



Swim Neptune presents

May Long Course



May 8-9, 2026
Sanction # AZ26-
DRAFT

Held under sanction of USA Swimming, Inc.

Liability: It is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Swim Neptune LLC, Brophy College Prep, and all meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

Hosted By: Swim Neptune
Location: Brophy College Prep
Meet Referee: Teri Rose swimcoachteri@gmail.com
Meet Director: Joe Zemaitis joe@swimneptune.com
Course: Outdoor, 50 meter, 8 lane heated pool, Colorado Starting system, electronic timing. Warm-up and warm-down will be available throughout the meet. Arizona Swimming warm-up/warm down procedures will be posted and enforced.

Eligibility: Open to any USA Swimming registered swimmer holding a current USA Swimming registration card as of the meet entry deadline.

AZ Rules

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules.
3. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participating in the conduct of this competition.
4. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
5. The competition course has not been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
11. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition.
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition.
14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
16. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
17. The following medical supervision will be available to athletes participating in the meet: first aid

- Rules:
1. Events are pre-seeded, timed final events, functionally seeded and scored separately as indicated under Awards.
 2. Swimmers are limited to 5 individual events per day.
 3. To enter, individuals must submit fastest conforming (LCM) timed achieved.
 4. The meet will be capped at 250 swimmers per session.
 5. Attending teams will be assigned lanes to time based on the number of entries per session.
 6. required to provide their own timer and someone to count for them. Check in closes at 5pm.
- Awards: Ribbons will be awarded for the top 5 in each event in 12&U age groups. The meet will be functionally seeded and awarded separately. Arizona Swimming A and B certificates will be awarded upon request to those athletes achieving a first time Arizona Swimming A or B time as listed on the Arizona Swimming web site.

Entry Fees: Individual Event: \$6.00
 LSC Surcharge \$10.00
 Entry fees must be paid by the start of the meet. Please make checks payable to Swim Neptune, LLC. NO REFUNDS

Entries: **All entries must be submitted via email to Joe@SwimNeptune.com in electronic format which can be uploaded into Hy-tek Meet Manager.** Entries must be received by April 30 and must be accompanied by a .pdf of the meet entries as contained in the electronic file. The electronic copy will have precedence in case of discrepancy.

Session I – Friday May 8
4:00 PM Warm Up, 4:45 PM Start

1	Open 200 Breast	2
3	Open 100 Back	4
5	Open 200 Free	6
7	Open 50 Breast	8
9	Open 50 Free	10
11	Open 100 Fly	12

Session II – Saturday May 9
7:30 Warm Up, 8:30AM Start

Girls #	Event	Boys #
13	Open 200 IM	14
15	Open 50 Back	16
17	Open 50 Fly	18
19	Open 200 Back	20
21	Open 100 Breast	22
23	Open 200 Fly	24
25	Open 100 Free	26