

Frisco Aquatics New Year BB Meet
January 8-10th, 2010
Frisco, Texas

- HOSTED BY** Frisco Aquatics
SANCTION North Texas Swimming, Inc. SANCTION #: 003-10
FACILITY The Frisco ISD Natatorium located at 7411 First Street
Frisco, Texas 75034. Frisco ISD Natatorium is an 8-lane, 25 yard pool equipped with non -
turbulent racing lanes and Colorado electronic timing. 8 lanes will be used for competition and 8
lanes used for warm up / warm down. Bleacher Seating is available for over 800. Parking
accessible from First Street.
- CONCESSIONS** Concessions, appropriate for a swim meet, will be available
- MEET** Referee: Gary Bush
REFEREE/OFFICIALS Stroke and Turn: Toni Kline
Stroke and Turn: William Bradee
Starter: Jason Johnson or Stephanie Jones
- MEET DIRECTOR** Chris Rowe 1141 Timber Lane Frisco, TX. 75034
EMAIL: xianrowe@gmail.com
- SAFETY MARSHALL** Tamie Nelson
- ELEGIBILITY** Any athlete registered with USA Swimming, who is in compliance with the event entry
requirements stated in the meet announcement, shall be eligible to compete. Athletes may compete
in either an attached or unattached status based upon the applicable transfer rules contained in the
current USA Swimming Rules and Regulations. All Clubs entering meet must be registered with
USA Swimming. Swimmers age on the first day of the meet shall be used to determine swimmers
age for entire meet.
- An athlete may enter any BB event in which the athlete has achieved the applicable BB time
standard, but has not achieved the relevant A time standard. All athletes 13 years or older who
have not achieved the relevant A time standard are eligible to enter BB events.
 - In entering any BB competition, an athlete with three BB time standards may compete in any
BB event in which the athlete has not achieved the relevant A time standard.
Exhibition swims at a BB meet are permitted for swimmers with 2 or less A times in those
events.
Late entries will be accepted for open lanes only at NT. New heats will not be added. The
athlete must present a valid registration card or facsimile or already be entered in the meet.
Athlete registrations will not be accepted at the meet.
- FORMAT** All events will be contested as timed finals. All events will be pre seated except for the
following events which will be deck seeded:
400IM, 500 FREE, 1000 Freestyle, and 1650 Freestyle
These deck-seeded events will be swum, FASTEST TO SLOWEST alternating girls then boys.
May only swim choose the 100 or 1650
- SEEDING** All events, with the exception of deck-seeded events (see Format above) will be pre-seeded by age
group.
- CHECK – IN** 400IM, 500 Freestyle, 1000/1650 Freestyle
Swimmers **MUST** check in at the Clerk of Course for deck-seeded events 30 MINUTES PRIOR
TO THE START OF THE SESSION.
- RULES** Current USA Rules and Regulations will govern the conduct of the meet unless otherwise noted.
Spectators are not allowed on deck. All coaches and officials must wear current year USA
Swimming card at all times while on deck. All Officials must present current certification card at
check-in. Coaches must present upon check-in, a current USA card, and your card must be

displayed at all times, to be allowed on deck and in hospitality. Swimmers are responsible for swimming in their assigned heats and lanes. Current NT and USA Swimming suit rules will be in effect.

- SESSION SCHEDULE** Sessions will begin at the following times:
Friday PM: Warm-up 5:15PM – 6:00PM Meet Start 6:15
SAT. & SUN. AM: Warm-up 8:00AM.- 9:00AM Start 9:15AM.
SAT. & SUN. PM: Warm 1:00PM.- 2:00PM Start 2:15PM
- ENTRIES** A swimmer may enter 5 individual events per day.
- ENTRY FEES** Individual event----- \$3.25 Late entry fees will be double the original entry fees. Checks should accompany the entries and be payable to **SWAT**.
- ENTRY DEADLINE** All entries must be received no later than **Wednesday, December 23rd, 2010**.
- LATE ENTRIES** Late entries will be accepted for available lanes that were created from the initial seeding from entries received. Once those lanes are filled no more late entries will be accepted. No additional heats will be created. All late entries will be seeded as NT and the late fee will be double the original entry fee per event. **Late entries must show their USAS registration card to the Clerk of Course** to verify current USAS membership. Late entries will be accepted at Clerk of Course by the following time schedule.
Friday PM before 5:45
SATURDAY AND SUNDAY AM before 8:30 AM
SATURDAY AND SUNDAY PM before 1:30 PM
Proof of times from USA Swimming site (SWIMS) must be provided with Late entries.
- AWARDS** Individual events: **Ribbons** 1st - 8th place. ‘A’ Time ribbons awarded to all new ‘A’ Times achieved.
- HEAT SHEETS** Heat sheets will be available for all sessions. Deck seeded events will be posted.
- OFFICIALS** Certified officials from visiting teams are welcome to work the meet. Please contact the Meet Referee, 10 days prior to the meet if a specific assignment (apprentices) is requested otherwise report to the meet referee 1 hour prior to the sessions. **All officials must wear current USA Swimming registration card while on deck and must also present current Officials certification card at check-in. Officials without proper credentials will not be allowed on deck.**
- WARM – UP** **NORTH TEXAS SWIMMING, INC. SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.** Each team must provide at least one USA Certified Coach to monitor warm-ups. Lanes will be assigned according to number of entries for entire warm-up. **Please note; the meet referee may adjust the warm-up times based on entries received.**
- COACHES MEETING** A Coaches meeting will be held 15 minutes before the start of the morning WARMUP Session on Saturday.
- LIABILITY** “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, FRISCO 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.

Acceptance of the policy is evidenced by entry in the meet. Failure of swimmers, coaches, etc., to follow the direction of the Safety Marshall may result in their removal from the meet without the refund of entry fees.

HOST HOTEL Embassy Suites, Frisco Texas

ATTACHMENTS Please check our website: www.friscoaquatics.com for the most up to date information. Current Maps and Meet Schedule information is posted there. Also, the psych sheet along with any changes to the meet will be posted on the website. Please check this info often.

Friday January 8th, 2010 Frisco, Texas				
Session: 1				
Warm-up:		5:15 PM – 6:00 PM		
Start time:		6:15 PM		
Positive Check-In:		No later than 5:45 PM		
Session 1				
Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
1	2:38.60 - 2:51.79	11-12 200 Fly	2:35.30 - 2:48.29	2
3	2:28.60 - 2:40.99	13-14 200 Fly	2:20.30 - 2:31.99	4
5	2:24.50 - 2:36.49	15&O 200 Fly	2:13.40 - 2:24.49	6
7	1:22.20 - 1:33.99	10 & Under 100 Back	1:21.30 - 1:32.09	8
9	1:14.20 - 1:21.09	11-12 100 Back	1:12.30 - 1:19.09	10
11	1:08.50 - 1:14.19	13-14 100 Back	1:04.20 - 1:09.59	12
13	1:06.60 - 1:12.09	15&O 100 Back	1:01.10 - 1:06.19	14
15	32.20 - 35.99	10 & Under 50 Free	31.60 - 35.19	16
17	29.50 - 31.89	11-12 50 Free	28.60 - 30.99	18
19	28.70 - 30.99	13-14 50 Free	26.30 - 28.49	20
21	28.00 - 30.39	15&O 50 Free	25.30 - 27.39	22
23	5:36.10 - 6:04.19	*11-12 400 IM (P)	5:28.90 - 5:56.29	24
25	5:17.80 - 5:44.29	*13-14 400 IM (P)	5:00.50 - 5:25.49	26
27	5:09.90 - 5:35.69	*15&O 400 IM (P)	4:47.80 - 5:11.79	28

***(P) All 400 IM's will be combined, positive check-in, deck seeded events, and awarded separately.**

AM Saturday January 9th, 2010 Frisco, Texas				
Session: 2				
Warm-up:		8:00 AM – 9:00 AM		
Start time:		9:15AM		
Positive Check-In:		No later than 8:45 AM		
Session 2				
Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
29	2:56.90 - 3:11.69	11-12 200 Breast	2:52.90 - 3:07.29	30
31	1:11.90 - 1:21.59	10 & Under 100 Free	1:10.80 - 1:19.99	32
33	1:03.10 - 1:08.29	11-12 100 Free	1:02.70 - 1:07.89	34
35	38.10 - 43.49	10 & Under 50 Back	38.30 - 43.69	36
37	33.90 - 36.79	11-12 50 Back	33.50 - 36.49	38

39	42.00 - 47.79	10 & Under 50 Breast	42.20 - 47.89	40
41	2:35.90 - 2:48.89	11-12 200 Back	2:32.90 - 2:45.59	42
43	2:56.00 - 3:19.39	10 & Under 200 IM	2:55.30 - 3:18.09	44
45	37.80 - 40.89	11-12 50 Breast	37.30 - 40.79	46
47	37.30 - 42.99	10 & Under 50 Fly	36.70 - 41.99	48
49	32.40 - 35.09	11-12 50 Fly	32.10 - 35.19	50
51	6:48.40 - 7:39.49	*10 & Under 500 Free(P)	6:44.60 - 7:35.19	52
53	6:09.30 - 6:40.09	*11-12 500 Free(P)	6:04.70 - 6:35.09	54

***(P) All 500's will be combined, positive check-in, deck seeded events, and awarded separately.**

**PM Saturday January 9th, 2010
Frisco, Texas**

Session: 3

Warm-up: 1:00 PM – 2:00 PM
Start time: 2:15
Positive Check-In: No later than 1:45

Session 3

Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
55	2:30.50 - 2:42.99	13-14 200 IM	2:20.30 - 2:31.99	56
57	2:27.00 - 2:39.29	15&O 200 IM	2:15.10 - 2:26.39	58
59	1:02.20 - 1:07.39	13-14 100 Free	57.40 - 1:02.19	60
61	1:00.80 - 1:05.79	15&O 100 Free	55.20 - 59.79	62
63	2:27.30 - 2:39.59	13-14 200 Back	2:18.20 - 2:29.79	64
65	2:23.90 - 2:35.89	15&O 200 Back	2:12.40 - 2:23.39	66
67	2:46.80 - 3:00.69	13-14 200 Breast	2:36.30 - 2:49.39	68
69	2:42.80 - 2:56.39	15&O 200 Breast	2:30.10 - 2:42.59	70
71	5:53.00 - 6:22.39	*13-14 500 Free (P)	5:35.20 - 6:03.19	72
73	5:47.40 - 6:16.29	*15&O 500 Free (P)	5:24.30 - 5:51.29	74

***(P) All 500's will be combined, positive check-in, deck seeded events, and awarded separately.**

**AM Sunday January 10th, 2010
Frisco, Texas**

Session: 4

Warm-up: 8:00 AM – 9:00 AM
Start time: 9:15 AM
Positive Check-In: No later than 8:45

Session 5

Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
75	1:14.00 - 1:20.09	11-12 100 IM	1:11.50 - 1:17.59	76
77	2:36.40 - 2:58.29	10 & Under 200 Free	2:31.90 - 2:50.89	78
79	2:19.90 - 2:31.49	11-12 200 Free	2:16.20 - 2:27.49	80
81	1:33.40 - 1:46.69	10 & Under 100 Breast	1:31.80 - 1:43.69	82
83	1:22.20 - 1:29.29	11-12 100 Breast	1:20.50 - 1:27.79	84
85	1:26.70 - 1:42.09	10 & Under 100 Fly	1:25.60 - 1:40.39	86
87	1:13.20 - 1:20.19	11-12 100 Fly	1:11.70 - 1:18.69	88
89	1:22.60 - 1:33.79	10 & Under 100 IM	1:21.10 - 1:31.19	90

91	2:37.60 - 2:50.69	11-12 200 IM	2:35.60 - 2:49.39	92
93	12:51.70 - 13:55.99	*11-12 1000 Free (P)	12:42.90 - 13:46.49	94
95	21:39.60 - 23:27.89	*11-12 1650 Free (P)	21:23.60 - 23:10.49	96

***(P) All 1000/1650's will be combined, positive check-in, deck seeded events, and awarded separately. May only choose 1**

**PM Sunday January 10th, 2010
Frisco, Texas**

Session: 5

Warm-up: 1:00 PM – 2:00 PM

Start time: 2:15

Positive Check-In: No later than 1:45

Session 5

Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
97	2:13.80 - 2:24.99	13-14 200 Free	2:05.30 - 2:15.69	98
99	2:10.40 - 2:21.19	15&O 200 Free	2:00.10 - 2:10.09	100
101	1:17.60 - 1:24.09	13-14 100 Breast	1:12.10 - 1:18.09	102
103	1:15.70 - 1:21.99	15&O 100 Breast	1:08.90 - 1:14.69	104
105	1:07.80 - 1:13.49	13-14 100 Fly	1:02.90 - 1:08.09	106
107	1:06.30 - 1:11.79	15&O 100 Fly	1:00.10 - 1:05.09	108
109	12:07.60 - 13:08.29 (P)	13-14 1000 Free	11:36.40 - 12:34.39	110
111	20:12.20 - 21:53.19 (P)	13-14 1650 Free	19:15.70 - 20:51.99	112
113	11:55.90 - 12:55.49 (P)	15&O 1000 Free	11:12.20 - 12:08.19	114
115	19:58.90 - 21:38.89 (P)	15&O 1650 Free	18:48.00 - 20:21.89	116

***(P) All 1000/1650's will be combined, positive check-in, deck seeded events, and awarded separately. May only choose 1**