

2026 PSC Turn Up the Heat Up

January 10th – 11th, 2026

Held Under Sanction of USA Swimming, Inc.

Sanctioned By: Arizona Swimming

Approval #: AZ26-38R3

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc. City of Goodyear, Phoenix Swim Club, Valley of Sun YMCA, 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 the warm-up sessions.

Host by: Phoenix Swim Club

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

Meet Director: Colleen Bolan

colleen.bolan@vosymca.org

Meet Referee: Kurt Watkins

watkinsk44@yahoo.com

Course: One eight lane or one ten lane outdoor 25-yard 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.

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 6 feet, 6 inches at the start end and 4 feet, 2 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: lifeguards and AED device.

Eligibility:

1. Open to any Arizona/USA Swimming registered athlete or unattached athlete training with an Arizona LSC Club and any foreign athletes formally invited by USA Swimming.
2. Membership in USA Swimming is welcome but not required for participation.
3. This is an Arizona Swimming A/B/C meet, open to all swimmers including NT entries
4. This will be a timed final meet.
5. Individual events that are 200 yards or less will be pre-seeded.
6. The meet will be limited to 400 swimmers, or at the discretion of the meet director to stay within the timeline for each session.
7. Entry times should be swimmers' best SHORT COURSE YARD times.

Meet Rules:

1. **Format:** This is a timed final, pre-seeded, No Time Standard (NTS) meet limited to the last swimmer of the team with the 400th participant. Events will be functionally seeded but ribbons will be awarded by age group.

2. Entry Limits:

- a. All swimmers are limited to four (4) individual events per day and no more than eight (8) events for the meet. If an entrant has more than 8 individual events for the meet, or greater than 4 events per day, the highest numbered event will be dropped until the entry limits have been met.
- b. Swimmers 8 and under will be limited to the following events:
 - a. Events 5/6 – 50 Back
 - b. Events 11/12 – 50 Breast
 - c. Events 17/18 – 100 Free
 - d. Events 41/42 – 50 Fly
 - e. Events 51/52 – 50 Free

3. **Entry Times:** To Enter, individuals must submit their fastest conforming (SCY) times achieved or No Time. All entries must be the fastest times achieved in the last 18 months. Converted times will not be accepted.

4. **Pre-seeded Events:** All events 200 yards and shorter will be pre-seeded.

5. **Timed Final Distance Events:** All events 400 and longer will require positive check in with the Clerk of Course to compete. **Entries may be limited to the top 24 swimmers' girls/boys for these events.** Deadline for check in is 30 minutes after the start of the 1st session of the day in which the event occurs.

- a. **500 Freestyle (Events #29 & #30)** are timed final events, swum fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2) and lap counter (1).
- b. **400 IM (Events #53 & #54)** are timed final events, swim fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2).

6. **Time Trials:** Time Trials will NOT be offered.

7. **Positive Check-in Events:** There is no penalty for athletes who do not check in for a timed final event; they will simply be scratched from the event and may not compete. Failure to compete (No Show) in a positive check-in event for which the athlete has checked-in for will result in being barred from their next individual event and a \$30 fee payable to **Valley of the Sun YMCA**.

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.

Sessions:

- | | | |
|------------------------------|--|---|
| Sessions I & III: | Warm-up: 8:00 am | Meet Start: 9:00 am |
| Sessions II & IV: | Warm-up: Immediately following sessions I & III but not before 11:30am | Meet Start: 30 minutes after the beginning of warmups |

Entries:

Entries must be sent with a Hy-Tek or compatible file. Entries should be emailed to psc.goodyear@gmail.com. Entries should be submitted no later than **Monday, December 29th, 2025**. The Meet Director reserves the right to limit entries in order to control the size and timeline of the meet. Teams whose entries are not accepted will be told as soon as is practical.

Entry Fees:

LSC Surcharge: \$10.00
Individual Events: \$6.00
Entry fees are nonrefundable

Make checks payable to: Valley of the Sun YMCA

Awards:

Ribbons will be awarded for the TOP 8 swimmers in each event for the 8&U, 9-10, 11-12, and 13-14 Age Groups. Certificates will be awarded to swimmers who achieve AZ Swimming "A" State times or AZ Swimming "B" Regional times for the first time in that event.

Concessions:

Our snack bar will be open and selling food and drinks. Hospitality will be available for coaches, officials and volunteers. Glass containers are not permitted.

Officials:

Please notify the Meet Referee of your availability to officiate. The uniform is white over black for all sessions.

Session I Saturday, January 10, 2026
Warm-up 8:00am Meet Start 8:00am

Female	Event	Male
1	14&U 200 Back	2
3	15&O 200 Back	4
5	14&U 50 Back	6
7	14&U 100 Fly	8
9	15&O 100 Fly	10
11	12&U 50 Breast	12
13	14&U 200 IM	14
15	15&O 200 IM	16
17	12&U 100 Free	18
19	14&U 200 Breast	20
21	15&O 200 Breast	22
23	15&O 50 Back	24
25	13&O 100 Free	26
27	13&O 50 Breast	28

Session II Saturday, January 10th, 2026
Warm Up: Immediately following session 1 but not before 11:30am
Meet Start: 30 minutes after the beginning of warmups

Female	Event	Male
29	Open 500 Free*	30

Fastest to slowest alternating girls/boys by heat. Swimmers responsible for providing two (2) timers and one (1) lap counter. Refer to Meet Rules #6 & #8 regarding distance events and positive check-in.

Session III Sunday, January 11, 2026
Warm-up 8:00am **Meet Start 9:00am**

Female	Event	Male
31	14&U 200 Free	32
33	15&O 200 Free	34
35	13&O 50 Fly	36
37	14&U 100 Breast	38
39	15&O 100 Breast	40
41	12&U 50 Fly	42
43	13&O 200 Fly	44
45	14&U 100 Back	46
47	15&O 100 Back	48
49	12&U 100 IM	50
51	Open 50 Free	52

Session IV Sunday, January 11th, 2026
Warm Up: Immediately following session, III but not before 11:30am
Meet Start: 30 minutes after the beginning of warmups

Female	Event	Male
53	Open 400 IM*	54

Fastest to slowest alternating girls/boys by heat. Swimmers responsible for providing two (2) timers. Refer to Meet Rules #6 & #8 regarding distance events and positive check-in.