

# HEAT NTS Meet

## January 29-31, 2010

- Approved by** Arizona Swimming, Inc. **Approval #** AZ10C071R
- Liability** In granting this Approval, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Yuma Aquatics, Inc., the City of Yuma 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 all warm-up sessions.
- Host** Yuma Aquatics, Inc. (HEAT)
- Meet Director** Allan Andersen 928-580-7404 / andersen@yumaheat.org
- Location** Marcus Pool, 5th Street and 6th Avenue, Yuma, AZ 85364
- Meet Referee** Ron Corbin 928-539-7218 / sandronj@adelphia.net
- Course** Ten lane, 25 yard course.  
Daktronic Timing will be used in conjunction with Hy-Tek software.
- Eligibility** Open to any 2010 USA swimming registered athlete holding a current USA Swimming registration card as of the meet entry deadline. This is a No Time Standard (NTS) meet.
- Warm ups** The Arizona Swimming Controlled Meet Warm-up will be posted and enforced.
- Sessions** Session 1: Friday 4 PM Warm Up / 5 PM Start  
Session 2: Saturday 8:00 AM Warm Up / 9:15 AM Start  
Session 3: Saturday 11:30 AM Warm Up / 12:45 PM Start \*  
Session 4: Sunday: 9:00 AM Warm Up / 10:15 AM Start  
\*Or one hour after the conclusion of the morning session, whichever is later.

## Rules

1. The current USA Swimming rules for competitive swimming will govern.
2. Age on January 29 will govern the meet.
3. All individual events are pre-seeded, timed final events with the exception of the 500 Free, 1000 Free, 1650 Free, and 400 IM. The 500 Free, 1000 Free, 1650 Free, and 400 IM will require a positive check-in 20 minutes prior to the start of the session in which those events are offered. A swimmer that fails to check-in by the designated deadline *may* still be allowed to swim *if* there is an empty lane available.
4. Athletes are limited to five (5) individual events per day
5. On-deck USA Swimming registration will not be available.
6. Swimmers with disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, meet referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
7. All USA Swimming coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.

## Entries

Deadline for receipt of entries is 6:00 PM, Monday, January 25, 2010. Relays may be Deck Entered at the meet. Individual entries received after the deadline will be seeded in empty lanes where available. Entries must be submitted in short course yard times.

Send entries and entry fees to:

**Yuma Heat, 651 E. 24<sup>th</sup> Street #12, Yuma, AZ 85365**

[andersen@yumaheat.org](mailto:andersen@yumaheat.org) / E-mailed Hy-Tek entry files are preferred.

## Fees

\$ 5.00 per Swimmer Arizona Swimming Surcharge

\$ 3.00 per Event

\$6.00 per Relay

Make Checks Payable To: **Yuma Heat**

## Awards

Ribbons for Places 1-10

## Officials

Visiting Stroke & Turn Officials are invited, and encouraged to participate.

**Hotels**

Clarion Suites  
2600 South 4<sup>th</sup> Avenue  
928-726-4830

Hampton Inn  
1600 E. 16<sup>th</sup> Street  
928-329-5600

Holiday Inn  
1901 E. 18<sup>th</sup> Street  
928-782-9300

Holiday Inn Express  
2044 S. Avenue 3 E  
928-317-4880

Candlewood Suites  
2036 S. Avenue 3 E  
928-726-2800

**Directions**

From Arizona: Exit I-8 at Giss Parkway (Exit 1). At the stop sign turn left onto Giss. Turn left onto 6th Avenue. The pool will be on the left just past the second stop sign.

From California: Exit I-8 at 4th Avenue/Business I-8. Turn right onto 4th Avenue. Turn right onto 5th Street. Turn left at the first stop sign (6th Avenue). The pool will be on the left.

**General**

Heat sheets will be sold for \$5.00. / Concessions will be available.

**Friday**

		<b>5:00 PM</b>	<b>Start</b>	
1	500	Free	10 & Under	2
3	1000	Free	Open	4
5	1650	Free	Open	6

**Saturday**

		<b>9:15 AM</b>	<b>Start</b>	
7	200	Free	10 & Under	8
9	25	Breast	8 & Under	10
11	100	Back	10 & Under	12
13	25	Back	8 & Under	14
15	50	Breast	10 & Under	16
17	25	Fly	8 & Under	18
19	200	M.R.	10 & Under	20
Break				
21	100	IM	10 & Under	22
23	25	Free	8 & Under	24
25	100	Fly	10 & Under	26
27	50	Free	8 & Under	28
29	50	Free	9 & 10	30
<b>12:45 PM</b>				
		<b>Start</b>		
31	200	Free	11 & 12	32
33	200	Free	13 & Over	34
35	50	Back	11 & 12	36
37	200	Breast	Open	38
39	100	Fly	11 & 12	40
41	100	Fly	13 & Over	42
43	200	M.R.	11 & 12	44
45	200	M.R.	13 & Over	46
Break				
47	200	Back	Open	48
49	100	Free	11 & 12	50
51	100	Free	13 & Over	52
53	100	IM	11 & 12	54
55	400	IM	Open	56

**Sunday**

		<b>10:15 AM</b>	<b>Start</b>	
57	200	IM	11 & 12	58
59	200	IM	13 & Over	60
61	200	IM	10 & Under	62
63	50	Free	11 & 12	64
65	50	Free	13 & Over	66
67	100	Free	10 & Under	68
69	100	Back	11 & 12	70
71	100	Back	13 & Over	72
73	50	Back	10 & Under	74
75	200	F.R.	11 & 12	76
77	200	F.R.	13 & Over	78
79	200	F.R.	10 & Under	80
81	50	Breast	11 & 12	82
83	200	Fly	Open	84
85	50	Fly	10 & Under	86
87	50	Fly	11 & 12	88
89	100	Breast	13 & Over	90
91	100	Breast	10 & Under	92
93	100	Breast	11 & 12	94
95	500	Free	13 & Over	96
97	500	Free	11 & 12	98

