

**Meet Entries Due  
Friday,  
May 29, 2009**

**B/C Meet Division 1 & 2  
Hosted by Texas RiverSharks  
June 12-14, 2009  
Sanction # 022-09**

LOCATION: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yards indoors pool with Colorado Timing System. The competition will be held in lanes 1-10.

SCHEDULE:		Warm-up	Meet Start
Session 1- <b>Friday</b> :	#1	4:45-5:15 PM	6:00 PM
	#2	5:15-5:45 PM	
Session 2- <b>Saturday</b> :	#1	7:30-8:00 AM	8:40 AM
	#2	8:00-8:30 AM	
Session 3- <b>Saturday</b> :	#1	11:30-12:00 PM	12:40 PM
	#2	12:00-12:30 PM	
Session 4- <b>Sunday</b> :	# 1	7:30-8:00 AM	8:40 AM
	# 2	8:00-8:30 AM	
Session 5- <b>Sunday</b> :	#1	11:30-12:00 PM	12:40 PM
	#2	12:00-12:30 PM	

**Warm Up assignments will be posted by Monday, June 8, on the Texas RiverShark website:**  
[www.trsswimming.com](http://www.trsswimming.com)

\*\*\* The meet host and meet referee reserve the right to change warm up and/or the meet start time to accommodate the size of the meet. Any changes will be posted with the warm up assignments.

**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 & 10                      Push swims, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.

Lanes 2,9                              Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.

Lanes 3,4,5,6,7,8              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. ***ALL SPECTATORS MUST REMAIN IN THE SEATING AREA. NO BABY STROLLERS ALLOWED IN FACILITY.***

**SANCTION AND 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, TEXAS RIVERSHARKS, AND GRAPEVINE COLLEYVILLE 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.**” This meet is held under the sanction of USA Swimming, Inc. 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:** 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 **6/12/09** shall determine their age for the entire meet. Swimmers with 2 or less “BB” times may enter those events as exhibition; swimmers with more than 2 “BB” times may not swim any events as exhibition.

**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. Any athlete late entering the meet must provide proof of registration and a current print out of best times from SWIMS. NO USA Swimming registration will be accepted at the meet. The meet host and meet referee reserve the right to limit late entries to control the size and length of the meet.

**ENTRY DEADLINE:** Entries must be received by 6:00 PM on **Friday, May 29, 2009**. Checks should be made payable to SWAT. Entry fees and forms must be either placed in the payment/meet box or given to Coach Amy.

**MAIL ENTRIES TO:**

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

**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

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

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

Individual events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

*With the exception of relays, consolidated events will be seeded by time, regardless of gender; however these events will be scored and awarded by age group and gender.*

*Consolidated relays will be comprised of same age group and gender athletes; however all relays will be seeded by time. Relays will be scored and awarded by age group and gender.*

**The 500 and 1650 freestyle will be swum fastest to slowest. All swimmers in these events must provide their own timer and counter.**

North Texas Swimming Policy and Procedure swim suit rule change in effect: All swim suits worn by females shall not cover the neck, extend neither past the shoulder nor past the hip; all swim suits worn by males shall not extend above the hips or below the knees. This shall be strictly enforced.

**Session 1**

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	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		Consolidated 10 & Under 200 Free Relay		13
14	1:21.60	Consolidated 10 & Under 100 Free	1:20.00	14
15	43.50	Consolidated 10 & Under 50 Back	43.70	15
16	1:46.70	Consolidated 10 & Under 100 Breast	1:43.70	16
17	1:33.80	Consolidated 10 & Under 100 IM	1:31.20	17
18	43.00	Consolidated 10 & Under 50 Fly	42.00	18
19	7:39.50	Consolidated 10 & Under 500 Free	7:35.20	19

### Session 3

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
20	2:48.90	Consolidated 11-12 200 Back	2:45.60	20
21		Consolidated 11-12 200 Free Relay		21
22	1:08.30	Consolidated 11-12 100 Free	1:07.90	22
23	36.80	Consolidated 11-12 50 Back	36.50	23
24	1:29.30	Consolidated 11-12 100 Breast	1:27.80	24
25	1:20.10	Consolidated 11-12 100 IM	1:17.60	25
26	35.10	Consolidated 11-12 50 Fly	35.20	26
27	2:51.80	Consolidated 11-12 200 Fly	2:48.30	27
28	6:40.10	Consolidated 11-12 500 Free	6:35.10	28

### Session 4

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
29		Consolidated 10 & Under 200 Med Relay		29
30	36.00	Consolidated 10 & Under 50 Free	35.20	30
31	3:19.40	Consolidated 10 & Under 200 IM	3:18.10	31
32	1:42.10	Consolidated 10 & Under 100 Fly	1:40.40	32
33	47.80	Consolidated 10 & Under 50 Breast	47.90	33
34	1:34.00	Consolidated 10 & Under 100 Back	1:32.10	34
35	2:58.30	Consolidated 10 & Under 200 Free	2:50.90	35

### Session 5

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
36	3:11.70	Consolidated 11-12 200 Breast	3:07.30	36
37		Consolidated 11-12 200 Med Relay		37
38	2:31.50	Consolidated 11-12 200 Free	2:27.50	38
39	40.90	Consolidated 11-12 50 Breast	40.80	39
40	2:50.70	Consolidated 11-12 200 IM	2:49.40	40
41	31.90	Consolidated 11-12 50 Free	31.00	41
42	1:21.10	Consolidated 11-12 100 Back	1:19.10	42
43	1:20.20	Consolidated 11-12 100 Fly	1:18.70	43
44	23:27.90	Consolidated 11-12 1650 Free	23:10.50	44