

**Inland Empire AAU/USA
PO Box 9603
Yakima, Washington
98909
www.ieaaau.org**



**16th Annual Pacific Northwest
Toppenish Rotary Club
AAU Regional Swimming Championships**

Coach/Contact Person:

Enclosed is the entry form for the 16th Annual AAU Regional Championships to be held in Toppenish, Washington July 9-10, 2005. In the 15th Annual Meet, 510 swimmers from 19 clubs took part in what is one of the best swim meets for summer swimmers in the state. The amount of swimmers should go above the 550 mark this year with most swimmers returning.

AAU swimming has over 1,700 swimmers in Eastern Washington. The AAU program is for the small town swim teams. At the present time, teams from Pasco, Prosser, Grandview, Sunnyside, Toppenish, Wapato, Naches, Selah, Omak, Okanogan, Brewster, Bridgeport, Chelan, Ephrata, Wenatchee, Othello, Connell, and Twisp, just to name a few, take part in AAU Swimming. The parents from these communities make the program work. Remember the AAU is "Sports for all, forever."

If you have any questions, contact Anna Sidwell at annams2001@yahoo.com or 1 509 865 5394

Motel Information:

The AAU has been able to secure rooms at the following motels. All have pools and rates are very reasonable. Reservations must be made as soon as possible to make sure you have a place to stay. Camping out at the Toppenish Park is still an option again this year. A good place for RV's is a new campground with pool at the Yakima Indian Nation Cultural Center. You can even stay in one of the thirteen tee-pees.

Motels:

Toppenish Inn 865-5800

Zillah Comfort Inn 829-3399

Ahtanum Inn 1 800 348 9701 (Next to Movies, Yakima Valley Mall) ext 349 "AAU Rates with Dale"

16th Annual AAU/Toppenish Rotary Club
Pacific Northwest Regional Swim Championships
Long Course- 50 meter

Dates: July 9-10, 2005

Site: Toppenish City Pool (50 meter)
Touch Pad Timing System

Age Divisions: Individual Events: 8-U, 9, 10, 11, 12, 13, 14, 15-18
Relays: 8-U, 9-10-, 11-12-, 13-14-, 15-18

Sanctioned By: Inland Empire Association of the AAU

Eligibility: Open to ALL swimmers, year round swimmers **NOT ALLOWED**.
Purpose of the meet is to provide a Northwest Championship for those that swim during the summer only. All swimmers must purchase an AAU card to participate or have a current 2005 AAU membership card.

If you need an AAU membership card, go to www.aausports.org or Call 1 509 453 2696 using Visa/Master Card. All entries will be checked for AAU Card numbers.

Age Determining Date: Age on the first day of competition July 9, 2005 shall govern the full meet. Birth record will be required at site if requested.

Coaches:

Relay participants must swim in their age divisions.

Time standards have been set for all individual events. Please note these times. This has been done in an effort to move this meet along quicker. Swimmers who do not meet posted time standards will not be given place or final awards.

Each team with 20 or more swimmers in this meet must supply timers for one lane on both Saturday and Sunday. Lanes will be assigned at a later date. Your team may schedule these timers any way you wish, but three timers must be present at all times.

Hosted By: Toppenish Tarpon Swim Team
Toppenish Rotary Club
Inland Empire AAU
City of Toppenish Park & Recreation

Entry Deadline: June 29, 2005. No late entries. Entries must be received by this date. Payment must be sent with entries. **No phone calls or notification of intent-to-enter will be accepted.**

Entry Address: Toppenish Rotary Swim Team
Anna Sidwell
108 S. Date 509 865 5394
Toppenish, Washington 98948 annams2001@yahoo.com

Entry Fees: Make Checks Payable To: Toppenish Rotary Swim Team
Surcharge: \$3.00 per swimmer
Individual Events: \$3.00
Relays: \$6.00

Awards: Individual neck ribbon medals to the first eight (8) places.
Ribbons will be provided for each heat

Registration
Headquarters: Toppenish Swim Pool

Competition Rules: The AAU Swimming Program will be conducted under current US Swimming rules of competition for swimming, with a few exceptions.
Because of Rule Changes of US Swimming "Water Starts for all Relays"

Opening Ceremonies: Saturday, July 9, 2004. Bring your swim banners or town flags.

Housing for Athletes: Motels in Yakima have been advised of this meet. RV and camping areas will be provided in Toppenish, camping is provided at the pool site. Toppenish Motel and just three miles away, the Zillah Comfort Inn.

Conduct of Athletes: All athletes are expected to display their best behavior. Misconduct at the competition will not be tolerated. It will result in disqualification from the competition. Remember, you are a guest of the City of Toppenish and a representative of the world's finest sports program. Please act accordingly.

Meet Format:

- 1). All individual events and relays will be swum as timed finals.
- 2). All events will be seeded by time as submitted.
- 3). There may be a 20 minute break to switch touch pads between the end of the 50 meter races and the longer races on Saturday and Sunday.
- 4). Swimmers will be allowed to participate in three (3) individual events per day, plus one relay per day.
- 5). High point will be given to each girl and boy in each age group.
- 6). This regional championship meet is restricted to the first 550 entries submitted to the meet director.

Meet Schedule

Girls – Odd Numbered Events Boys – Even Numbered Events **ALL FINALS**

Saturday, July 9, 2005 Warm-up: 7:00 a.m. – 8:45 a.m. Start: 9:00 a.m.

Event	Time Standard	Distance	Style	Age Division
1 & 2		50 m	Freestyle	8-Under
3 & 4		50 m	Freestyle	9
5 & 6		50 m	Freestyle	10
7 & 8		50 m	Freestyle	11
9 & 10		50 m	Freestyle	12
11 & 12		50 m	Freestyle	13
13 & 14		50 m	Freestyle	14
15 & 16		50 m	Freestyle	15-18
17 & 18		50 m	Backstroke	8-Under
19 & 20		50 m	Backstroke	9
21 & 22		50 m	Backstroke	10
23 & 24		50 m	Backstroke	11
25 & 26		50 m	Backstroke	12
27 & 28		50 m	Backstroke	13
29 & 30		50 m	Backstroke	14
31 & 32		50 m	Backstroke	15-18
33 & 34	3:38	100 m	Breaststroke	10-Under
35 & 36	2:38	100 m	Breaststroke	11
37 & 38	2:38	100 m	Breaststroke	12
39 & 40	2:08	100 m	Breaststroke	13
41 & 42	2:08	100 m	Breaststroke	14
43 & 44	1:58	100 m	Breaststroke	15-18
45 & 46	3:28	100 m	Butterfly	10-Under
47 & 48	2:28	100 m	Butterfly	11
49 & 50	2:28	100 m	Butterfly	12-
51 & 52	2:18	100 m	Butterfly	13
53 & 54	2:18	100 m	Butterfly	14
55 & 56	2:08	100 m	Butterfly	15-18
57 & 58		200 m	Medley Relay	8-Under
59 & 60		200 m	Medley Relay	9-10
61 & 62		200 m	Medley Relay	11-12
63 & 64		200 m	Medley Relay	13-14
65 & 66		200 m	Medley Relay	15-18
67 & 68	4:55	200 m	Individual Medley	10-Under
69 & 70	4:45	200 m	Individual Medley	11-12
71 & 72	4:25	200 m	Individual Medley	13-14
73 & 74	3:55	200 m	Individual Medley	15-18

Sunday, July 10, 2005**Warm-up: 7:00 a.m. – 8:45 a.m. Start: 9:00 a.m.****ALL FINALS**

Event	Time Standard	Distance	Style	Age Division
75 & 76	1:45	50 m	Breaststroke	8-Under
77 & 78	1:30	50 m	Breaststroke	9
79 & 80	1:30	50 m	Breaststroke	10
81 & 82	1:15	50 m	Breaststroke	11
83 & 84	1:15	50 m	Breaststroke	12
85 & 86	1:00	50 m	Breaststroke	13
87 & 88	1:00	50 m	Breaststroke	14
89 & 90	:55	50 m	Breaststroke	15-18
91 & 92	1:40	50 m	Butterfly	8-Under
93 & 94	1:30	50 m	Butterfly	9
95 & 96	1:30	50 m	Butterfly	10
97 & 98	1:10	50 m	Butterfly	11
99 & 100	1:10	50 m	Butterfly	12
101 & 102	1:05	50 m	Butterfly	13
103 & 104	1:05	50 m	Butterfly	14
105 & 106	1:00	50 m	Butterfly	15-18
107 & 108		100 m	Freestyle	8-Under
109 & 110		100 m	Freestyle	9
111 & 112		100 m	Freestyle	10
113 & 114		100 m	Freestyle	11
115 & 116		100 m	Freestyle	12
117 & 118		100 m	Freestyle	13
119 & 120		100 m	Freestyle	14
121 & 122		100 m	Freestyle	15-18
123 & 124		100 m	Backstroke	10-Under
125 & 126		100 m	Backstroke	11
127 & 128		100 m	Backstroke	12
129 & 130		100 m	Backstroke	13
131 & 132		100 m	Backstroke	14
133 & 134		100 m	Backstroke	15-18
135 & 136		200 m	Freestyle Relay	8-Under
137 & 138		200 m	Freestyle Relay	9-10
139 & 140		200 m	Freestyle Relay	11-12
141 & 142		200 m	Freestyle Relay	13-14
143 & 144		200 m	Freestyle Relay	15-18

**2005 16th Annual AAU/Toppenish Rotary Club
Pacific Northwest Regional Swimming Championships**

Team Name _____ City _____

Coach _____ Phone # _____

Mailing Address _____ City, State, Zip _____

Asst. Coach(es) _____ Phone # _____

****Coach and Assistant Coaches MUST be listed. These are the only authorized persons allowed on deck.**

AAU Cards must be purchased in advance. Go to www.aausports.org to get individual cards.
Or Call 1 509 453 2696 and use a credit card to purchase cards, must be able to fax all the information
In advance to obtain cards. We highly suggest that you go online to get the membership cards.



Number of Events _____ x \$3.00 _____

Number of Swimmers _____ x \$3.00 _____

Number of Relays _____ x \$6.00 _____

Total Sent _____

Mail this form with other entry information to:
Toppenish Rotary Swim Team
C/O Anna Sidwell
108 South Date Street
Toppenish, Washington 98948