

**B/C Championships**  
**Hosted by Lakeside Aquatic Club**  
**March 6-8, 2009**  
**Sanction # 009-09**

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

**Entry form and fees  
due no later than:**

**Friday,  
February 21, 2009**

**\$3.25 per event**

**Schedule:**

Session 1 – Friday:	Division 1 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 8:00-8:30 am	
Session 3 – Saturday:	Division 1 11:45-12:15 pm	<b>Meet Starts 1:00 pm</b>
	Division 2 12:15-12:45 pm	
Session 4 - Sunday:	Division 2 7:30-8:00 am	<b>Meet Starts 8:45 am</b>
	Division 1 8:00-8:30 am	

Warm up groups will be Division 1 teams and Division 2 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.

**Age:** Swimmer's age as of March 6, 2009

**Eligibility:** No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. **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**

**Swim Suit Guidelines:**

Effective January 1, 2009 at all North Texas Swimming, age-group defined, sanctioned meets:

- \* Swimsuits worn by females for all 14 & Under defined competitions shall not cover the neck, extend past the shoulder, nor past the hip.
- \* Swimsuits worn by males for all 14 & Under defined competitions shall not extend above the hips nor below the knees.

**Sanction:** This meet is held under the sanction of USA Swimming, Inc. and by North Texas Swimming, Inc. The sanction number is: # 009-09

**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., LAKESIDE AQUATIC CLUB, Lewisville ISD Natatorium, Lewisville ISD AND ALL MEET OFFICIALS 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 this facility, when proven, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

**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. **Individual late entries will NOT be accepted. Please enter relays with individual entries. LATE RELAY ENTRIES WILL NOT BE ACCEPTED**

**Entry Deadline:** Entries must be received by **6:00 PM, Friday, February 21, 2009** to either the payment/meet box, Coach Amy or mailed to:

Attn: Coach Amy  
Southwest Aquatics of Texas  
P.O. Box 380554  
Duncanville, TX 75138

**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 shall be conducted as timed finals and will be deck seeded.

**Check In:** Positive check-in is required. The check in deadline is 30 minutes prior to the scheduled start of the event. There are 2 check in options:

  /   - indicates swimmer will swim the event.

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

   - indicates the swimmer will NOT swim the event

**Psych Sheet:** Psych 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

Referee: Nina Arnett  
 Starter: Scott Leeper  
 Stroke & Turn: Deb Behrens, Al Holtslander  
 Meet Director: Brian Summers, Terry Feehery  
 Meet Marshall: Lisa Cosenza

### ORDER OF EVENTS

#### Session 1

	Slower than "BB"		Slower than "BB"	
<u>Girls</u>				<u>Boys</u>
1	3:12.50	11 – 12 200 Breast	3:07.40	2
3	43.50	10 – Under 50 Back	43.90	4
5	37.10	11 – 12 50 Back	36.90	6
7	1:34.10	10 – Under 100 IM	1:31.40	8
9	1:20.30	11 – 12 100 IM	1:18.30	10
11	36.20	10 – Under 50 Free	35.60	12
13	32.20	11 – 12 50 Free	31.00	14
15	2:53.00	11 – 12 200 Fly	2:51.50	16
17	7:39.50	10 – Under 500 Free**	7:35.20	18
19	6:40.10	11 – 12 500 Free**	6:35.10	20

\*\*Event will be swum fastest to slowest, alternating heats of women and men.  
 Swimmers must provide their own timers.

#### Session 2

<u>Girls</u>		<u>Boys</u>
21	8 & Under 100 Free Relay	22
23	8 & Under 25 Free	24
25	8 & Under 25 Back	26
27	8 & Under 25 Breast	28
29	8 & Under 25 Fly	30
31	8 & Under 50 Free	32
33	8 & Under 100 IM	34
35	8 & Under 100 Free	36

**Session 3****Girls**

	<b>Slower Than “BB”</b>		<b>“Slower Than “BB”</b>	<b><u>Boys</u></b>
37		10 – Under 200 Med Relay		38
39		11 – 12 200 Med Relay		40
41	1:34.00	10 – Under 100 Back	1:32.50	42
43	1:21.90	11 – 12 100 Back	1:19.10	44
45	3:19.40	10 – Under 200 IM	3:18.10	46
47	2:51.80	11 – 12 200 IM	2:49.70	48
49	43.00	10 – Under 50 Fly	42.00	50
51	35.40	11 – 12 50 Fly	35.50	52
53	1:22.10	10 – Under 100 Free	1:20.00	54
55	1:08.30	11 – 12 100 Free	1:08.10	56
57	1:46.10	10 – Under 100 Breast	1:44.80	58
59	1:29.30	11 – 12 100 Breast	1:28.40	60
61	23:30.20	11 – 12 1650 Free**	23:23.90	62

\*\*Event will be swum fastest to slowest, alternating heats of women and men.  
Swimmers must provide their own timers.

**Session 4****Girls**

	<b>Slower Than “BB”</b>		<b>“Slower Than “BB”</b>	<b><u>Boys</u></b>
63	6:06.20	11- 12 400 IM	5:59.60	64
65		10 – Under 200 Free Relay		66
67		11 – 12 200 Free Relay		68
69	2:50.20	11 – 12 200 Back	2:46.00	70
71	2:58.30	10 – Under 200 Free	2:50.90	72
73	2:31.80	11 – 12 200 Free	2:28.00	74
75	1:42.10	10 – Under 100 Fly	1:40.60	76
77	1:20.60	11 – 12 100 Fly	1:19.30	78
79	47.80	10 – Under 50 Breast	48.20	80
81	41.10	11 – 12 50 Breast	41.10	82
83	13:57.40	11 -12 1000 Free	13:53.00	84

\*\*Event will be swum fastest to slowest, alternating heats of women and men.  
Swimmers must provide their own timers.