

NORTH TEXAS SWIMMING
B/C INVITATIONAL
DIVISION "1"
January 22-24, 2010
HOSTED BY MID-CITIES ARLINGTON SWIMMING
Sanction# 005-10

Location: Trinity High School 500 North Industrial Blvd. Euless, TX. (Located on FM 157 north of Highway 183). Eight lane, 25 yard indoor pool with a Colorado Timing System and 8-lane scoreboard.

Schedule:	Warm-Up	Meet Starts
Session I-Friday**	5:15-5:45 pm	6:00 pm
Session II-Saturday	Group B: 8:00-8:30am	
	Group A: 8:30-9:00am	9:15 am
Session III-Sunday	Group B: 8:00-8:30am	
	Group A: 8:30-9:00am	9:15 am

Group A: MARS, SWAT, FAST, CLAS
Group B: MAC, SNAP, MTRO(FW), WW2

***Friday warm-up may be adjusted if more swimmers than anticipated enter the session. Teams will be notified if changes are made.*

Warm-Up: The first 30 minutes will be general warm-up only in all lanes for sessions II & III. 20 minutes for session I. No diving, sprinting or pace work will be allowed during general warm-up. The last 15 minutes of each warm-up for sessions II & III and the last 10 minutes for session I will be as follows:

Lanes 1 and 8 push/pace, NO DIVING
Lanes 2,3,6&7 racing starts, exit far end
Lanes 4 and 5 general warm-ups NO DIVING

Rules: Current USA Swimming Rules and Regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. **COOLERS, GLASS CONTAINERS ARE NOT** allowed in the pool area. Climbing over the railings is prohibited.

Sanction and Liability: HELD UNDER THE SANCTION OF USA SWIMMING INC. AND NORTH TEXAS SWIMMING INC. THE SANCTION NUMBER FOR THIS MEET IS #005-10. IN GRANTING THIS SANCTION, IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING INC., NORTH TEXAS SWIMMING INC., MID-CITIES ARLINGTON SWIMMING AND ALL MEET OFFICIALS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE COURSE OF THE MEET. DAMAGES TO THE FACILITY, WHEN PROVED, WILL CAUSE THE OFFENDING SWIMMER, IF UNATTACHED, OR THE OFFENDING SWIMMERS CLUB, IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.

Eligibility: No entries will be accepted unless the entrant is registered with USA Swimming Inc. Every club entered as a team in North Texas sanctioned meets must be a member of USA Swimming Inc. Swimmers may swim in any event for which they are eligible to compete. A swimmer may not enter any event in which they have achieved a "BB" time. Exception: Swimmers with two (2) or less "BB" times may swim the events in which they have "BB" times in an exhibition capacity (no points or awards). Any 12 and under swimmer who has achieved (3) B times is eligible to swim all B events, up to the daily limit. **Swimmers age on January 22, 2010 determines the age for this meet. No deck registrations will be accepted.**

Entry Fees and Limit: A swimmer may enter up to four (4) individual events per day, plus one (1) relay event. Entry fees are \$3.25 per individual event, \$6.50 per relay event. Late entries will be accepted up to 30 minutes prior to the start of each session at \$9.75 per individual event. **All late entries must be accompanied by the swimmers USA Swimming ID card or a reasonable facsimile thereof and most current proof of time from the USA Swimming site (SWIMS).**

NOTE: Swim suits must be approved swim suits as noted in USA Swimming Letter on Approved Swim Suits published on Thursday, September 24th, 2009. The letter can be found on the North Texas Swimming website (www.ntswim.org).

Entry Deadline: The complete USAS registration number must be placed on each entry form. E-mail entries are encouraged and will be accepted as an attachment to an e-mail message (attach the meet entries zip file) along with an attached meet entry report by name and an entry fee report. Please include the team name, phone number and e-mail address for confirmation for the person who prepared the entries. **Entries are due, along with entry fees no later than 6:00 pm on Friday, January 8, 2010.** Make checks payable to SWAT. Relays accepted up to 30 minutes prior to the start of the meet.

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. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

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

1. X indicates swimmer is present and intends to swim.
2. **Scratch** or **SCR** indicates the swimmer has elected not to swim.
3. Failure to positively check-in or scratch indicates swimmer is not swimming event.

Psyche Sheets: Psyche sheets will be available for a one-time charge.

Awards and Scoring: Ribbons will be awarded for places 1-8. Ribbons will also be awarded for relays 1st through 3rd. Best time ribbons will be awarded to all swimmers in the 8 and under events that swim an individual event faster than their seed time. If a swimmer has entered a "no time" (NT), the swimmer is not eligible for this award. Team points will be calculated as follows: Individual events 9-7-6-5-4-3-2-1. Relay points will be doubled. No team awards.

Concessions: Concessions will be available for purchase for swimmers and spectators.

Hospitality: Hospitality will be available for all meet officials, coaches and meet volunteers.

Meet Officials:

Referee: Bill Brown
Starter: Robert Steffner
Stroke & Turn: Rodney Yanai, Don Whitfield & Steve Werley
Safety Marshall: David Coward

Meet Director:

Suzanne Dangelmaier

Session 1				
Girls		Event Description		Boys
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 50 Free		12
Session 2				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
13		10 & Under 200 Free Relay		14
15		11-12 200 Free Relay		16
17	36.00 31.90	50 Free 10 & Under 11-12 50 Free	35.20 31.00	18
19	1:34.00 1:21.10	100 Back 10 & Under 11-12	1:32.10 1:19.10	20
21	47.80 40.90	50 Breast 10 & Under 11-12	47.90 40.80	22
23	1:42.10 1:20.20	100 Fly 10 & Under 11-12	1:40.40 1:18.70	24
25	2:58.30 2:31.50	200 Free 10 & Under 11-12	2:50.90 2:27.50	26
27	1:33.80 1:20.10	100 IM 10 & Under 11-12	1:31.20 1:17.60	28

Session 3				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
29		10 & Under 200 Med Relay		30
31		11-12 200 Med Relay		32
33	1:21.60 1:08.30	100 Free 10 & Under 11-12	1:20.00 1:07.90	34
35	43.50 36.80	50 Back 10 & Under 11-12	43.70 36.50	36
37	1:46.70 1:29.30	100 Breast 10 & Under 11-12	1:43.70 1:27.80	38
39	43.00 35.10	50 Fly 10 & Under 11-12	42.00 35.20	40
41	3:19.40 2:50.70	200 IM 10 & Under 11-12	3:18.10 2:49.40	42
43	7:39.50 6:40.10	500 Free 10 & Under 11-12	7:35.20 6:35.10	44