

# 2026 Phoenix Long Course Launch

## April 24-26, 2026

Held under the sanction of USA Swimming

**Sanctioned by:** Arizona Swimming, Inc.

Sanction Number: AZ26-55

**Liability:** In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., and City of Goodyear, Phoenix Swim Club, Valley of Sun YMCA, and all meet officials shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

**Hosted by:** Phoenix Swim Club

**Meet Director:** Colleen Bolan [psc.goodyear@gmail.com](mailto:psc.goodyear@gmail.com)

**Meet Referee:** Katherine Gleason [katherine.gleason@dgpaz.com](mailto:katherine.gleason@dgpaz.com)

**Meet Location:** Southwest Valley Family YMCA  
2919 N. Litchfield Rd Goodyear, AZ 85395

**Course:** One eight lane outdoor 50-meter pool with non-turbulent lane dividers. A Colorado automatic timing system will be used. Separate warm-up and cool down lanes will be available throughout the meet.

**Eligibility:** Open to any USA Swimming registered athlete holding a current valid USA Swimming registration card as of the meet entry deadline or foreign athletes formally invited by USA Swimming.

### 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 been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, at the start end and 4 feet, 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: Lifeguards and AED device and basic first aid supplies.

### Meet Rules:

1. This is an ABC, timed final meet. Swimmers must enter with a valid time or an NT for no time.
2. Swimmers may enter no more than 3 individual events per session, and each session will be limited to 400 swimmers.
3. There are no relay events in this meet.
4. Distance Events:
  - a. Events 11 & 12: 11 & Over 400 IM are positive check-in events, and will swim fastest to slowest, alternating girls and boys. These events will be limited to the top 24 girls, and top 24 boys. Swimmers must check in by 4:00 pm on Friday.
  - b. Events 25 & 26: 10 & Over 400 Frees are positive check-in events, and will swim fastest to slowest, alternating girls and boys. These events will be limited to the top 24 girls and the top 24 boys. Swimmers must check-in by 12:00 pm on Saturday.
5. Scratch Rules in Effect: There is no penalty for athletes who do not swim in pre-seeded timed final events, they will simply be scratched from the event and may not compete.
6. Time trials will **NOT** be offered.
7. Entry Limits: **Swimmers are limited to 3 individual events per day.**
8. **Spectators and Teams:** Restrooms on the East side of the pool will be reserved for athletes in accordance with USA Swimming MAAPP guidelines. All others may use the restrooms on the South end of the pool. Teams may set up on the basketball court inside the YMCA fence and may be left overnight. No overnight set up is allowed in the grass area outside of the fenced areas.

### Sessions:

Session I:	3:30 pm Warm up	4:15 pm Start
Session II:	7:00 am Warm up	8:00 am Start
Session III:	A 45-minute warm-up will begin at the end of the morning session, with the session start no earlier than 45-minutes after the conclusion of the morning session.	
Session IV:	7:00 am Warm-up	8am Start

**Awards:** There will be ribbons for 1st – 8th place in each individual event, for the following ages: 6 & under, 7-8, 9-10, 11-12, 13-14. In addition, Achievement Certificates will be awarded to first time

achievers of A and B Arizona Swimming time standards published on the Arizona Swimming web site under the Time Standards tab by request.

**Entries:**

1. All events will be pre-seeded.
2. Deck entries will not be accepted.
3. Entries should be submitted in LCM, SCM, or SCY times, and will be seeded in that order. No converted times may be used.
4. Entries should be submitted by Hy-tek or compatible file and emailed to **Colleen Bolan** [psc.goodyear@gmail.com](mailto:psc.goodyear@gmail.com)
5. **Entries are due Friday, April 13th, 2025**
6. Make checks payable to: **Valley of the Sun YMCA**

**Entry Fees:**

Arizona Swimming Surcharge	\$10.00
Individual Events	\$8.00

**Concessions:** A concession stand will be available.

**ORDER OF EVENTS**

Session 1: Friday, April 24th	Warm up 3:30pm Start 4:15pm	
Girls	Events	Boys
1	Open 50 Free	2
3	Open 50 Breast	4
5	Open 50 Back	6
7	Open 50 Fly	8
9	10-12 200 IM	10
11	11 & Over 400 IM*	12

**\*The 400 IM's will swim fastest to slowest, alternating girls and boys. Swimmers must positively check in for this event by 4:00 pm on Friday.**

Session II: Saturday, April 25th	Warm up 7:00 am Start 8:00 am	
Girls	Events	Boys
13	9 & Over 100 Free	14
15	11 & Over 200 Breast	16
17	9 & Over 100 Fly	18
19	11 & Over 200 Back	20

Session III: Saturday, April 25th	A 60-minute warm-up will begin at the conclusion of the morning session.	
21	10 & Over 200 Free	22
23	13 & Over 200 IM	24
25	10 & Over 400 Free*	26

**\*The 400 Free's will be swum fastest to slowest, alternating girls and boys. Swimmers must positively check in for this event by 12:00 pm on Saturday.**

Session IV: Sunday, April 26 <sup>th</sup>	Warm up 7:00 am Start 8:00 am	
Girls	Events	Boys
27	9 & Over 100 Breast	28
29	Open 50 Free	30
31	13 & Over 200 Fly	32
33	9 & Over 100 Back	34