

**B/C Division I**  
**Hosted by North Texas Nadadores**  
**December 19-20, 2009**  
**Sanction #047-09**

**LOCATION:** CISD Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX.

**POOL:** Competition pool is an 8 Lane 50 meter pool with non-turbulent lane lines. Pool can be divided into two 8 lane 25 yard pools for competition and warm-up and warm-down.  
"Fully automatic Colorado Timing Systems will be used."

<b><u>SCHEDULE:</u></b>	<b><u>Warm-up</u></b>	<b><u>Meet Start</u></b>
Session 1- Saturday	8:00-8:30 AM	8:45 AM
Session 2-Saturday	10:30-11:15 AM	11:30 AM
Session 3- Sunday	8:00-8:45 AM	9:00 AM

**WARM UP:** Warm up will be general warm up in all lanes. 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. During the last 15 minutes of warm up, the following procedures will be in effect:

Lanes 1 & 8 Push swims, NO DIVING. Swimmers will start from a push from the starting end, Circle swimming only.

Lanes 2, 7 Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.

Lanes 3,4,5,6 General warm up, NO DIVING

**RULES:** Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect.

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc., #047-09.

**“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., ALL MEET OFFICIALS, NORTH TEXAS NADADORES, CARROLL ISD, AND ITS EMPLOYEES 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.”**

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.ntswim.org](http://www.ntswim.org)).

**ELIGIBILITY:** A swimmer may enter any event for which they are eligible to compete at the “B/C” level. Times listed in the event schedule is the fastest time allowed. A swimmer may not enter any event in which he/she has achieved an “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). No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. Swimmer’s age as of 12/19/09 shall determine their age for the entire meet.

**NO DECK Registrations will be accepted.**

**ENTRY FEES and LIMIT:** Each swimmer may participate in five individual events per day. Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up until 30 minutes before 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).*

**ENTRY DEADLINE:** Entries must be received by Friday, December 4th, 2009. Checks should be made payable to SWAT. Individual entries must be on the consolidated entry form and received by the deadline with payment.

**SEEDING:** All events shall 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. The check in deadline is 30 minutes prior to the scheduled start of the 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

Meet Referee may delay start of warm-up based on finish time of previous session. Meet Referee may insert break before start of 500 yard and 1000 yard freestyle events, if warranted. Meet Referee may combine girls and boys 500 yard and 1000 yard freestyle events, if warranted.

**PSYCHE SHEETS:** Psyche sheets will be available for all sessions at a one-time charge of \$5.00.

**AWARDING AND SCORING:** Ribbons will be awarded for individual events for 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

Individual events will be scored by age group.

Meet Referee: Bob Lang

Starter: Jason Johnson

Stroke and Turn Officials: Traci Johnson and Judy Koh

Meet Director: Joy Roberts

Safety Marshall: Julie Zobrist

Administrative Referee: Ann Lang

Clerk of Course: Coleen Baran

### Order of Events

### B/C – Division I

#### Session 1 – Saturday, December 19th

Warm-up 8:00 to 8:30am

Meet Starts at 8:45am

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
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 - Saturday, December 19th**  
**Warm-up 10:30 to 11:15am      Meet Starts at 11:30am**

Girls		Boys	
Event	Slower Than	Event	Slower Than
13	2:51.79	11-12 200 Fly	2:48.29
15		10 & Under 200 Free Relay	
17		11-12 200 Free Relay	
19		12 & Under 50 Back	
	43.49	10 & Under	43.69
	36.79	11-12	36.49
21		12 & Under 100 Breast	
	1:46.69	10 & Under	1:43.69
	1:29.29	11-12	1:27.79
23		12 & Under 50 Free	
	35.99	10 & Under	35.19
	31.89	11-12	30.99
25	2:48.89	11-12 200 Back	2:45.59
27		12 & Under 200 IM	
	3:19.39	10 & Under	3:18.09
	2:50.69	11-12	2:49.39
29		12 & Under 50 Fly	
	42.99	10 & Under	41.99
	35.09	11-12	35.19
31		12 & Under 500 Free	
	7:39.49	10 & Under	7:35.19
	6:40.09	11-12	6:35.09

\*#31 & 32 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

**Session 3 - Sunday, December 20th**  
**Warm-ups 8:00 to 8:45am      Meet Starts at 9:00am**

Girls		Boys	
Event	Slower Than	Event	Slower Than
33	3:11.69	11-12 200 Breast	3:07.29
35		10 & Under 200 Medley Relay	
37		11-12 200 Medley Relay	
39		12 & Under 100 Free	
	1:21.59	10 & Under	1:19.99
	1:08.29	11-12	1:07.89
41		12 & Under 100 Back	
	1:33.99	10 & Under	1:32.09

	1:21.09	11-12	1:19.09	
43		12 & Under 100 IM		44
	1:33.79	10 & Under	1:31.19	
	1:20.09	11-12	1:17.59	
45		12 & Under 200 Free		46
	2:58.29	10 & Under	2:50.89	
	2:31.49	11-12	2:27.49	
47		12 & Under 100 Fly		48
	1:42.09	10 & Under	1:40.39	
	1:20.19	11-12	1:18.69	
49		12 & Under 50 Breast		50
	47.79	10 & Under	47.89	
	40.89	11-12	40.79	
51	13:55.99	11-12 1000 Free	13:46.49	52

\*#51 & 52 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

## 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.