

B/C Division I
Hosted by North Texas Nadadores and ATAC
December 20-21, 2008
Sanction # 048-08

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

POOL: Competition pool is an 8 Lane 50 meter pool with non-turbulent lane lines. Pool can be divided into two 8 lane 25 yard pools for competition and warm-up and warm-down.

<u>SCHEDULE:</u>	<u>Warm-up</u>	<u>Meet Start</u>
Session 1- Saturday	8:00-8:30 AM	8:40 AM
Session 2-Saturday	10:30- 11:15 AM	11:30 AM
Session 3- Sunday	8:00-8:45 AM	9:00 AM

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 & 8 Push swims, NO DIVING. Swimmers will start from a push from the starting end, Circle swimming only.

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

Lanes 3,4,5,6 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.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #048-08. **“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, (OPTIONAL: OTHER ORGANIZATIONS, such as city, university, and host teams) 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: A swimmer may enter any event for which they are eligible to compete at the “B/C” level. Times listed in the event schedule is the fastest time allowed. A swimmer may not enter any event in which he/she has achieved an “BB” time. Exception: Swimmers with two (2) or less “BB” times may swim the events in which they have “BB” times in an exhibition capacity (no points or awards). 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 12/20/08 shall determine their age for the entire meet. **NO DECK Registrations will be accepted.**

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. ***All late entries must be accompanied by the swimmers USA Swimming ID card. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers.***

ENTRY DEADLINE: Entries must be received by Tuesday, December 9th, 2008. The complete USA registration number must be placed on each entry form. Checks should be made payable to CISD. E-mailed team entries will be accepted as an attachment to an email message (attach the meet entries file and meet entry fee 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 the following Thursday. Individual entries must be on the consolidated entry form and received by the deadline with payment.

MAIL ENTRIES TO:

Bill Christensen
6800 Megan Lane
North Richland Hills, TX 76180
817-949-8201
email: christeb@cisdmail.com and/or billchr@sbcglobal.net

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: 9-7-6-5-4-3-2-1

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

Individual events will be scored by age group.

Meet Referee: Tom Osterland

Starter: Jeanne Manikowski

Stroke and Turn Officials – Traci Johnson and Jose Maher

Meet Director – Catherine Singley

Safety Marshall – Julie Zobrist

Order of Events
B/C – Division I

Session 1 – Saturday, December 20th
Warm-up 8:00 to 8:30 am Meet Starts at 8:40 am

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
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 - Saturday, December 20th
Warm-up 10:30 to 11:15 am Meet Starts at 11:30 am

<u>Girls</u>	<u>Slower Than</u>	<u>Event</u>	<u>Slower Than</u>	<u>Boys</u>
Event				Event
13	2:52.99	11-12 200 Fly	2:51.49	14
15		10 & Under 200 Free Relay		16
17		11-12 200 Free Relay		18
19		12 & Under 50 Back		20
	43.49	10 & Under	43.89	
	37.09	11-12	36.79	
21		12 & Under 100 Breast		22
	1:46.69	10 & Under	1:44.79	
	1:29.29	11-12	1:28.39	
23		12 & Under 50 Free		24
	36.19	10 & Under	35.59	
	32.19	11-12	30.99	
25	2:50.19	11-12 200 Back	2:46.59	26
27		12 & Under 200 IM		28
	3:19.39	10 & Under	3:18.09	
	2:51.79	11-12	2:49.69	
29		12 & Under 50 Fly		30
	42.99	10 & Under	41.99	
	35.39	11-12	35.49	
31		12 & Under 500 Free		32

7:39.49	10 & Under	7:35.19
6:40.09	11-12	6:35.09

*#31 & 32 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

Session 3 - Sunday, December 21st

Warm-ups 8:00 to 8:45 am Meet Starts at 9:00 am

Girls				Boys	
Event	Slower Than	Event	Slower Than	Event	Event
33	3:12.49	11-12 200 Breast	3:07.39	34	
35		10 & Under 200 Medley Relay		36	
37		11-12 200 Medley Relay		38	
39		12 & Under 100 Free		40	
	1:22.09	10 & Under	1:19.99		
	1:08.29	11-12	1:08.09		
41		12 & Under 100 Back		42	
	1:33.99	10 & Under	1:32.49		
	1:21.89	11-12	1:19.09		
43		12 & Under 100 IM		44	
	1:34.39	10 & Under	1:31.39		
	1:20.29	11-12	1:18.29		
45		12 & Under 200 Free		46	
	2:58.29	10 & Under	2:50.89		
	2:31.79	11-12	2:27.99		
47		12 & Under 100 Fly		48	
	1:42.09	10 & Under	1:40.59		
	1:20.59	11-12	1:19.29		
49		12 & Under 50 Breast		50	
	47.79	10 & Under	48.19		
	41.09	11-12	41.09		
51	13:57.39	11-12 1000 Free	13:52.99	52	

*#51 & 52 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

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.