

**Frisco Aquatics B/C “Summer Start” – Format I
(Division 2)
Friday, April 11 - Sunday, April 13, 2008
Sanction # NT 013-08**

LOCATION: Lewisville ISD Aquatic Center, 5729 Memorial Drive, The Colony, 469-948-2750. Eight lane, 50-meter pool. Meet will be run in eight, 25-yard lanes, in the west end of the pool. The east end of the pool will be reserved for warm-up and warm-down.

SCHEDULE:

| Session | Warm-up | Meet Start |
|----------------------|---------------------|-------------------|
| Friday p.m. | 5:00-5:30 p.m. | 5:45 p.m. |
| Saturday a.m. | 7:30-8:00 a.m. | 8:15 a.m. |
| Saturday p.m. | 1:00 p.m.-1:30 p.m. | 1:45 p.m. |
| Sunday a.m. | 7:30-8:00 a.m. | 8:15 a.m. |

Warm-up lane assignments will be posted on the North Texas Swimming website by Wednesday, April 9.

WARM UP: During the first 20 minutes, 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 10 minutes, the following procedures will be in effect:

- Lanes 1, 8 push pace, NO DIVING. Circle swimming only.
- Lanes 2, 3, 6, 7 racing starts. Swimming in one direction only, from the starting blocks.
- Lanes 4,5 general warm up, NO DIVING. Circle swimming only.

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. Only coaches and athletes may bring in deck chairs.**

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, FRISCO AQUATICS, AND THE LEWISVILLE 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.**

ELIGIBILITY: No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. and is registered with North Texas Swimming, Inc. **No deck registrations will be accepted.** 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 **4/11/08** shall determine their age for the entire meet. Swimmers with two “BB” times may enter those events as exhibition; swimmers with more than two “BB” times may not swim any events as exhibition.

ENTRY FEES AND LIMIT: **Each swimmer may participate in up to FOUR 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; **however, the meet director and**

meet referee may limit late entries to ensure the meet starts on time and to control the length of the meet.

ENTRY DEADLINE: Entries must be received by 6:00 p.m. on **Tuesday, April 1, 2008**. The complete USA registration number must be placed on each entry form. **Checks should be made payable to Frisco Aquatics.** Emailed team entries will be accepted as an attachment to an email message (attach the meet entries file) along with an attached file of the meet entries report by name and an attached file of meet entries fee report. Include the name, phone number, and email address of the person who prepared the entries. Emailed entries must be received by the deadline and payment must be postmarked that day. **Individual** entries must be on the consolidated entry form and received by the deadline with payment. Entries that cannot meet the deadline should late enter the meet.

MAIL ENTRIES TO:
Jennifer Edmondson
7920 Constitution Drive
Plano, TX 75025
(214) 226-4498
Email: jennifer@friscoaquatics.com

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, NT (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:

- ✓ Indicates swimmer will swim the event
- SCR Indicates swimmer will not swim the event
- _____ Indicates swimmer will not swim the event

PSYCH SHEETS: Psych sheets will be available for all sessions at a one-time charge.

AWARDS AND SCORING: Ribbons will be awarded for individual events for places 1-8. Ribbons will be awarded for relays for 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

*** With the exception of the relays, events will be seeded by entry time, regardless of age; however, the events will be scored and awarded by age group as either B or C swimmers.**

**** Relays will be comprised of same age group; however, they will be seeded by entry time and scored and awarded by age group.**

***** The 500 and 1000 freestyle will be swum fastest to slowest. All swimmers in these events must provide their own timer and counter.**

| Session 1 – Friday, April 11 – Warm-up 5:00 p.m., Meet start 5:45 p.m. | | | | |
|---|-------------------------|---------------------------|-------------------------|-------------|
| Girls | Slower Than “BB” | Event | Slower Than “BB” | Boys |
| 1 | | 12&U 200 IM | | 2 |
| | 3:19.40 | 10&U 200 IM | 3:18.10 | |
| | 2:51.80 | 11-12 200 IM | 2:49.70 | |
| 3 | | 12&U 50 Free | | 4 |
| | 36.20 | 10&U 50 Free | 35.60 | |
| | 32.20 | 11-12 50 Free | 31.00 | |
| 5 | | 12&U 100 Back | | 6 |
| | 1:33.99 | 10&U 100 Back | 1:32.49 | |
| | 1:21.89 | 11-12 100 Back | 1:19.09 | |
| 7 | | 12&U 500 Free* | | 8 |
| | 7:39.50 | 10&U 500 Free | 7:35.20 | |
| | 6:40.10 | 11-12 500 Free | 6:35.10 | |

| Session 2 – Saturday, April 12 – Warm-up 7:30 a.m., Meet start 8:15 a.m. | | | | |
|---|-------------------------|----------------------------------|-------------------------|-------------|
| Girls | Slower Than “BB” | Event | Slower Than “BB” | Boys |
| 9 | 2:53.00 | 11-12 200 Fly | 2:51.50 | 10 |
| 11 | | 12&U 200 Medley Relay | | 12 |
| | | 10&U 200 Medley | | |
| | | 11-12 200 Medley | | |
| 13 | | 12&U 100 Free | | 14 |
| | 1:22.10 | 10&U 100 Free | 1:20.00 | |
| | 1:08.30 | 11-12 100 Free | 1:08.10 | |
| 15 | | 12&U 100 Breast | | 16 |
| | 1:46.70 | 10&U 100 Breast | 1:44.80 | |
| | 1:29.30 | 11-12 100 Breast | 1:28.40 | |
| 17 | | 12&U 50 Fly | | 18 |
| | 43.00 | 10&U 50 Fly | 42.00 | |
| | 35.40 | 11-12 50 Fly | 35.50 | |
| 19 | | 12&U 100 IM | | 20 |
| | 1:34.39 | 10&U 100 IM | 1:31.39 | |
| | 1:20.29 | 11-12 100 IM | 1:18.29 | |
| 21 | 13:57.40 | 11-12 1000 Free* | 13:53.00 | 22 |

* Event will be swum fastest to slowest. Swimmers must provide their own timer and counter.

| Session 3 – Saturday, April 12 – Warm-up 1:00 p.m., Meet start 1:45 p.m. | | | | |
|---|-------------------------|-------------------------------|-------------------------|-------------|
| Girls | Slower Than “BB” | Event | Slower Than “BB” | Boys |
| 23 | | 8&U 100 Free Relay | | 24 |
| 25 | | 8&U 25 Free | | 26 |
| 27 | | 8&U 25 Back | | 28 |
| 29 | | 8&U 25 Breast | | 30 |
| 31 | | 8&U 25 Fly | | 32 |
| 33 | | 8&U 100 Free | | 34 |

| Session 4 – Sunday, April 13 – Warm-up 7:30 a.m., Meet start 8:15 a.m. | | | | |
|---|-------------------------|--------------------------------|-------------------------|-------------|
| Girls | Slower Than “BB” | Event | Slower Than “BB” | Boys |
| 35 | 2:50.20 | 11-12 200 Back | 2:46.60 | 36 |
| 37 | | 12&U 200 Free Relay | | 38 |
| | | 10&U 200 Free Relay | | |
| | | 11-12 200 Free Relay | | |
| 39 | | 12&U 200 Free | | 40 |
| | 2:58.30 | 10&U 200 Free | 2:50.90 | |
| | 2:31.80 | 11-12 200 Free | 2:28.00 | |
| 41 | | 12&U 50 Breast | | 42 |
| | 47.80 | 10&U 50 Breast | 48.20 | |
| | 41.10 | 11-12 50 Breast | 41.10 | |
| 43 | | 12&U 100 Fly | | 44 |
| | 1:42.10 | 10&U 100 Fly | 1:40.60 | |
| | 1:20.60 | 11-12 100 Fly | 1:19.30 | |
| 45 | | 12&U 50 Back | | 46 |
| | 43.50 | 10&U 50 Back | 43.90 | |
| | 37.10 | 11-12 50 Back | 36.80 | |
| 47 | 3:12.50 | 11-12 200 Breast | 3:07.40 | 48 |