Street and Speedway. Outdoor, 8 lane, 50 meter pool operated at 80° F with non-turbulent lane lines and electronic timing. Kasser Pool, 12 lanes by 25 meters, will be available for warm up during the meet.

Awards: High Point Awards will be given in each age group, female & male.

Questions????? Call the meet director: Jim Stites at (520) 621-4203

The 1500 and the 800 freestyle events are positive check-in events. All swimmers entered in these events MUST check-in by 7:30am each day. If you fail to check-in you will not be seeded and will not swim.

Saturday, July 25 warmup 7:00 AM, 8:00 AM start	
Order	Event
1	1500 m. Freestyle
2	200 m. Freestyle
3	50 m. Butterfly
4	200 m. Backstroke
5	100 m. Breaststroke
6	400 m. Freestyle
7	200 m. Individual Medley
8	50 m. Backstroke
9	200 m. Butterfly
10 - 12	200 Free Relays (W, M, Mx)

Sunday, July 26 warmup 7:00 AM, 8:00 AM start	
Order	Event
13	800 m. Freestyle
14	100 m. Freestyle
15	50 m. Breaststroke
16	100 m. Backstroke
17	100 m. Butterfly
18	200 m. Breaststroke
19	50 m. Freestyle
20	400 m. Individual Medley
21 - 23	200 Med. Relays (W, M, Mx)

Please indicate your t-shirt size in the lower left hand corner of your consolidated entry form.