

**Flagstaff Peaks Aquatic Club Present:  
The 2010 “Beat the Heat” Classic  
June 4, 5 and 6th**

Held under the sanction of USA Swimming

- Sanctioned by: Arizona Swimming, Inc. Sanction Number: AZ10C089R
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Flagstaff Peaks Aquatic Club, Northern Arizona University 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: Flagstaff Peaks Aquatic Club
- Meet Director:** Robyn Ferro robynferro@yahoo.com
- Meet Location: Northern Arizona University, Wall Aquatic Center, SW corner of San Francisco and Franklin Street.
- Meet Referee:** John Degnan (602) 222-9478 jdegnan@jdegnanpc.com
- Course: Indoor, **50 meter**, 6 lane competition, 1 empty, 1 warm down heated pool, Colorado Start with touch pads. The competition course has not been certified in accordance with 104.2.2(C).
- Eligibility:
1. Open to any USA Swimming athlete holding a current USA Swimming Registration card as of the meet entry deadline.
  2. Age on June 4, 2010 will govern for the meet.
  3. A current, valid USA Swimming registration card must be presented to the Clerk of Course if requested.
  4. This is a No Time Standard meet.
  5. No on-deck registration will be available.
  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 rules of USA competitive swimming will govern.
  2. Individual events are pre-seeded, timed final events.
  3. The 400 IM and 400 Free are deck-seeded. Swimmers must check-in at the Clerk of Course by 1:30 PM for the 400 Free and 1:45 PM for the 400 IM. These events will be swum slowest to fastest swimming the girls’ heats first, then the boys.
  4. **All swimmers are limited to 5 events per day.**
  5. Entry times must be the swimmer’s best **long course** times.
  6. No Time Trials will be offered.
  7. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
  8. The controlled meet warm-up will be posted and enforced.
  9. Host team reserves the right to limit the number of athletes to **350**.
  10. The Meet Referee reserves the right to adjust to an 8 lane competition pool to accommodate the time line.
  11. Session 3 warm ups will start no sooner then 30min after the conclusion of session 2.
- Sessions:
- |           |                                |   |                      |
|-----------|--------------------------------|---|----------------------|
| Session 1 | Friday, June 4 <sup>th</sup>   | Warm-up 1:00 PM                             | Starts 2:00 PM       |
| Session 2 | Saturday, June 5 <sup>th</sup> | Warm-up 9:30 AM                             | Starts 10:30 AM      |
| Session 3 | Saturday, June 5 <sup>th</sup> | Warm-up Immediately after Session 2, or 1PM | Starts: 30 min later |
| Session 4 | Sunday, June 6 <sup>th</sup>   | Warm-up 9:30 AM                             | Starts 10:30 AM      |

Entries: Paper entries must be on an Arizona Swimming entry form. Coaches are encouraged to submit team entries in a HYTEK COMMLINK file by e-mail or floppy disk. Entries from individuals via e-mail or fax will NOT be accepted. All electronic entries must be submitted with an entry report. Entries due by Friday May 29, 2009

Mail or deliver entries to: Robyn Ferro  
565 E. Campina Dr.  
Litchfield Park, AZ 85340

**E-mail entries to: robynferro@yahoo.com**

Late entries will be accepted if space is available. No heats will be added. **Late entry fee \$5.00 per event.**

Entry Fees: **\$3.00 per individual event** **\$5.00 LSC surcharge**

Entries will not be accepted without payment. Fees for Commlink fees are due prior to the first session of the meet.

Make all checks payable to: **FPAC**  
Entry fees are not refundable.

Awards: Individual ribbons 1<sup>st</sup> - 8<sup>th</sup> place for age groups 9-10, 11-12, 13-14, and 15 +. Heat awards for ages 8 and under. High point trophies awarded for boys and girls in age groups 9-10, 11-12, and 13-14.

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.

Hotel:

**ARIZONA SWIMMING – USA SWIMMING ENTRY CARD**

Male:

Female:

**Last Name:**

**First Name:**

**M.I.:**

**Age:**

Event No.	Freestyle (Submitted Time)	Event No.	Backstroke (Submitted Time)	Event No.	Breaststroke (Submitted Time)	Event No.	Butterfly (Submitted Time)	Event No.	I.M. (Submitted tme)
	25 : .		25 : .		25 : .		25 : .		100 : .
	50 : .		50 : .		50 : .		50 : .		200 : .
	100 : .		100 : .		100 : .		100 : .		400 : .
	200 : .		200 : .		200 : .		200 : .		
	400/500 : .	USA Swimming Number:				Club Initials:			
	800/1000 : .	Team Name:				Coach's Name:		No. of Events x \$3.00:	\$ _____
	1500/1650 : .	Parent's Name:				Parent's Phone:		LSC Surcharge:	\$ 5.00
								Total Entry Fees Due:	\$ <input type="text"/>

## 2010 Beat the Heat Session and Event List

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### 1<sup>st</sup> session Friday Afternoon

Warm up 1:00pm  
Start 2:00pm

#### Girls

1	9 & Over 400 Freestyle
3	11 & Over 50 Butterfly
5	11 & Over 50 Backstroke
7	11 & Over 50 Breaststroke
9	9 & Over 400 IM

#### Boys

2
4
6
8
10

### 2<sup>nd</sup> session Sat Morning

Warm up 9:30 am  
Start 10:30 am

#### Girls

11	11 & Over 800 Free
13	11-12 50 Butterfly
15	13 & Over 100 Butterfly
17	11-12 100 Freestyle
19	13 & Over 200 Freestyle
21	11-12 50 Backstroke
23	13 & Over 100 Backstroke
25	11-12 100 Breaststroke
27	13 & Over 200 Breaststroke
29	11-12 200 Freestyle
31	13 & Over 50 Freestyle

#### Boys

12
14
16
18
20
22
24
26
28
30
32

### 3<sup>rd</sup> session Sat. Afternoon

Warm up: immediately following the conclusion of Session 2 but no earlier than 1:00 pm.

Start: 30 minutes after the start of warm ups but no earlier than 1:30 pm

#### Girls

33	8 & under 50 Freestyle
35	9-10 200 Freestyle
37	8 & under 50 Backstroke
39	9-10 50 Backstroke
41	8 & under 50 Breaststroke
43	9-10 100 Breaststroke
45	8 & under 50 Butterfly
47	9-10 100 Butterfly
49	8 & under 100 Freestyle
51	9-10 100 Freestyle

#### Boys

34
36
38
40
42
44
46
48
50
52

### 4<sup>th</sup> session Sunday Morning

Warm up 9:30 am  
Start 10:30 am

#### Girls

53	9-12 50 Breaststroke
55	13 & Over 100 Breaststroke
57	9-12 100 Butterfly
59	13 & Over 200 Butterfly
61	9-12 200 IM
63	13 & Over 200 IM
65	9-12 100 Backstroke
67	13 & Over 200 Backstroke
69	9-12 50 Freestyle
71	13 & Over 100 Freestyle

#### Boys

54
56
58
60
62
64
66
68
70
72