



**SWIM TEAM**

**2014**



Dear Swim Team Parents,

Welcome to the 2014 West Valley Swim League. The City of Peoria and City of Surprise are excited for the new year, and hope to make this season the best for everyone involved.

The 2014 teams are:

- Centennial Stingrays
- Centennial Sea Turtles
- Peoria Piranhas
- Sunrise Sharks
- Surprise Swordfish
- Surprise Tsunami

The City of Peoria and City of Surprise are proud to offer the recreational swim teams for the kids in our community. In order for us to have a successful season, we need the support of the families. We ask that one parent from each family volunteer to work one swim meet during the season. Coaches and staff will be asking for volunteers prior to the start of the meet – don't worry, they will train you! With the support of the families and the kids in our league, we can have a great season.

Please make sure to read this manual for swim team information. We will also continue to update you with information on the team websites and at the pools.

If you have any other questions or concerns, please let us know. Thanks and have a great season!

Sincerely,

City of Peoria Aquatics  
[aquatics@peoriaaz.gov](mailto:aquatics@peoriaaz.gov)  
(623) 773-7137

City of Surprise Aquatics  
[Holly.Osborn@surpriseaz.gov](mailto:Holly.Osborn@surpriseaz.gov)  
(623) 222-2000

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## **SWIM TEAM GOALS**

We want to provide fun, safe, recreational swim teams for everyone to enjoy. Participants should work hard to improve, make new friends, cheer on others and have a fun summer.

All swimmers must realize that they are competing only against themselves. Each swimmer should give 100% in each race and workout. All swimmers and spectators should support and encourage all swimmers, including opposing teams. If everybody keeps this in mind, we will have a fun and successful season.

## **COMMUNICATION**

Communication with the staff/parents/swimmers is crucial for a successful season. In addition to this manual, information will be available online and at the pools. We will update these pages on a regular basis with information about your team.

If there are any issues/concerns/compliments that you would like addressed, please do not hesitate to contact us:

### Evaluations

We appreciate any feedback that we receive regarding our programs. We will again be asking for parents to complete evaluations at the conclusion of the season and will make any changes that are possible to improve the league next year.

## **REQUIREMENTS**

Any swimmer ages 4-18 on June 1, 2014 is eligible to join the swim team. Your age as of **June 1, 2014** determines your age group for the entire season. Coaches may ask swimmers to swim up an age group in order to fill a relay spot, but swimmers may not ever swim down an age group.

If the coaches, parents and swimmer all agree that they would like to participate in an age group up, the swimmer may do so, but must compete in the older age group for the entire season, including championships. There is no requirement for moving up an age group in this league.

You must be registered BEFORE participating in any practice and/or swim meet.

Swimmers must meet the following:

8 & under – must be able to swim 25 yards without assistance in under 70 seconds.

9 & older – must be able to swim 50 yards without assistance in under 2 minutes.

A full refund will be given for those not making the time standards by the end of the first week.

## **SWIM PRACTICES**

Swim practices emphasize both conditioning and stroke technique. All four strokes (butterfly, backstroke, breaststroke, and freestyle) as well as starts and turns are practiced. Although not required, swimmers are encouraged to attend practices when possible.

Practices will be held Monday – Thursday from May 26 – July 17. Please check your swim team webpages for exceptions. Swimmers should attend the practice time according to where they are registered. Coaches may move swimmers around to ensure the highest level of productivity at practice, but swimmers must only practice on the team they are registered for, and during one practice time. Please do not leave small children unattended at the pool. Our coaches are very busy during practices and cannot babysit children.

### First Day of Practice

The first day of practice will be held on Monday, May 26. Swimmers should make sure to have sunscreen applied prior to practice. Goggles and a swim cap (for those with longer hair) are recommended, but not required. Please be flexible on the first day, as coaches will be trying to learn everyone's names and get them in the right lanes. It is not mandatory to attend practices – we understand several schools do not get out for the summer until after practices begin.

## **SWIM TEAM CLINICS / CLASSES**

Swim team should not be considered a replacement for swim lessons. The classes are much smaller in swim lessons and individual needs are more easily met. Swimmers participating in both swim lessons and swim team reach their full potential quicker than others. For a list of swim classes/clinics, please visit your city's webpage.

## **SWIM MEETS**

Each team will compete in regular season dual meets, a Splash & Dash, a new Distance Challenge meet and Championships at the end of the season. Attendance is not required for any of the meets, but you must have swam your events at least once to qualify for championships.

### Dual Meets

All meets are split into 2 sections: 10 & under (includes 6 & under, 7-8 and 9-10 age groups) and 11 & older (includes 11-12, 13-14 and 15-18 age groups).

Please make sure to arrive on-time for the meets. A warm-up period is allowed for both groups, and it is recommended that all swimmers participate in warm-up. The facility

will open 15 minutes prior to the start of warm-ups. If you are in the 11 & older group, you do not need to show up until the 11 & older warm-up time.

Swimmers will swim 3 events at each meet (see Swim Meet Schedule for specific events). All swimmers will be able to swim on a relay when relays are included in the meet. A swimmer may be asked to swim in a different age group to ensure everyone gets to participate in the relays.

Swimmers should stay in or near the team area. Once the swimmer's event is called, they should report to the coach near the blocks. Coaches will be there to assist swimmers, but it is the swimmer's responsibility to know when their race is.

Thursday Meets:

10 & under	Warm-ups:	4:40pm-4:55pm (Home)	4:55pm-5:10pm (Visitors)
	Meet Starts:	5:15pm	
11 & older*	Warm-ups:	Estimated between 6:30pm-7:00pm*	
	Meet Starts:	Estimated 7:00pm*	

Friday Meets:

10 & under	Warm-ups:	4:40pm-4:55pm (Home)	4:55pm-5:10pm (Visitors)
	Meet Starts:	5:15pm	
11 & older*	Warm-ups:	Estimated between 6:30pm-7:00pm*	
	Meet Starts:	Estimated 7:00pm*	

\*The 11 & older warm-up will begin immediately following the 10 & under meet. Times are estimated, so please be flexible.

Make sure to bring:

Sunscreen

Team suit/cap/goggles (if desired)

Towel

Water or sports drink to stay hydrated

Splash & Dash

The Splash & Dash is offered free of charge for everyone. We have added an adult group this year, so parents, feel free to participate! Please register with your city prior to the event if you wish to participate. Please visit your swim team page for more information.

Saturday, June 21, 2014  
Sunrise Pool/Fields  
7:00am-9:30am

Distance Challenge  
Saturday, July 5, 2014  
Surprise Tsunami @ Surprise Swordfish  
Peoria Piranhas @ Sunrise Sharks  
Centennial Sea Turtles @ Centennial Stingrays

8 & unders 7:30am-8:30am  
9-10 8:30am-9:45am  
11 & older 9:45am-11:45am

This new meet is meant as a fun “distance challenge” for swimmers. Swimmers will “snake” swim using all 8 lanes, climb out and go through the course as many times as possible/desired in the time allotted. Awards will be given out for the distances achieved for each swimmer.

Please meet at the pool 30 minutes prior to the start of your age group for stretching and instructions.

Championship Meets

At the completion of the dual meet season, ALL swimmers qualify for a championship meet.

**10 & under Championship Prelims**

Friday, July 11 at Sunrise Pool (Tsunami, Sharks, Piranhas)

Warm-ups: 4:55pm-5:10pm (Sharks)  
5:10pm-5:25pm (Tsunami/Piranhas)

Meet Starts: 5:30pm

Saturday, July 12 at Sunrise Pool (Sea Turtles, Stingrays, Swordfish)

Warm-ups: 7:25am-7:40am (Stingrays/Sea Turtles)  
7:40am-7:55am (Swordfish)

Meet Starts: 8:00am

Swimmers may swim up to 3 events during the meet (coaches will work with swimmers to determine best/favorite events to swim). Coaches will enter events for swimmers on Thursday, July 3, so make sure to turn in any special requests prior to that date.

Times will be combined from the two 10 & under championship prelims, and the top 8 overall times in each event will qualify for finals on Saturday, July 19. The aquatics rainout line will be updated if necessary: 623-773-5080.

**11 & older Championship Prelims**

Thursday, July 17 at Surprise Pool

Warm-ups: 4:40pm-4:55pm (Piranhas/Sharks)  
4:55pm-5:10pm (Stingrays/Sea Turtles)  
5:10pm-5:25pm (Swordfish/Tsunami)

Meet Starts: 5:30pm

Swimmers may swim up to 3 events during the meet (coaches will work with swimmers to determine best/favorite events to swim). Coaches will enter events for swimmers on Thursday, July 3, so make sure to turn in any special requests prior to that date.

The top 8 overall times in each event will qualify for finals on Saturday, July 19. The aquatics rainout line will be updated if necessary: 623-773-5080.

### **Championship Finals Meet**

Saturday, July 19 at Surprise Pool

All qualifying swimmers: Warm-ups: 7:40am-7:55am (Piranhas/Sharks)  
7:55am-8:10am (Stingrays/Sea Turtles)  
8:10am-8:25am (Swordfish/Tsunami)

Meet Starts: 8:30am

The top 8 qualifiers (after times from both prelims are combined) at the 10 & under championship prelims and 11 & older championship prelims will qualify for the Championship Finals Meet on Saturday, July 19 at Surprise Pool.

If a prelims is cancelled due to weather, it will be made up on Saturday, July 19 in place of the Championship Finals Meet. There will be no make-up date for the Championship Finals Meet.

## DISQUALIFICATIONS

The coaches work hard to help correct improper stroke technique throughout the season. To assist swimmers and coaches in the learning process, we will implement Disqualification Reports (see below) during the meets. These are meant as a learning tool, not a penalty, and will hopefully help swimmers to use proper swim techniques.

DISQUALIFICATION REPORT

LANE \_\_\_\_\_

During: Start \_\_\_\_\_ Swim \_\_\_\_\_ Turn \_\_\_\_\_ Finish \_\_\_\_\_

Touching Bottom of the Pool/Lane Lines/Wall

Swam wrong stroke

Breaststroke Kick:  Alternating  Fly  Scissor

Breaststroke: Head did not break surface

Breaststroke Cycle:  2 arm strokes  2 leg kicks

Breaststroke Touch:  One hand  Non-simultaneous

Breaststroke: Hands beyond hipline

Butterfly Kick:  Alternating  Breaststroke  Scissor

Butterfly Arms:  Non-simultaneous  One arm

Butterfly: More than one pull while underwater

Butterfly Touch:  One hand  Non-simultaneous

Backstroke: Not on back off of the wall/during swim

Backstroke Kick:  Scissor

Other \_\_\_\_\_

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DQ Reports are meant to be a learning tool for swimmers, and encourage proper stroke technique. Swimmers 9 & older doing illegal strokes will be disqualified and not be eligible for 1st-7th place ribbons. 8 & unders will receive their ribbons if, according to the judges, have made an honest attempt at swimming the correct stroke/technique. The judges will be giving warnings during the first few swim meets. Please talk to your coaches if you have questions.

## PARENT VOLUNTEERS

In order for our swim meets to run smoothly, we need the assistance of the parents. We ask that one parent from each family volunteer to help for at least one swim meet during the year. Coaches and staff will request volunteers prior to each swim meet. The meets will not be able to start until the positions are filled – please don't hesitate to volunteer!

**Timers/Ribbon Distributors** – Best seat in the house. These volunteers are given stop watches to time the swimmers in their lane (preferably 2 timers per lane). They also assist with the distribution of ribbons to each swimmer following their race.

**Place Judges** – These volunteers write down the order of places for the swimmers and then hand off the results to the timers/ribbon distributors.

**Starter** – Is responsible for starting each race and assisting with announcements. We will train you prior to the meet, so don't be nervous!

If you are unable to volunteer your time, we ask that you donate a case of bottled water for the volunteers. Water can be dropped off to the cashiers during practice.

## AWARDS

All swimmers will receive ribbons for each of their swim meet events which they compete. Place judges/timers/ribbon distributors (all volunteers) work together to ensure the proper place ribbons are given to each child.

Championship medals will be awarded to all participants at the Championships. An electronic timing system will be used during Championship Meets to assist with the placement of the swimmers.

Trophies will be given to all swimmers at the end of season party. If you are unable to attend the party, please pick up your trophy at the pool before July 27.

### **TEAM PICTURES/TEAM SUITS**

Team pictures and team suits are optional. Please refer to your team webpage for further information.

### **END OF SEASON PARTIES**

Saturday, July 19, 5:00pm-7:00pm  
Home Pool

In celebration of a successful season, each team will have an evening of fun at the pool. We will provide pizza for swimmers and divers and their immediate family. Families are asked to provide drinks and a side dish to share. Trophies will be given to swimmers and divers at the party and the pool will be available for open swim from 5:00pm-7:00pm.



# **Have a great season!**

Pictures

Tuesday, June 10 - Centennial Pool

Swim Team	Centennial Sea Turtles	Brady
	11 & up individuals	8:00am - 9:00am
	TEAM PICTURE	9:00am (arrive by 8:45am)
	10 & under individuals	9:30am - 10:30am

Swim Team	Centennial Stingrays	Jessi
	11 & up individuals	6:30pm - 7:15pm
	TEAM PICTURE	5:45pm (arrive by 5:30pm)
	10 & under individuals	5:00pm - 5:45pm

Wednesday, June 11 - Sunrise Pool

Swim Team	Sunrise Sharks	Kori
	11 & up individuals	7:30am - 8:30am
	TEAM PICTURE	8:30am (arrive by 8:15am)
	10 & under individuals	9:15am - 10:15am

Dive Team	Sunrise RED	Dylan
	Individuals	9:15am - 10:15am
	TEAM PICTURE	8:50am (arrive by 8:30am)

Dive Team	Sunrise GREEN	Chloee
	Individuals	5:45pm - 6:15pm
	TEAM PICTURE	6:15pm (arrive by 6:00pm)

Thursday, June 12 - Peoria Pool

Swim Team	Peoria Piranhas	Sammy
	11 & up individuals	8:00am - 9:00am
	TEAM PICTURE	9:00am (arrive by 8:45am)
	10 & under individuals	9:30am - 10:30am

Dive Team	Peoria BLUE	Mary
	Individuals	5:30pm - 5:45pm
	TEAM PICTURE	5:45pm (arrive by 5:30pm)



# City of Peoria Summer Teams 2014

## Swim & Dive, Suits and Gear

Two Ways to Order:

1. Online Team Store: <http://eastvalleysports.com/peoria.aspx>.

Please use **TRY ON** Suits and Goggles available at Sunrise & Centennial pools 4/20/14 - 6/15/14

2. Team Gear Fitting: See dates and times listed below

### Sunrise Pool Fitting

May 19<sup>th</sup> 5:30 - 7:00pm

### Centennial Pool PM Fitting

May 19<sup>th</sup> 5:30 - 7:30pm

### Peoria Pool Fitting

May 28<sup>th</sup> 8:00 - 10:00am

 <p><b>Sunrise Sharks</b> Sunrise Sharks Nexus Diamondfitback Suit Color: Red</p>	 <p><b>Centennial Sea Turtles/AM</b> Nexus Diamondfitback Suit Color: Green</p>	 <p><b>Centennial Stingrays/PM</b> Nexus Diamondfitback Suit Color: Purple</p>	 <p><b>Peoria Piranhas</b> Nexus Diamondfitback Suit Color: Blue</p>
<p>Nexus Jammer</p>	<p>Nexus Jammer</p>	<p>Nexus Jammer</p>	<p>Nexus Jammer</p>
<p>Suit prices include team discount and sales tax.</p>			
<p>Female Sizes 22 - 40 \$45.00</p>		<p>Male Sizes 22-38 \$33.00</p>	



**Grab bag suits and accessories will be available for purchase at the fitting**

**Team Discount** offered on all Swim accessories



Check out our **50% off** Practice Suits  
Male & Female, various styles and prices



Online Ordering at  
<http://eastvalleysports.com/peoria.aspx>



ACCEPTED FORMS OF PAYMENT



Checks  
Cash

All major credit cards accepted

Email: [info@eastvalleysports.com](mailto:info@eastvalleysports.com)

480-832-8172  
6306 E. Main Street  
NEC of Main and 63<sup>rd</sup> Streets  
½ mile light West of Power Road

STORE HOURS  
Mon. - Fri. 9:30 - 6:00  
Sat. 10:00 - 5:00  
Sun. CLOSED





# 2014 City of Peoria Swim League

## Registration Information:

**Tuesday, April 29, 7:30am-5:30pm.** Peoria residents returning to their same team from 2013 may register in-person at the Development and Community Services Office (9875 N. 85th Ave.). Registrations will not be taken for any new swimmers or at any other location on this day. You will be guaranteed a spot on the team, but practice times are first come, first serve.

**Wednesday, April 30, 6:00am.**

Online registration opens for all Peoria residents.

**Thursday, May 1, 6:00am.**

All remaining spots open for registration.

See below for practice information and double check your registration codes with your age group (**age as of June 1, 2014**) and practice time.

Resident Fee - \$90

Non-Resident Fee - \$150

Practices start Monday, May 26 (Memorial Day)

Youth scholarships are available for families in need. Please call (623) 773-7137 for more information.

## Centennial Stingrays

6 & under	6:20pm-6:50pm	# 77394
6 & under	7:50pm-8:20pm	# 77400
7 - 8	6:50pm-7:20pm	# 77395
7 - 8	7:20pm-7:50pm	# 77401
7 - 8	7:50pm-8:20am	# 77402
9 - 10	6:20pm-7:05pm	# 77396
9 - 10	8:20pm-9:05pm	# 77403
11 - 12	7:05pm-7:50pm	# 77397
13 - 14	7:50pm-8:50pm	# 77398
15 - 18	7:50pm-8:50pm	# 77399

## Peoria Piranhas

6 & under	7:45am-8:15am	# 77411
7 - 8	8:15am-8:45am	# 77412
9 - 10	8:45am-9:30am	# 77413
11 - 12	8:45am-9:30am	# 77408
13 - 14	7:45am-8:45am	# 77409
15 - 18	7:45am-8:45am	# 77410

## Sunrise Sharks

6 & under	6:15am-6:45am	# 77421
6 & under	8:45am-9:15am	# 77427
7 - 8	6:15am-6:45am	# 77422
7 - 8	7:45am-8:15am	# 77428
7 - 8	8:15am-8:45am	# 77429
9 - 10	6:00am-6:45am	# 77423
9 - 10	8:30am-9:15am	# 77430
11 - 12	6:00am-6:45am	# 77424
11 - 12	7:45am-8:30am	# 77431
13 - 14	6:45am-7:45am	# 77425
15 - 18	6:45am-7:45am	# 77426

## Centennial Sea Turtles

6 & under	9:45am-10:15am	# 77387
7 - 8	8:45am-9:15am	# 77388
7 - 8	9:15am-9:45am	# 77393
9 - 10	9:30am-10:15am	# 77389
11 - 12	8:45am-9:30am	# 77390
13 - 14	7:45am-8:45am	# 77391
15 - 18	7:45am-8:45am	# 77392



Registrations will be taken first come, first serve, and teams do fill up quickly.

8 & under swimmers must be able to swim 25 yards unassisted in under 70 seconds.

9 & older swimmers must be able to swim 50 yards unassisted in under 2 minutes.

Each team will be hosting and Parents' Meeting on Monday, May 19. Please visit your team webpage at [www.peoriaaz.gov/aquatics](http://www.peoriaaz.gov/aquatics) (Click on Swim Team and then your team) for more information. Those unable to meet the time requirements after the first meet will be given a full refund.

[www.peoriaaz.gov/aquatics](http://www.peoriaaz.gov/aquatics)



# 2014 SWIM MEET SCHEDULE

10 & Under - Warm ups:

Home Team 4:40pm-4:55pm Away Team 4:55pm-5:10pm

Meet Starts: 5:15pm

11 & older - Warm-ups / meet: begins immediately following the 10 & under meet. (estimated 60-90 minutes after start of meet)

<b>Meet 1</b>	<b>SAT, MAY 31</b>	<b>Centennial Sea Turtles</b> @ <b>Sunrise Sharks</b>	6 & u, 7-8 25 Free 25 Breast 100 Free Relay	
	10 & Under Warm ups: Home: 7:00am-7:25am Away: 7:25am-7:50am	<b>Centennial Stingrays</b> @ <b>Peoria Piranhas</b>	9-10 50 Free 25 Breast 200 Free Relay	
		<b>Surprise Tsunami</b> @ <b>Surprise Swordfish</b>	11-12 50 Free 50 Breast 200 Free Relay 13-14, 15-18 50 Free 50 Breast 200 Free Relay	
<b>Meet 2</b>	<b>THU, JUNE 5</b>	<b>Surprise Tsunami</b> @ <b>Centennial Stingrays</b>	6 & u, 7-8 25 Free 25 Back 100 Medley Relay	
	<b>FRI, JUNE 6</b>	<b>Peoria Piranhas</b> @ <b>Sunrise Sharks</b>	9-10 50 Free 50 Back 100 Medley Relay	
		<b>Centennial Sea Turtles</b> @ <b>Surprise Swordfish</b>	11-12 50 Free 50 Back 200 Medley Relay 13-14, 15-18 50 Free 50 Back 200 Medley Relay	
<b>Meet 3</b>	<b>THU, JUNE 12</b>	<b>Centennial Stingrays</b> @ <b>Centennial Sea Turtles</b>	6 & u, 7-8 100 Medley Relay 25 Free 25 Fly	
	<b>FRI, JUNE 13</b>	<b>Surprise Swordfish</b> @ <b>Peoria Piranhas</b>	9-10 100 IM 50 Free 25 Fly	
		<b>Sunrise Sharks</b> @ <b>Surprise Tsunami</b>	11-12 100 IM 50 Free 50 Fly 13-14, 15-18 100 IM 50 Free 50 Fly	
<b>Meet 4</b>	<b>THU, JUNE 19</b>	<b>Peoria Piranhas</b> @ <b>Centennial Stingrays</b>	6 & u, 7-8 25 Back 25 Breast 100 Free Relay	
	<b>FRI, JUNE 20</b>	<b>Surprise Swordfish</b> @ <b>Sunrise Sharks</b>	9-10 50 Back 25 Breast 200 Free Relay	
		<b>Centennial Sea Turtles</b> @ <b>Surprise Tsunami</b>	11-12 50 Back 50 Breast 200 Free Relay 13-14, 15-18 50 Back 50 Breast 200 Free Relay	
<b>Splash &amp; Dash</b>	<b>SAT, JUN 21</b>	See reverse for more information	<b>Sunrise Pool</b>	
<b>Meet 5</b>	<b>THU, JUNE 26</b>	<b>Peoria Piranhas</b> @ <b>Centennial Sea Turtles</b>	6 & u, 7-8 100 Medley Relay 25 Free 25 Fly	
	<b>FRI, JUNE 27</b>	<b>Centennial Stingrays</b> @ <b>Sunrise Sharks</b>	9-10 100 IM 50 Free 25 Fly	
		<b>Surprise Tsunami</b> @ <b>Surprise Swordfish</b>	11-12 100 IM 50 Free 50 Fly 13-14, 15-18 100 IM 50 Free 50 Fly Optional 15-18 100 Free	
<b>Distance Challenge</b>	<b>SAT, JULY 5</b>	See reverse for more information		
<b>10 &amp; Under Champs</b>	<b>FRI, JULY 11</b>	Tsunami / Sharks / Piranhas	Meet Starts: 5:30pm	<b>Sunrise Pool</b>
	<b>SAT, JULY 12</b>	Sea Turtles / Swordfish / Stingrays	Meet Starts: 8:00am	<b>Sunrise Pool</b>
<b>11 &amp; Older Champs</b>	<b>THU, JULY 17</b>	All Teams	Meet Starts: 5:30pm	<b>Surprise Pool</b>
<b>Finals</b>	<b>SAT, JULY 19</b>	Top 8 swimmers from Champs	Meet Starts: 8:00am	<b>Surprise Pool</b>

# SPLASH & DASH

**SAT, JUN 21**

GROUP	AGES	DISTANCE	START TIME*
1	6 & under	25 yard Swim / 100 yard Run	7:00am
2	7 - 8	25 yard Swim / 100 yard Run	7:15am
3	9 - 10	50 yard Swim / 400 yard Run	7:30am
4	11 - 12	50 yard Swim / 400 yard Run	7:45am
5	13 - 18	400 yard Swim / 1600 yard Run	8:00am
6	Adults	400 yard Swim / 1600 yard Run	8:30am

Sunrise Pool &  
Sunrise Mountain  
High School Field

\*Start times are estimated. Actual times will be based on number of participants

## DISTANCE CHALLENGE

**SAT, JULY 5**

**Surprise Tsunami**

@

**Surprise Swordfish**

Super Sprint Triathlon Distance	17 lengths
Sprint Triathlon Distance	33 lengths
Olympic Triathlon Distance	66 lengths
Half Ironman Distance	83 lengths
Ironman Distance	166 lengths

8 & Under	7:30am-8:30am
9-10	8:30am-9:45am
11 & Older	9:45am-11:45am

**Peoria Piranhas**

@

**Sunrise Sharks**

**Centennial Sea Turtles**

@

**Centennial Stingrays**

Swimmers will "snake" swim using all 8 lanes, climb out and go through the course as many times as possible/desired in the time allotted. Awards will be given out for the distance achieved for each swimmer.

## CHAMPIONSHIPS

At the completion of the dual meet season, ALL swimmers will qualify for a Prelims Meet. Swimmers may swim up to 3 events during the meet. Coaches will work with swimmers to determine best/favorite events to swim. Coaches will enter enters for swimmers on July 5, so please make sure to turn in any special requests prior to that date. Times will be combined from the Prelims meets and top 8 overall times in each event will qualify for finals on Saturday, July 19.

**10 & UNDER**  
Tsunami  
Sharks  
Piranhas

**Friday, July 11**  
**Sunrise Pool**

Warm-ups:  
Sharks 4:55-5:10pm  
Tsunami/Piranhas 5:10-5:25pm  
Meet starts: 5:30pm

**6 & U**  
25 Free  
25 Back  
25 Breast  
25 Fly

**7-8**  
25 Free  
25 Back  
25 Breast  
25 Fly

**9-10**  
100 IM  
50 Free  
50 Back  
25 Breast  
25 Fly

**10 & UNDER**  
Sea Turtles  
Stingrays  
Swordfish

**Saturday, July 12**  
**Sunrise Pool**

Warm-ups:  
Stingrays/Sea Turtles 7:25-7:40am  
Swordfish 7:40-7:55am  
Meet starts: 8:00am

**11 & OLDER**  
All Teams

**Thursday, July 17** Meet Starts: 5:30pm  
**Surprise Pool**

Warm-ups: Piranhas/Sharks 4:40pm-4:55pm  
Stingrays/Sea Turtles 4:55pm-5:10pm  
Swordfish/Tsunami 5:10pm-5:25pm

**11-12**  
100 IM  
50 Free  
50 Back  
50 Breast  
50 Fly

**13-14**  
100 IM  
50 Free  
50 Back  
50 Breast  
50 Fly

**15-18**  
100 IM  
50 Free  
50 Back  
50 Breast  
50 Fly  
100 Free

**FINALS**  
All Teams

**Saturday, July 19** Meet Starts: 8:00am  
**Surprise Pool**

Results from July 11 and July 12 will be combined and only the top 8 overall times will advance to the Finals (for 10 & unders). The top 8 from the 11 & older July 17 meet will also advance.

Warm-ups: Swordfish/Tsunami 7:10am-7:25am  
Stingrays/Sea Turtles 7:25am-7:40am  
Piranhas/Sharks 7:40am-7:55am

Heat sheets will be posted on team websites on Friday, July 18 by 2:00pm.

Meets will not be made up if cancelled due to inclement weather.\* Rainout hotline (623) 773-5080.

\*Prelims will take the place of Finals if one or more days of prelims is cancelled.

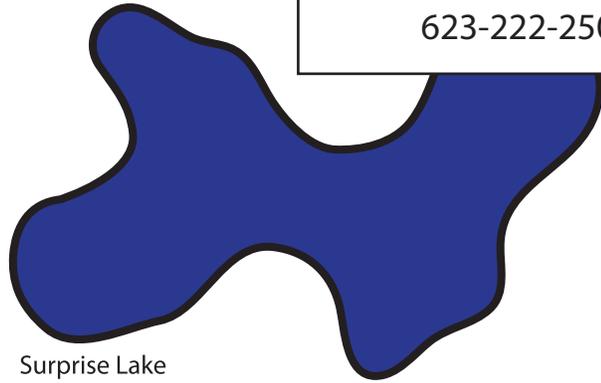
[www.peoriaaz.gov/aquatics](http://www.peoriaaz.gov/aquatics) OR [www.surpriseaz.gov](http://www.surpriseaz.gov)

Paradise Ln

Northwest  
Regional Library



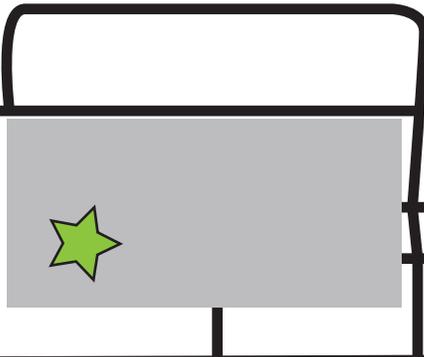
Surprise Lake



Surprise Aquatic Center  
15831 N Bullard Ave  
623-222-2500



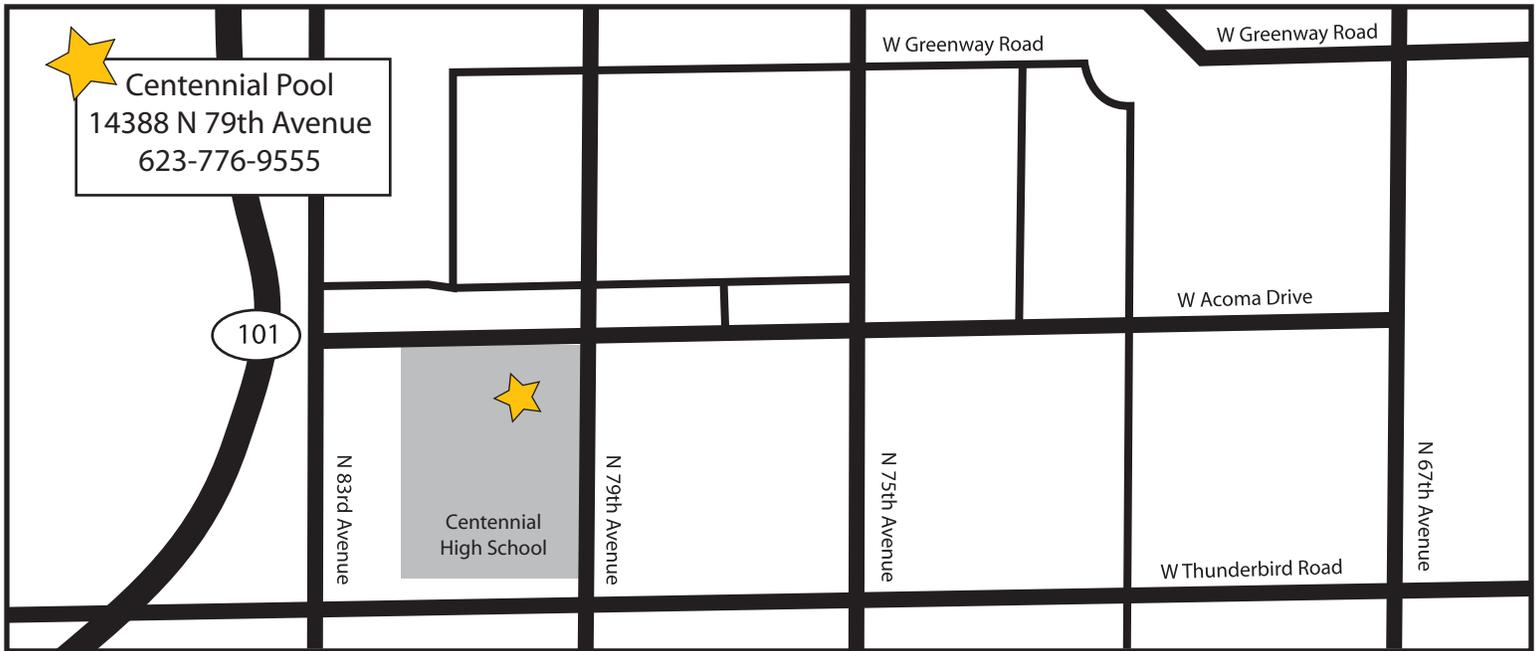
N Bullard Avenue



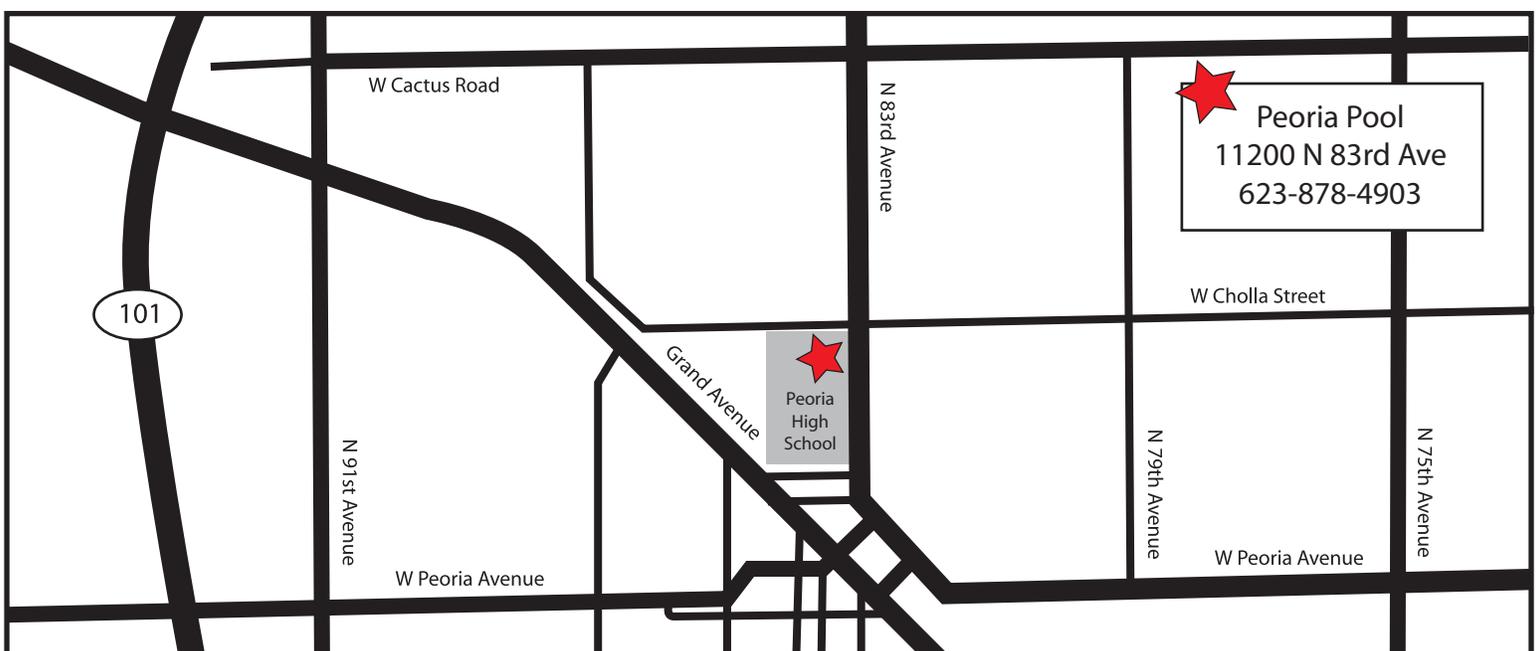
Tierra Buena Ln



 Sunrise Pool  
21321 N 86th Drive  
623-773-8495



 Centennial Pool  
14388 N 79th Avenue  
623-776-9555



 Peoria Pool  
11200 N 83rd Ave  
623-878-4903