

B/C Championships  
Hosted by Lakeside Aquatic Club  
March 5-7, 2010  
Sanction #013-10

**Location:** L.I.S.D. Aquatic Center  
5729 Memorial Dr.  
The Colony, Texas 75056  
(469-948-2750)

**Schedule:**

Session 1 – Friday:	Division 1/3 4:45-5:15 pm	<b>Meet Start 6:00pm</b>
	Division 2 5:15-5:45 pm	
Session 2 – Saturday:	Division 1 7:30-8:00 am	<b>Meet Starts 8:45am</b>
	Division 2/3 8:00-8:30 am	
Session 4 - Sunday:	Division 2 7:30-8:00 am	<b>Meet Starts 8:45 am</b>
	Division 1/3 8:00-8:30 am	

Warm up groups will be Division 1 teams, Division 2 and Division 3 teams as posted on ntswim.org.  
**LAC will use 2 pools for B/C Champs.**

**Warm-up:** Warm up will be general warm up in all lanes. No sprinting or pace work is allowed during this period. No diving during general warm up. Swimmers must enter feet first. During the last 10 min of warm up the following procedures will be followed:

**Lanes 1, 8** Push swims only, No Diving, circle swim only from the starting end.

**Lanes 2,3,6,7** Racing starts, sprint lane swimming in one direction only, from the starting blocks.

**Lanes 4, 5** General warm up lanes.

**Eligibility:** No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. Exhibition swims at a B/C meet are permitted for the swimmer with 2 or less “BB” times in those events. Exhibition swims will count against the daily entry limit. Every club entered as a team in a North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. **NO DECK REGISTRATIONS WILL BE ACCEPTED. “NORTH TEXAS SWIMMING, INC. SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.**

**Rules:** Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for “stadium seats”. No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.

**SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., Sanction # 013-10. “IN GRANTING THIS SANCTION AND BY ANY PERSON’S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, LAKESIDE AQUATIC CLUB, AND Lewisville ISD SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE**

**TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET." DAMAGE TO A FACILITY, WHEN PROVED, WILL CAUSE THE OFFENDING SWIMMER, IF UNATTACHED, OR THE OFFENDING SWIMMER'S CLUB, IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.**

**Age:** Swimmer's age as of March 5, 2010

**Entry Fees/Entry Limit:** Each swimmer may participate in five individual events per day. Entry Fees are \$3.25 per individual event and \$6.50 per relay event. Late Entries will be accepted until 30 minutes before the start of each session at \$9.75 per individual event. **NO LATE RELAY ENTRIES WILL BE ACCEPTED. ALL RELAY ENTRIES MUST ACCOMPANY TEAM ENTRIES.**

**Entry Deadline:** Entries must be received by **6:00 PM, Friday, February, 19<sup>rd</sup>, 2010.**

***Checks for entry fees shall be made payable to SWAT.***

**Awards and Scoring:** Ribbons will be awarded for places 1-8. 8 year old swimmers and 7 & under swimmers will be awarded separately in the 8 & under events. All swimmers in the 8 & under events who swim an individual event faster than their seed time will be awarded a BEST TIME ribbon by the timer in their lane. If a swimmer has entered a "NO TIME" (NT), the swimmer is not eligible for this award. Relay events will be awarded ribbons for place 1-3.  
Team Score will be calculated – No Team Awards

**Seeding:** All events will be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance (yards). If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

**Check In:** The check in deadline is 30 minutes prior to the scheduled start of the event. There are 3 check in options:

  v   - indicates swimmer will swim the event.

**Scr** – indicates swimmer will not swim the event

       - indicates the swimmer will not be swimming the event

**Psych Sheet:** Heat Sheets will be available for all sessions at a one time charge.

**Timers:** LAC will provide timers for the meet, however, if you would like to volunteer, please see the Head Timer.

**Results:** Final results will be posted on the NT website ten (10) days of the last day of the meet.

**Admissions and Concessions:** No admission will be charged. Food concessions will be available.

**Hospitality:** A Hospitality area will be provided for coaches and officials.

## List of Officials

### Officials:

Meet Referee: Nina Arnett

Starter: Scott Leeper

Stroke and Turn Judges: Deb Berhens, Jay McTaggart, Todd Straight

Head Safety Marshal: Brian Summers

Meet Director: Shannon Gillespy (214-697-4145) or [gillespys@verizon.net](mailto:gillespys@verizon.net)

## ORDER OF EVENTS

### Session 1 Friday, March 5, 2010

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
1	8-Under 100 Free Relay	2
3	8-Under 25 Free	4
5	8-Under 25 Back	6
7	8-Under 25 Breast	8
9	8-Under 25 Fly	10
11	8-Under 100 IM	12
13	8-Under 50 Free	14
15	8-Under 100 Free	16

### Session 2 Saturday, March 6, 2010

<u>Girls</u>	<u>Slower than "BB"</u>	<u>Event Description</u>	<u>Slower than "BB"</u>	<u>Boys</u>
17	6:04:19	<b>11-12 400 IM</b>	5:56.29	18
19		<b>10 &amp; Under 200 Free Relay</b> <b>11-12 200 Free Relay</b>		20
21	2:58.29 2:31.49	<b>12 &amp; Under 200 Free</b> 10 & Under 11-12	2:50.89 2:27.49	22
23	43.49 36.79	<b>12 &amp; Under 50 Back</b> 10 & Under 11-12	43.69 36.49	24
25	1:46.69 1:29.29	<b>12 &amp; Under 100 Breast</b> 10 & Under 11-12	1:43.69 1:27.79	26
27	2:48.89	<b>11-12 200 Back</b>	2:45.59	28
29	1:33.79 1:20.09	<b>12 &amp; Under 100 IM</b> 10 & Under 11-12	1:31.19 1:17.59	30

31		<b>12 &amp; Under 50 Free</b>		32
	35.99	10 & Under	35.19	
	31.89	11-12	30.99	
33		<b>12 &amp; Under 100 Fly</b>		34
	1:42.09	10 & Under	1:40.39	
	1:20.19	11-12	1:18.69	
35		<b>12 &amp; Under 500 Free**</b>		36
	7:39.49	10 & Under	7:35.19	
	6:40.09	11-12	6:35.09	

\*\*Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

### Session 3 Sunday, March 7, 2010

<b>Girls</b>	<b>Slower than "BB"</b>	<b>Event Description</b>	<b>Slower than "BB"</b>	<b>Boys</b>
37	3:11.69	<b>11-12 200 Breast</b>	3:07.29	38
39		<b>10 &amp; Under 200 Medley Relay</b> <b>11-12 200 Medley Relay</b>		40
41		<b>12 &amp; Under 50 Fly</b>		42
	42.99	10 & Under	41.99	
	35.09	11-12	35.19	
43		<b>12 &amp; Under 100 Free</b>		44
	1:21.59	10 & Under	1:19.99	
	1:08.29	11-12	1:07.89	
45		<b>12 &amp; Under 200 IM</b>		46
	3:19.39	10 & Under	3:18.09	
	2:50.69	11-12	2:49.39	
47		<b>12 &amp; Under 100 Back</b>		48
	1:33.99	10 & Under	1:32.09	
	1:21.09	11-12	1:19.09	
49		<b>12 &amp; Under 50 Breast</b>		50
	47.79	10 & Under	47.89	
	40.89	11-12	40.79	
51	2:51.79	<b>11-12 200 Fly</b>	2:48.29	52
53	13:55.99	<b>11-12 1000 Free**</b>	13:46.49	54
55	23:27.89	<b>11-12 1650 Free**</b>	23:10.49	56

\*\*Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.