

**“A” Champs and Time Trials**  
**HOSTED BY North Texas Nadadores**  
**DATES: February 19<sup>th</sup> to 21<sup>st</sup>, 2010**  
**Sanction #010-10, Time Trial – 011-10**

**LOCATION:** CISD Aquatics Center  
1501 W. Southlake Blvd.  
Southlake, TX 76092  
(817) 949-8200

**FACILITY:** Two indoor 25-yard, eight lane pools with Colorado Timing System, with 3 warmup/warm-down lanes.

<b>MEET TIMES:</b>	<b>Warm-up</b>	<b>Session Starts</b>
Session 1-Friday	4:30PM - 5:45PM	6:00 PM
Session 2-Saturday	8:30AM - 9:45AM	10:00AM
Session 3-Sunday	8:30AM - 9:45AM	10:00AM

\*Warm Up session assignments will be posted by Monday, February 15<sup>th</sup> on [www.ntswwim.org](http://www.ntswwim.org) with the meet information.

**WARM-UP PROCEDURES:** General warm up in all lanes for two 30-minute sessions. There will be no specific lane assignments. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. Following the end of the last warm-up, an additional 15 minutes of dive starts and push/pace will be allowed; lanes 2 thru 7 will become dive start lanes. Lanes 1 and 8 will be push/pace lanes.

**RULES:** Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. At the discretion of the meet referee a break may be inserted before the start of the 1000 yard freestyle and the 1650 yard freestyle.

**Special Note:** Swim suits must be approved swim suits as noted in USA Swimming Letter on Approved Swim Suits published on Thursday, September 24<sup>th</sup>, 2009. The letter can be found on the North Texas Swimming website ([www.ntswwim.org](http://www.ntswwim.org)).

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc. The sanction number is # NT010-10 Time Trial Sanction is # NT011-10. **“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, NORTH TEXAS NADADORES, AND CARROLL INDEPENDENT SCHOOL DISTRICT 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.

**ELIGIBILITY:** Swimmer’s age as of 02/19/10 shall determine his/her age for the entire meet. No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc and a North Texas LSC team. Every club entered as a team in a North Texas Swimming sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the current “A” qualifying time standard; furthermore each swimmer with at least one current “A” time may enter up to a total of **2 bonus events for the meet. These bonus events may not cause the swimmer to exceed**

**the session individual limit of 4 individual events. Bonus events can only be events 200 yards and shorter. The normal "A" event rule will not be in effect.** The swimmer's USA Swimming ID card or a reasonable facsimile must accompany all late entries unless already entered in the meet. Proof of time from the USA Swimming site (SWIMS) is required for all swimmers who late enter. **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

**ENTRY LIMIT:** Each swimmer may participate in four individual events and two relays per daily session. Swimmers participating in time trials may not exceed 5 events per day.

**ENTRY FEES:** Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event.

**ENTRY DEADLINE:** Entries must be received by **6:00PM on Friday, February 5<sup>th</sup>, 2010.**

**TIME TRIALS:** Time Trials, held under the sanction #???-??, will be offered after the conclusion of the Saturday and Sunday session. Time trials, if swum, will count towards the swimmers maximum daily total of five individual events. Swimmers entering time trials must be entered in the meet. Time trial entries will be open at 10:00 am, on Saturday and Sunday, and close 30 minutes prior to the end of the session. Time trial fees are \$5.00 for events less than 800 yards or \$10 for events 800 yards or longer.

Checks should be made payable to **SWAT.**

**MEET DIRECTORS:** Joy Roberts and Bill Christensen

**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. Short course times should be entered.

**CHECK-IN:** Positive check in is required. The check-in deadline is 30 minutes prior to the scheduled start of each event. There are three check-in options:

  v   Indicates swimmer will swim the event  
  SCR   Indicates swimmer will not swim the event  
       Indicates swimmer will not swim the event

**PSYCHE SHEETS:** Psyche sheets will be available for all sessions at a one-time charge.

**AWARDS AND SCORING:** Ribbons will be awarded for individual events, places 1-8 and for relays, places 1-3. Points will be awarded as follows:

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

**RESULTS:** A copy of the final results will be posted to the North Texas Swimming website within 10 days of the conclusion of the event.

**CONCESSIONS:** Concessions will be available for purchase by swimmers and spectators.

**HOSPITALITY:** Hospitality will be available for coaches, officials and host team volunteers.

**TIMERS:** All teams are asked to provide one timer for every 10 swimmers entered in the meet. All swimmers in the 500, 1000, and 1650 must provide their own timer and lap counter.

**Meet Referee: Bob Lang**  
**Administrative Referee: Ann Lang**

Starter: Jason Johnson  
 Stroke and Turn: Traci Johnson and Judy Koh  
 Head Safety Marshall: Julie Zobrist

### SCHEDULE OF EVENTS

**SESSION 1: FRIDAY:**

**STARTS: 6:00 PM**

**WARM UPS: Group I - 4:30 to 5:00 and Group II -5:00 -5:30 PM MEET**

**Dive Starts: 5:30 to 5:45 pm**

#	GIRLS	EVENT DESCRIPTION	BOYS	#
1		<b>12 &amp; UNDER 100 IM</b>		2
	1:13.99	11 – 12	1:11.49	
	1:22.59	10 & UNDER	1:21.09	
3	5:36.09	<b>11-12 400 IM</b>	5:28.89	4
5		<b>13-14 800 Free Relay</b>		6
7		<b>15 &amp; Over 800 Free Relay</b>		8
9		<b>12 &amp; UNDER 50 FREE</b>		10
	29.49	11-12	28.59	
	32.19	10 & UNDER	31.59	
11		<b>13 &amp; OVER 50 FREE</b>		12
	27.99	15 & OVER	25.29	
	28.69	13 – 14	26.29	
13**		<b>12 &amp; UNDER 500 FREE</b>		14**
	6:09.29	11 – 12	6:04.69	
	6:48.39	10 & UNDER	6:44.59	
15**		<b>13 &amp; OVER 500 FREE</b>		16**
	5:47.39	15 & OVER	5:24.29	
	5:52.99	13 – 14	5:35.19	

\*\*SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST, ALTERNATING HEATS OF WOMEN AND MEN.

**SESSION 2: SATURDAY**

**MEET STARTS: 10:00AM**

**WARM UPS: Group I - 9:00AM - 9:30AM**

**Group II - 8:30AM - 9:00AM**

**Dive Starts - 9:30AM - 9:45AM**

#	GIRLS	EVENT DESCRIPTION	BOYS	#
17	2:35.89	<b>11 – 12 200 BACK</b>	2:32.89	18
19		<b>10 &amp; Under 200 Medley Relay</b>		20
21		<b>11-12 200 Medley Relay</b>		22
23		<b>13-14 200 Medley Relay</b>		24
25		<b>15 &amp; Over 400 Medley Relay</b>		26
27		<b>13 &amp; OVER 200 BACK</b>		28
	2:23.89	15 & OVER	2:12.39	
	2:27.29	13 – 14	2:18.19	
29		<b>12 &amp; UNDER 200 IM</b>		30
	2:37.59	11 – 12	2:35.59	
	2:55.99	10 & UNDER	2:55.29	
31		<b>13 &amp; OVER 200 IM</b>		32
	2:26.99	15 & OVER	2:15.09	
	2:30.49	13 – 14	2:20.29	
33		<b>12 &amp; UNDER 100 BREAST</b>		34
	1:22.19	11 – 12	1:20.49	
	1:33.39	10 & UNDER	1:31.79	
35		<b>13 &amp; OVER 100 BREAST</b>		36

	1:15.69	15 & OVER	1:08.89	
	1:17.59	13 – 14	1:12.09	
<b>37</b>	2:38.59	<b>11 – 12 200 FLY</b>	2:35.29	<b>38</b>
<b>39</b>		<b>13 &amp; OVER 200 FLY</b>		<b>40</b>
	2:24.49	15 & OVER	2:13.39	
	2:28.59	13 – 14	2:20.29	
<b>41</b>		<b>12 &amp; UNDER 100 FREE</b>		<b>42</b>
	1:03.09	11 – 12	1:02.69	
	1:11.89	10 & UNDER	1:10.79	
<b>43</b>		<b>13 &amp; OVER 100 FREE</b>		<b>44</b>
	1:00.79	15 & OVER	55.19	
	1:02.19	13 – 14	57.39	
<b>45</b>		<b>12 &amp; UNDER 50 BACK</b>		<b>46</b>
	33.89	11 – 12	33.49	
	38.09	10 & UNDER	38.29	
<b>47</b>		<b>10 &amp; Under 400 Free Relay</b>		<b>48</b>
<b>49</b>		<b>11-12 400 Free Relay</b>		<b>50</b>
<b>51</b>		<b>13-14 400 Free Relay</b>		<b>52</b>
<b>53**</b>	12:51.69	<b>11 – 12 1000 FREE</b>	12:42.89	<b>54**</b>
<b>55**</b>		<b>13 &amp; OVER 1000 FREE</b>		<b>56**</b>
	11:55.89	15 & OVER	11:12.19	
	12:07.59	13 – 14	11:36.89	

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### SESSION 3: SUNDAY MEET STARTS: 10:00AM

**WARM UPS: Group I - 8:30AM – 9:00AM Group II - 9:00AM - 9:30AM**

**Dive Starts - 9:30AM- 9:45AM**

#	GIRLS	EVENT DESCRIPTION	BOYS	#
<b>57</b>		<b>10 &amp; Under 200 Free Relay</b>		<b>58</b>
<b>59</b>		<b>11-12 200 Free Relay</b>		<b>60</b>
<b>61</b>		<b>13-14 200 Free Relay</b>		<b>62</b>
<b>63</b>		<b>15 &amp; Over 400 Free Relay</b>		<b>64</b>
<b>65</b>		<b>12 &amp; UNDER 50 FLY</b>		<b>66</b>
	32.39	11 – 12	32.09	
	37.29	10 & UNDER	36.69	
<b>67</b>	2:56.89	<b>11 – 12 200 BREAST</b>	2:52.89	<b>68</b>
<b>69</b>		<b>13 &amp; OVER 200 BREAST</b>		<b>70</b>
	2:42.79	15 & OVER	2:30.09	
	2:46.79	13 – 14	2:36.29	
<b>71</b>		<b>12 &amp; UNDER 100 FLY</b>		<b>72</b>
	1:13.19	11 – 12	1:11.69	
	1:26.69	10 & UNDER	1:25.59	
<b>73</b>		<b>13 &amp; OVER 100 FLY</b>		<b>74</b>
	1:07.29	15 & OVER	1:00.79	
	1:08.39	13 – 14	1:04.09	
<b>75</b>		<b>13 &amp; OVER 400 IM</b>		<b>76</b>
	5:09.89	15 & OVER	4:47.79	
	5:17.79	13-14	5:00.49	
<b>77</b>		<b>12 &amp; UNDER 100 BACK</b>		<b>78</b>
	1:14.19	11 – 12	1:12.29	
	1:22.19	10 & UNDER	1:21.29	
<b>79</b>		<b>13 &amp; OVER 100 BACK</b>		<b>80</b>

	1:06.59	15 & OVER	1:01.09	
	1:08.49	13 – 14	1:04.19	
<b>81</b>		<b>12 &amp; UNDER 200 FREE</b>		<b>82</b>
	2:19.89	11 – 12	2:16.19	
	2:36.39	10 & UNDER	2:31.89	
<b>83</b>		<b>13 &amp; OVER 200 FREE</b>		<b>84</b>
	2:10.39	15 & OVER	2:00.09	
	2:13.79	13 – 14	2:05.29	
<b>85</b>		<b>12 &amp; UNDER 50 BREAST</b>		<b>86</b>
	37.99	11 – 12	37.29	
	41.99	10 & UNDER	42.19	
<b>87</b>		<b>10 &amp; Under 400 Medley Relay</b>		<b>88</b>
<b>89</b>		<b>11-12 400 Medley Relay</b>		<b>90</b>
<b>91</b>		<b>13-14 400 Medley Relay</b>		<b>92</b>
<b>93**</b>	21:39.59	<b>11 – 12 1650 FREE</b>	21:23.59	<b>94**</b>
<b>95**</b>		<b>13 &amp; OVER 1650 FREE</b>		<b>96**</b>
	19:58.89	15 & OVER	18:47.99	
	20:12.19	13 – 14	19:15.69	

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## Carroll ISD Aquatics Center

### Rules, Regulations, Prohibitions, and Deck Access

- ☞ District personnel are empowered to enforce any and all regulations that have been established by District Board of Trustees Minutes and/or Natatorium Policies.
- ☞ Folding Chairs are not allowed in the Spectator area. The walkway must stay clear at all times.
- ☞ During USA Swimming meets, spectators are required to remain in the spectator area located upstairs. Spectators on deck during competition is not permitted.
- ☞ Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. No other banners, posters, or other decorations are permitted.
- ☞ Glass containers of any sort and chewing gum are not permitted anywhere within the Aquatic Center.
- ☞ Spectators may not bring food and/or drink into the Aquatics Center from outside sources. Athletes ARE permitted to bring food and drink on deck.
- ☞ The use of tobacco products and the possession or consumption of alcoholic beverages is prohibited everywhere on Carroll ISD School District Property by direction of the Board of Trustees.
- ☞ Shaving is not permitted anywhere within the entire Aquatic Complex.
- ☞ Artificial noisemakers and laser pointing devices of any sort are not permitted anywhere within the Aquatics Center in accordance with Federation and USA Swimming Rules and District Policies.
- ☞ Teams are expected to police their respective areas at the conclusion of the competition.
- ☞ Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire Aquatics Center.
- ☞ Only authorized personnel are permitted access to the filter, circulation, and chemistry areas.
- ☞ Use of the elevator by unsupervised children who are not physically disabled is prohibited.
- ☞ The use of flash cameras at the start of any race is prohibited.
- ☞ Access to the deck of the Carroll ISD Aquatics Center is restricted to the following: Athletes from competing teams Administrative support personnel, Coaches of competing teams, Facility/District Staff Officials working the meet.