

FAST "A"
LONG COURSE INVITATIONAL
Sanction #019-08

Date: May 16 - 18, 2008

Location: CISD Aquatic Center, 1501 W. Southlake Blvd. Southlake, TX

Facility: The natatorium is a 50 meter indoor facility. Colorado timing equipment will be used. There is ample bleacher space. Showers and locker rooms are provided. There is ample parking.

<u>Schedule:</u>	<u>Warm up</u>	<u>Meet starts</u>
Session I: Friday, May 16	Groups A&B – 5:15 - 6:00 pm	6:15 pm
Session II: Saturday, May 17	Group A – 7:30 – 8:15 am Group B – 8:15 – 9:00 am	9:15 am
Session III: Saturday, May 17	Group A – 1:00 - 1:45 pm Group B – 1:45 - 2:30pm	2:45 pm
Session IV: Sunday, May 18	Group B – 7:30 - 8:15am Group A – 8:15 - 9:00am	9:15 am
Session V: Sunday, May 18	Group B – 1:00 - 1:45 pm Group A – 1:45 - 2:30pm	2:45 pm

Note: Warm-up assignments will be posted by May 14th at www.ntswwim.org

Warm Up: The first 30 minutes for each session will be general warm up in all lanes. No sprinting or pace work is allowed during this period. NO DIVING is allowed from the blocks or the edge of the pool. Swimmers must enter the water feet first in a cautious manner. During the last 15 minutes of warm up for each session, the following procedures will be in effect:

Lanes 1 & 8	Push starts. Pace. Circle swimming only. NO DIVING.
Lanes 2, 3, 6 & 7	Racing starts, exit opposite end of the pool.
Lanes 4 & 5	General warm up lanes. Circle swimming only. NO DIVING.

Sanction and Liability: The sanction number is 019-08 held under the sanction of USA-Swimming, Inc. (USA-S).

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming, Inc. (USA-S), North Texas Swimming, Inc. (NTSI), all meet officials, Fort Worth Area Swim Team, North Texas Nadadores, and Carroll Independent School District shall be free from any liabilities or 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 the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

Rules: Current USA-S Rules and Regulations apply. NTSI safety guidelines and warm up procedures will be in effect. No glass containers are allowed in the facility. Strollers and playpens will not be allowed in order to comply with the fire code and the Safety marshals have authority to enforce the USAS rules & regulations. **To meet safety regulations, the pool deck is limited to swimmers, coaches, officials and meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool. No food and drinks are allowed in the pool area. There will be an assigned area for swimmers to store coolers.**

Meet Operations: Positive check in is required for all events.

Eligibility: 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. The USA Swimming ID number must be placed on the consolidated entry form. For other eligibility requirements, see North Texas P&P Sections 3&4. **The swimmer's age as of May 16th, 2008 shall determine their age for the entire meet.**

Entry Limit: Swimmers may participate in a maximum of five (5) individual events plus one (1) relay event each day.

Entry Fees: Entry fees are \$3.50/individual event, \$7.00/relay event. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted until 30 minutes before the start of each session at \$10.50/individual event, per NT-LSC guidelines. Athletes who wish to late enter must present their current registration card or facsimile and a current print out of their times from SWIMS.

E-mail team entries are preferred, and will be accepted as an attachment to an e-mail 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 e-mail address of the person who prepared the entries. E-mail entries must be received by the deadline and payment must be postmarked that day. E-mailed entries will be confirmed as received within 24 hours. Individual entries must be on the consolidated entry form and received by the deadline with payment.

Entry Deadline: Entries must be received no later than 6:00 PM Thursday, May 8, 2008.

Entries: When submitting entries, include the name, email address and phone number of the person preparing team entries. **Make checks payable to FAST.** Send entries and payment to:

Graham Ayers
RE: Meet Entries
4613 Fieldcrest
Ft. Worth, TX 76109

Email entries to:
graham.ayers@sprint.com

NO DECK REGISTRATIONS WILL BE ACCEPTED

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: Check-in & scratch procedures for the seeding of the meet is as follows:

<u> X </u>	Indicates swimmer is present and wants to swim the event
<u> SCR </u>	Indicates swimmer does not want to swim the event
<u> </u>	Indicates swimmer is not swimming for unknown reasons

The Check-in deadline for each event is 30 minutes prior to the scheduled start of the event.

Psyche Sheets: Psyche sheets for both days will be available at a one-time charge of \$5.00.

Final Results: Final results will be posted to the North Texas website within 10 days.

Awards: First through eighth places for each individual event and first through third places for each relay event will receive ribbons. Awards shall be available for individuals to pick up during the meet. Awards that are not picked up will be distributed at the next LSC meet.

Scoring: Individual events will be scored: 9, 7, 6, 5, 4, 3, 2, 1. Relay events will be scored 18, 14, 12, 10, 8, 6, 4, 2.

Concessions & Hospitality: Concessions will be available. However, food and drinks will not be allowed on the pool deck. Hospitality will be available for coaches and officials only.

Questions: Contact Graham Ayers at 817-926-1006.

List of Officials:

Head Referee:	Karen Rourke
Starter(s):	Mike Eubanks
Stroke and Turn Judges	Jeff Mucher, Steve Plamondon

Session I – Friday Evening

Girls	Faster Than	Event Description	Faster Than	Boys
1	12&U 200 IM			2
	3:20:59	10&U	3:18:89	
	3:00.19	11-12	2:58.09	
3	13&O 200 IM			4
	2:52.39	13-14	2:42:79	
	2:48.09	15&O	2:37.09	
5	11-12 200 Fly			6
	3:02.59	11-12	3:00.89	
7	12&U 400 Free			8
	6:09.69	13-14	6:06.79	
	5:32.39	15&O	5:29.19	
9	13&O 400 Free			10
	5:16.59	13-14	5:05.59	
	5:12.19	15&O	4:53.29	

* We will swim events 7 – 10 (400 Free) fastest to slowest, alternating heats of girls and boys.

Session II - Saturday Morning

Girls	Faster Than	Event Description	Faster Than	Boys
11		400 Free Relay 10&U 11-12		12
13	12&U 50 Free			14
	36.49	10&U	36.19	
	33.69	11-12	32.99	
15	12&U 50 Breast			16
	48.29	10&U	48.49	
	42.09	11-12	43.09	
17	12&U 100 Back			18
	1:35.29	10&U	1:33.69	
	1:26.29	11-12	1:23.59	
19	12&U 50 Fly			20
	42.09	10&U	40.99	
	36.59	11-12	36.59	
21	11-12 200 Breast			22
	3:23.69	11-12	3:21.19	
23	12&U 200 Free			24
	2:58.69	10&U	2:52.39	
	2:39.19	11-12	2:35.69	

Session III – Saturday Afternoon

Girls	Faster Than	Event Description	Faster Than	Boys
25		400 Free Relay 13-14 15&O		26
27		13&O 50 Free		28
	32.79	13-14	30.59	
	32.29	15&O	29.39	
29		13&O 100 Breast		30
	1:29.09	13-14	1:23.59	
	1:27.69	15&O	1:20.59	
31		13&O 200 Back		32
	2:51.39	13-14	2:41.59	
	2:47.29	15&O	2:34.29	
33		13&O 100 Fly		34
	1:17.29	13-14	1:11.99	
	1:15.89	15&O	1:09.09	
35		13&O 200 Free		36
	2:32.59	13-14	2:24.99	
	2:29.39	15&O	2:18.99	

Session IV - Sunday Morning

Girls	Faster Than	Event Description	Faster Than	Boys
37		400 Medley Relay 10&U 11-12		38
39		12&U 100 Free		40
	1:21.89	10&U	1:20.59	
	1:14.09	11-12	1:11.59	
41		12&U 100 Breast		42
	1:47.09	10&U	1:45.99	
	1:33.79	11-12	1:33.59	
43		12&U 50 Back		44
	43.69	10&U	44.19	
	39.19	11-12	38.79	
45		12&U 100 Fly		46
	1:38.69	10&U	1:37.19	
	1:22.89	11-12	1:22.09	
47		11-12 200 Back		48
	3:00.69	11-12	3:00.29	
49		11-12 400 IM		50
	6:27.59	11-12	6:24.29	

* We will swim events 49 & 50 (400 IM) fastest to slowest, alternating heats of girls and boys.

Session V – Sunday Afternoon

Girls	Faster Than	Event Description	Faster Than	Boys
51		400 Medley Relay 13-14 15&O		52
53		13&O 100 Free		54
	1:11.09	13-14	1:06.59	
	1:09.59	15&O	1:04.09	
55		13&O 200 Breast		56
	3:11.99	13-14	3:02.39	
	3:08.49	15&O	2:54.29	
57		13&O 100 Back		58
	1:20.09	13-14	1:15.09	
	1:18.29	15&O	1:11.69	
59		13&O 200 Fly		60
	2:49.49	13-14	2:39.89	
	2:44.69	15&O	2:32.19	
61		13&O 400 IM		62
	6:02.29	13-14	5:46.19	
	5:56.59	15&O	5:29.99	

* We will swim events 61 & 62 (400 IM) fastest to slowest, alternating heats of girls and boys.

A 10 minute warm up period will precede the 800 Free

63		11&O 800 Free		64
	11:36.49	11&12	11:39.29	
	10:47.99	13-14	10:31.29	
	10:41.89	15&O	10:04.59	

* We will swim events 63 & 64 (800 Free) fastest to slowest. Boys and girls will be seeded together. Swimmers will need to supply their own counters and timers.

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.