

**ATAC YOUR TIMES "A" INVITATIONAL
HOSTED BY ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC)
AND NORTH TEXAS NADADORES (NTN)
DATES: October 31- November 2, 2008
Sanction # 043-08**

LOCATION: CISD Aquatics Center
1501 W. Southlake Blvd.
Southlake, TX 76092
(817) 949-8200
Two indoor 25 Yard, eight lane pools with Colorado Timing System.

TIME:	Warm-up	Session Starts
	Session 1-Friday 5:00 – 5:45 PM	6:00 PM
	Session 2-Saturday 8:00 - 9:15 AM	9:30 AM
	Session 3-Saturday 1:30 - 2:15 PM or after AM session	2:30 PM
	Session 4- Sunday 8:00- 9:15AM	9:30AM
	Session 5- Sunday 1:30- 2:15PM or after morning session	2:30PM

WARM-UP

PROCEDURES:

Warm up will be general warm up in all lanes for two 30 minute sessions. There will be no specific lane assignments. 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, all lanes will become dive start lanes.

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. The sanction number is 043-08. 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, the ACADEMY of TEXAS AQUATIC CHAMPIONS, INC., the NORTH TEXAS NADADORES, AND the CARROLL 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 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 an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the "A" qualifying time standard; furthermore, a swimmer who has three current "A" times may enter any event. **NO DECK USA SWIMMING REGISTRATIONS WILL BE ACCEPTED.** Swimmer's age as of 10/31/08 shall determine their age for the entire meet.

ENTRY LIMIT

Each swimmer may participate in five individual events and one relay per day.

ENTRY FEES

Entry fees are \$3.25 per individual event and \$6.50 per relay. Mail entry fees made payable to: CISD send to: CISD Aquatics Center, 1501 W. Southlake Blvd., Southlake, TX 76092. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event.

ENTRY DEADLINE:

Entries must be received by 6:00 PM on Tuesday, October 21, 2008. Entries must be submitted by Email, to ChristeB@cisdmail.com with an attached file of the meet entries report by name and a meet entry fee report.

All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to North Texas Nadadores.

- Fees shall be mailed and postmarked by 10/28/08.

Teams submitting fees not postmarked by the entry date shall be billed for late entry fees for all entries.

- The name, phone number and email address of the person preparing team entries shall be provided with the entries.

- All teams shall provide a printout of meet entry fees and a printout of individual entries, by name, using the NTS standard team entry software.

SEND Entries To:

Bill Christensen ChristeB@cisdmail.com

Meet Directors: Marcia Beare marciabeare@sbcglobal.net
James Hayden jameshayden2002@msn.com

SEEDING

All events will 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. Short course times should be entered.

CHECK IN

Positive check in is required. The check in deadline is 30 minutes prior to the scheduled start of each 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

PSYCHE SHEETS

Psyche 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 and for relays, places 1-3. High Point awards will be awarded to each top scoring male and female in the 10&U, 11-12, 13-14, and 15&O age group. 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

FINAL RESULTS

A copy of the final results will be posted to the North Texas Swimming website within 10 days of the conclusion of the event.

CONCESSIONS

Concessions will be available for purchase by swimmers and spectators.

HOSPITALITY

Hospitality will be available for coaches and officials and host team volunteers.

TIMERS

All teams are asked to provide one timer for every 10 swimmers entered in the meet. All swimmers in the 500, 1000, and 1650 must provide their own timer and lap counter.

QUESTIONS

Contact Meet Directors: Marcia Beare or Jamie Hayden

SCHEDULE OF EVENTS

Friday, 31 October 2008

Girls Warm Ups: 5:00pm- 5:45pm, Meet 6:00pm Boys

1	5:38.09	11-12 400 IM	5:31.99	2
		13 & OVER 400 IM		
3	5:14.09	15 & OVER	4:49.09	4
5	5:19.59	13-14	5:02.39	6
		13 & OVER 50 FREE		
7	28.19	15 & OVER	25.39	8
9	28.69	13 – 14	26.59	10
		12 & UNDER 500 FREE		
*11	6:09.29	11 – 12	6:04.69	*12
*13	6:48.39	10 & UNDER	6:44.59	*14
		13 & OVER 500 FREE		
*15	5:48.39	15 & OVER	5:25.29	*16
*17	5:52.99	13 – 14	5:39.39	*18

* Swimmers must provide their own counter for these events. They will be swum fastest to slowest alternating girls and boys events.

Saturday, 1 November

Warmups: 8am-8:30am,8:30am-9am, Dive

Starts- 9am-9:15am Meet

Starts:9:30am

	Girls	Starts: 9am-9:15am Meet: 9:30am	Boys	
		13 & OVER 200 BACK		
19	2:25.89	15 & OVER	2:12.69	20
21	2:27.29	13 – 14	2:19.49	22
		13 & OVER 200 IM		
23	2:28.39	15 & OVER	2:15.69	24
25	2:31.29	13 – 14	2:21.89	26
		13 & OVER 100 BREAST		
27	1:16.39	15 & OVER	1:09.19	28
29	1:17.99	13 – 14	1:12.29	30
		13 & OVER 200 FLY		
31	2:26.59	15 & OVER	2:14.39	32
33	2:28.59	13 – 14	2:20.79	34
		13 & OVER 100 FREE		
35	1:01.09	15 & OVER	55:39	36
37	1:02.19	13 – 14	57.99	38
39		13 – 14 400 MEDLEY RELAY		40
41		15 & OVER 400 MEDLEY RELAY		42
		13 & OVER 1000 FREE		
**43	11:55.89	15 & OVER	11:12.19	**44
**45	12:07.59	13 – 14	11:41.49	**46

Saturday, November 1, 2008
Warmup: 1:30pm or after morning session
Dive Starts: 2pm- 2:15pm, Meet: 2:30pm

12 & UNDER 200 IM				
47	2:38.59	11 – 12	2:35.89	48
49	2:55.99	10 & UNDER	2:55.29	50
12 & UNDER 50 FREE				
51	29.79	11-12	28.59	52
53	32.39	10 & UNDER	31.89	54
12 & UNDER 100 BREAST				
55	1:22.19	11 – 12	1:21.09	56
57	1:33.39	10 & UNDER	1:32.69	58
59	2:39.69	11 – 12 200 FLY	2:38.29	60
12 & UNDER 200 FREE				
61	2:20.19	11 – 12	2:16.59	62
63	2:36.39	10 & UNDER	2:31.89	64
12 & UNDER 50 BACK				
65	34.29	11 – 12	33.89	66
67	38.19	10 & UNDER	38.39	68
69		10 & UNDER 200 MEDLEY RELAY		70
71		11 – 12 400 MEDLEY RELAY		72
**73	12:52.99	11 – 12 1000 FREE	12:48.89	**74

Sunday, November 2, 2008
Warmups: 8am-8:30am,8:30am-9am
Dive Starts: 9am-9:15am, Meet: 9:30am

13 & Over 200 BREAST				
75	2:44.69	15 & OVER	2:30.09	76
77	2:47.99	13 – 14	2:36.29	78
13 & OVER 100 FLY				
79	1:06.89	15 & OVER	1:00.49	80
81	1:08.09	13 – 14	1:03.39	82
13 & OVER 100 BACK				
83	1:07.69	15 & OVER	1:01.29	84
85	1:08.69	13 – 14	1:04.89	86
13 & OVER 200 FREE				
87	2:11.49	15 & OVER	2:00.79	88
89	2:14.19	13 – 14	2:05.79	90
91		13 - 14 400 FREE RELAY		92
93		15 & OVER 400 FREE RELAY		94
13 & OVER 1650 FREE				
**95	19:58.89	15 & OVER	19:29.49	**96
**97	20:12.19	13 – 14	18:47.99	**98

Sunday, November 2, 2008
Warmups: 1:30pm or after morning session

Dive Starts: 2pm-2:15pm, Meet: 2:30pm

		12 & UNDER 100 I.M.		
99	1:14.09	11-12	1:12.19	100
101	1:23.19	10 & UNDER	1:21.29	102
		12 & UNDER 50 FLY		
103	32.69	11 – 12	32.39	104
105	37.29	10 & UNDER	36.69	106
107	2:57.69	11 – 12 200 BREAST	2:52.99	108
		12 & UNDER 100 FLY		
109	1:13.59	11 – 12	1:12.19	110
111	1:26.69	10 & UNDER 12 & UNDER 100 BACK	1:25.69	112
113	1:14.89	11 – 12	1:12.29	114
115	1:22.19	10 & UNDER	1:21.69	116
		12 & UNDER 100 FREE		
117	1:03.09	11 – 12	1:02.89	118
119	1:12.29	10 & UNDER	1:10.79	120
		12 & UNDER 50 BREAST		
121	37.99	11 – 12	37.59	122
123	41.99	10 & UNDER	42.49	124
125	2:37.09	11-12 200 BACK	2:33.79	126
127		10 & UNDER 200 FREE RELAY		128
129		11 – 12 200 FREE RELAY		130
**131	21:41.69	11-12 1650 FREE	20:41.89	**132

**ALL SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST, ALTERNATING HEATS OF WOMEN AND MEN.