

BB Spring Meet
Hosted by Lakeside Aquatic Club
May 9-11, 2008
Sanction # 018-09

Location: Keller ISD Natatorium
1000 Bear Creek Parkway
Keller, Texas 76248

- 8 Lane Course – Depth 6.5' – 12.5'
- Overflow gutter system
- Warm down area
- Fully automated Colorado Timing system w/pads
- 10 Lane Scoreboard Displays

Schedule:

Session 1 – Friday:	5:00-5:45 pm	Meet Start 6:00pm
Session 2 – Saturday:	8:00-8:45 am	Meet Starts 9:00am
Session 3 – Saturday:	12:30-1:15 pm	Meet Starts 1:30 pm
Session 4 - Sunday:	8:00-8:45 am	Meet Starts 9:00 am
Session 5 – Sunday:	12:30-1:15 pm	Meet Starts 1:30 pm

Age: Swimmer's age as of May 9, 2008.

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 a North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. **NO DECK REGISTRATION WILL BE ACCEPTED.**

Entry Fees/Entry Limit: Each swimmer may participate in five (5) individual events per day. Entry Fees are \$3.25 per individual event and \$6.50 per relay event. Late entries will be accepted up to 30 minutes prior to the start of the meet. Late Entry Fees are \$9.75 for individual entries. Relays may be entered at the meet at the regular fee.

Entry Deadline: Entries must be received by **6:00 PM, Tuesday, April 29, 2008.** The complete USA registration number must be placed on each entry form. Checks should be made payable to Lakeside Aquatic Club. E-MAIL team entries – accepted as an attachment to an e-mail message (attach the meet entries zip file) along with an **attached meet entry by name file 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. E-mailed entries must be received by the deadline date and payment must be postmarked that day. **PLEASE NO SINGLE SWIMMER E-MAIL ENTRIES.**

Please enter with team or mail entry with payment to:

Shannon Gillespy
2701 N Grapevine Mills Blvd.
#1618
Grapevine, Texas 76051
(972) 906-0205

Email entries to: sgillespy@sbcglobal.net

Awards and Scoring:

Ribbons will be awarded for places 1-8. Relay events will be awarded ribbons for place 1-3.
Team Score will be calculated – No Team Awards

Rules: “NO ENTRIES WILL BE ACCEPTED UNLESS THE ENTRANT IS AN ATHLETE MEMBER OF USA SWIMMING, INC. EVERY CLUB ENTERED AS A TEAM IN A NORTH TEXAS SWIMMING, INC SANCTIONED MEET SHALL BE A MEMBER OF USA SWIMMING, INC.”

“NORTH TEXAS SWIMMING, INC. SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

Sanction: HELD UNDER THE SANCTION OF USA SWIMMING, INC.”
”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, (OPTIONAL: OTHER ORGANIZATIONS, LAC, LISD Aquatic Center and LISD 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.”

Warm-up: Warm up will be general warm up in all lanes. No sprinting or pace work is allowed during this period. No diving during general warm up. Swimmers must enter feet first. During the last 15 min of warm up the following procedures will be followed:

Lanes 1, 8 Push swims only, No Diving, circle swim only from the starting end.

Lanes 2,3,6,7 Racing starts, sprint lane swimming in one direction only, from the starting blocks.

Lanes 4, 5 General warm up lanes.

Seeding: All events shall be conducted as timed finals and will be deck seeded.

Check In: Positive check-in is required. The check in deadline is 30 minutes prior to the scheduled start of the event. There are 2 check in options:

 x_ - indicates swimmer will swim the event.

 Scr - indicates swimmer will not swim the event

 - indicates the swimmer will swim the event

Psych Sheet: Psych Sheets will be available for all sessions at a one time charge.

Timers: LAC will provide timers for the meet, however, if you would like to volunteer, please see the Head Timer.

Results: Final results will be posted on the NT website ten (10) days of the last day of the meet.

Admissions and Concessions: No admission will be charged. Food concessions will be available.

Hospitality: A Hospitality area will be provided for coaches and officials.

List of Officials

Referee: Bill Nixon

Starter: Nina Arnett

Stroke & Turn: Robin Magan, Heather Roberts, Scott Leeper,

ORDER OF EVENTS

Session 1 – Friday, May 9, 2008

Warm-ups: 5:00 – 5:45pm

<u>Girls</u>	Slower than	Event	Slower than	<u>Boys</u>
1	(11-12) 2:39.19 (13-14) 2:32.59 (15&O) 2:29.39	11 & Over 200 Free	(11-12) 2:35.69 (13-14) 2:24.99 (15&O) 2:18.99	2
3*	6:09.69	10 & Under 400 Free	6:06.79	4*
5	(10&U) 3:20.59 (11-12) 3:00.19	12 & Under 200 IM	(10&U) 3:18.89 (11-12) 2:58.09	6
7*	(11-12) 6:27.59 (13-14) 6:02.29 (15&O) 5:56.59	11 & Over 400 IM	(11-12) 6:24.29 (13-14) 5:46.19 (15&O) 5:29.99	8*

Events 3 & 4 the 400 Free and 7 & 8 the 400 IM, will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide their own timers for these events.

Session 2 – Saturday, May 10, 2008

Warm-ups 8:00 – 8:45am

<u>Girls</u>				<u>Boys</u>
9		13 & Over 200 Med. Relay		10
11	(13-14) 2:49.49 (15&O) 2:44.69	13 & O 200 Fly	(13-14) 2:39.89 (15&O) 2:32.19	12
13	(13-14) 1:11.09 (15&O) 1:09.59	13 & Over 100 Free	(13-14) 1:06.59 (15&O) 1:04.09	14
15	(13-14) 1:29.09 (15&O) 1:27.69	13 & Over 100 Breast	(13-14) 1:23.59 (15&O) 1:20.59	16
17	(13-14) 1:20.09 (15&O) 1:18.29	13 & Over 100 Back	(13-14) 1:15.09 (15&O) 1:11.69	18
19	(13-14) 2:52.39 (15&O) 2:48.09	13 & Over 200 IM	(13-14) 2:42.79 (15&O) 2:37.09	20
21	(13-14) 5:16.59 (15&O) 5:12.19	13 & Over 400 Free**	(13-14) 5:05.59 (15&O) 4:53.29	22

**Event will be swum fastest to slowest, alternating heats of women and men.
Swimmers must provide their own timers.

Session 3 – Saturday, May 10, 2008

Warm-up 12:30-1:15 pm

<u>Girls</u>				<u>Boys</u>
23	3:02.59	11-12 200 Fly	3:00.89	24
25	(10&U) 1:35.29 (11-12) 1:26.29	12 & Under 100 Back	(10&U) 1:33.69 (11-12) 1:23.59	26
27	(10&U) 1:21.89 (11-12) 1:14.09	12 & Under 100 Free	(10&U) 1:20.59 (11-12) 1:11.59	28
29	(10&U) 42.09 (11-12) 36.59	12 & Under 50 Fly	(10&U) 40.99 (11-12) 36.59	30

31	(10&U) 43.69 (11-12) 39.19	12 & Under 50 Back	(10&U) 44.19 (11-12) 38.79	32
33	3:23.69	11-12 200 Breast	3:21.19	34
35		10 & Under 200 Med Relay		36
37		11-12 200 Medley Relay		38

Session 4 – Sunday, May 11, 2008

Warm-ups 8:00-8:30 am

Girls

Boys

39		13 & Over 200 Free Relay		40
41	(13-14) 2:51.39 (15&O) 2:47.29	13 & Over 200 Back	(13-14) 2:41.59 (15&O) 2:34.29	42
43	(13-14) 3:11.99 (15&O) 3:08.49	13 & Over 200 Breast	(13-14) 3:02.39 (15&O) 2:54.29	44
45	(13-14) 32.79 (15&O) 32.29	13 & Over 50 Free	(13-14) 30.59 (15&O) 29.39	46
47	(13-14) 1:17.29 (15&O) 1:15.89	13 & Over 100 Fly	(13-14) 1:11.99 (15&O) 1:09.09	48
49	(13-14) 10:47.99 (15&O) 10:41.89	13 & Over 800 Free*	(13-14) 10:31.29 (15&O) 10:04.59	50

Session 5 – Sunday, May 11, 2008

Warm-ups 12:30-1:15pm

Girls**Boys**

51	3:00.69	11 - 12 200 Back	3:00.29	52
53	(10-U) 36.49 (11-12) 33.69	12 & Under 50 Free	(10-U) 36.19 (11-12) 32.99	54
55	(10-U) 48.29 (11-12) 42.09	12 & Under 50 Breast	(10-U) 48.49 (11-12) 43.09	56
57	(10-U) 1:38.69 (11-12) 1:22.89	12 – Under 100 Fly	(10-U) 1:37.19 (11-12) 1:22.09	58
59	(10-U) 1:47.09 (11-12) 1:33.79	12 – Under 100 Breast	(10-U) 1:45.99 (11-12) 1:33.59	60
61	2:58.69	10 –Under 200 Free	2:52.39	62
63*	5:32.39	11 – 12 400 Free	5:29.19	64*
65		10 – U 200 Free Relay		66
67		11 – 12 200 Free Relay		68

**Event will be swum fastest to slowest, alternating heats of women and men.
Swimmers must provide their own timers.