

Mesa Public Schools
Annual Swim and Dive Relays
September 12, 2009

Host: Westwood High School

Meet Location: Carson/Westwood Aquatic Complex, 525 N. Westwood St. North of 60 Fwy. on Alma School Rd., East on University Dr., North on Westwood St.

Schedule: 10 AM warm-up, 11 AM start. Spectator entry fee: \$3 adults, \$2 teens/children. Vendor will be on site selling T-shirts.

Rules:

- Each participating team must provide two timers for the meet.
- Each swimmer/diver may enter three events, and each team may enter an "A" and "B" relay team for each event.
- Heats will be seeded slowest to fastest according to entry times. Entries with no times will be randomly seeded as slowest.
- Only members of the "Wet-T-Shirt" relay may assist with removal and putting on of shirts. The shirt exchange must be done out of the water and all swimmers must exit the pool without assistance.
- Co-ed teams must be composed of equal numbers of female/male athletes.
- Warm-up/cool down pool area is limited. Please use for this purpose only.

Awards: Medals to the top three teams in each event. Team trophies presented to top three overall team finishers.

Scoring: All events are timed finals. The top 12 relay teams in each event (including coed events with points split between boys and girls) will be scored by finish places as follows: 16-13-12-11-10-9-7-5-4-3-2-1.

Entries: Entry fee is \$250 per school. Entries with fees are due to Westwood High School, c/o Athletics, 945 W. 8th St. Mesa, AZ. 85201 or

fax to Tina Gooder at (480) 472-5409. Entry deadline is 12 PM Tuesday, September 8, 2009. Late entries will be returned. Questions, call Rick Rostain at (480) 472-2949 or 899-6299.

Relay Events

Girls		Boys
1/2	200 Co-ed Medley Relay	1/2
3	Diving	4
5	200 Freestyle	6
7	200 Butterfly	8
9	200 Backstroke	10
11	100 Wet-T-Shirt Free Relay	12
	<i>15 Minute Break for Awards</i>	
13	200 Breaststroke	14
15	25-50-75-100 Freestyle	16
17	4 X 100 Individual Medley	18
19/20	Divers Co-Ed 6 X 25 Freestyle	19/20
21/22	200 Co-ed Free Relay	21/22

Diving Competition

Schedule: Open warm-ups 10-10:30 AM, girls only warm-up 10:30-11:00. Girls competition will begin at 11:00, followed by 30 minutes of boys only warm-up and boys competition.

Dive Selection: Each diver will perform three optional dives, each dive from a different group (exceptions for divers who must double up in a group in order to complete his/her list). If a diver chooses to perform a voluntary dive as his/her optional dive, he/she must use the dd listed on the official dive table.

Dive Sheets: Coaches must send diving sheets for each relays in duplicate with listed dives along with their swimming entries. Divers may make changes in listed dives up to 30 minutes prior to the diving meet time.

Judges: Each team must provide one knowledgeable diving judge which may be the coach.

SWIMMING AND DIVING RELAYS CONSOLIDATED ENTRY FORM

School _____

Girls Coach _____ Phone: Hm(_____) _____

School(_____) _____ Fax(_____) _____

Boys Coach _____ Phone: Hm(_____) _____

School(_____) _____ Fax(_____) _____

Diving Coach _____ Phone: Hm(_____) _____

School(_____) _____ Fax(_____) _____

Please use a single consolidated entry form for the entire meet.

1 / 2 Co-ed 200 Medley Relay

A Time _____ B Time _____

Diving (Three dives each: 4 boys, 4 girls)

3 Girls A _____ B _____

4 Boys A _____ B _____

200 Freestyle

5 Girls A Time _____ B _____

6 Boys A Time _____ B _____

200 Butterfly

7 Girls A Time_____ **B Time**_____

8 Boys A Time_____ B Time_____

200 Backstroke

9 Girls A Time_____ **B Time**_____

10 Boys A Time_____ B Time_____

100 Wet T-Shirt Freestyle

11 Girls A Time_____ **B Time**_____

12 Boys A Time_____ B Time_____

200 Breastsroke

13 Girls A Time_____ **B Time**_____

14 Boys A Time_____ B Time_____

250 (25,50,75,100) Freestyle

15 Girls A Time_____ **B Time**_____

16 Boys A Time_____ B Time_____

400 (4 X 100) Individual Medley

17 Girls A Time_____ **B Time**_____

18 Boys A Time_____ B Time_____

19 / 20 Divers Co-ed 150 (6 X 25) Freestyle

A Time_____ **B Time**_____

21 / 22 Co-ed 200 Freestyle

A Time_____ B Time_____