

“A” INVITATIONAL
Hosted by NORTH TEXAS NADADORES (NTN)
DATES: January 9-11, 2009
Sanction #006-09

LOCATION: CISD Aquatics Center
1501 W. Southlake Blvd.
Southlake, TX 76092
(817) 949-8200

Two indoor 25 Yard, eight lane pools with Colorado Timing.
Lanes will be available for warm-up and warm-down during the Meet.
Ample seating and dressing space are provided.

THE MEET REFEREE WILL DECIDE IF AND HOW TO DIVIDE EVENTS
BETWEEN THE TWO POOLS BASED UPON THE MEET ENTRIES. THIS WILL BE
ANNOUNCED AND POSTED BEFORE THE COMMENCEMENT OF THE MEET.

TIME:	Warm-up	Meet Session Starts
Session 1-Friday PM	5:00 - 5:45PM	6:00 PM
Session 2-Saturday AM	13 & Overs Group 1 7:30- 8:15 AM Group 2 8:15-9:00 AM	9:15 AM
Session 3 – Saturday PM	12 & Unders All Teams – 1:00 to 1:45 pm	2:00 PM
Session 4-Sunday AM	13 & Over Group 2 7:30- 8:15 AM Group 1 8:15-9:00 AM	9:15 AM
Session 5 – Sunday PM	12 & Unders All Teams – 1:00 to 1:45 pm	2:00 PM

Group 1 – ATAC, FAST, FA, IS, LAC, LSC, MAC, MARS, NTN, SWAT, SNAP, TRS,
WW2 and unassigned Unattached Swimmers
Group 2 – CAT, COPS, COR, DM, HEAT, LSSC, MTRO, ROCK

WARM-UP PROCEDURES: During the first 30 minutes of each warm-up session, the warm-up will be general warm-up in all lanes. 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, the following procedures will be in effect:

Lanes 1 & 8 Push starts, pace, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.

Lanes 2,3,6, & 7 Racing starts, sprint lanes, swimming in one direction only, from the starting blocks. Exit the pool on the bulkhead.

Lanes 4 & 5 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. 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.

Please also read the attached Rules and Regulations of the Carroll ISD Aquatics Center that must be observed during the meet.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #006-09. **“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

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. Swimmer’s age as of 1/09/09 shall determine their age for the entire meet.

NO DECK Registrations will be accepted.

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. Late entries will be accepted up to 30 minutes prior to the scheduled 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 Wednesday, December 31st, 2008. Entries must be submitted by Email, to christeb@cisdmail.com and/or billchr@sbcglobal.net with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed to:

Bill Christensen
6800 Megan Lane
North Richland Hills, TX 76180

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 CISD.

- Fees shall be mailed and postmarked by Friday, January 2nd, 2009. Checks for entry fees shall be made payable to CISD.
- 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.

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.

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 from the conclusion of the meet.

CONCESSIONS

Concessions will be available for purchase by swimmers and spectators.

HOSPITALITY

Hospitality will be available for coaches and officials and host teams 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 yard freestyle events must provide their own timer and lap counter. All of these events will be swum fastest to slowest, alternating heats of women and men.

OFFICIALS

Meet Referee: Scott May

Starter: Jeanne Manikowski

Stroke and Turn: Jose Maher and Jason Johnson

Meet Director: Catherine Singley

Head Safety Marshall: Julie Zobrist

SCHEDULE OF EVENTS

Friday, 9th January 2009

Girls	Warm Ups: 5:00pm- 5:45pm, Meet 6:00pm		Boys
Event #	Faster Than		Faster Than Event #
1	5:38.09	11-12 400 IM	5:31.99 2
3	5:19.59	13-14 400 IM	5:02.39 4
5	5:14.09	15 & OVER 400 IM	4:49.09 6
7	28.69	13 – 14 50 Free	26.59 8
9	28.19	15 & OVER 50 Free	25.39 10
		12 & UNDER 500 FREE	
*11	6:48.39	10 & UNDER	6:44.59 *12
*11	6:09.29	11 – 12	6:04.69 *12
		13 & OVER 500 FREE	
*13	5:52.99	13 – 14	5:39.39 *14
*15	5:48.39	15 & OVER	5:25.29 *16

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

Saturday, January 10th

Warmups: 7:30 to 8:15 am, 8:15am-9:00am, Meet Starts:9:15am

Girls	EVENTS		Boys
Event #	Faster Than		Faster Than Event #
17	2:27.29	13 – 14 200 Back	2:19.49 18
19	2:25.89	15 & OVER 200 Back	2:12.69 20
21	2:31.29	13 – 14 200 IM	2:21.89 22
23	2:28.39	15 & OVER 200 IM	2:15.69 24
25	1:17.99	13 – 14 100 Breast	1:12.29 26
27	1:16.39	15 & OVER 100 Breast	1:09.19 28
29	2:28.59	13 – 14 200 Fly	2:20.79 30
31	2:26.59	15 & OVER 200 Fly	2:14.39 32
33	1:02.19	13 – 14 100 Free	57.99 34
35	1:01.09	15 & OVER 100 Free	55:39 36
37		13-14 200 Medley Relay	38
39		15 & Over 200 Medley Relay	40
*41	12:07.59	13 – 14 1000 Free	11:41.49 *42
*43	11:55.89	15 & OVER 1000 Free	11:12.19 *44

Saturday, January 10th
 Warmup: 1:00pm or after morning session

Meet: 2:00 pm

Event #	Faster Than		Faster Than	Event #
45		12 & UNDER 200 IM		46
	2:55.99	10 & UNDER	2:55.29	
	2:38.59	11 – 12	2:35.89	
47		12 & UNDER 50 FREE		48
	32.39	10 & UNDER	31.89	
	29.79	11-12	28.59	
49		12 & UNDER 100 BREAST		50
	1:33.39	10 & UNDER	1:32.69	
	1:22.19	11 – 12	1:21.09	
51	2:39.69	12 & Under 200 FLY	2:38.29	52
53		12 & UNDER 200 FREE		54
	2:36.39	10 & UNDER	2:31.89	
	2:20.19	11 – 12	2:16.59	
55		12 & UNDER 50 BACK		56
	38.19	10 & UNDER	38.39	
	34.29	11 – 12	33.89	
57		10 & Under 200 Medley Relay		58
59		11-12 200 Medley Relay		60
*61	12:52.99	11 – 12 1000 FREE	12:48.89	*62

Sunday, January 11th

Warmups: 7:30 to 8:15 am, 8:15am-9:00am, Meet Starts:9:15am

Event #	Faster Than		Faster Than	Event #
63	2:47.99	13 – 14 200 Breast	2:36.29	64
65	2:44.69	15 & OVER 200 Breast	2:30.09	66
67	1:08.09	13 – 14 100 Fly	1:03.39	68
69	1:06.89	15 & OVER 100 Fly	1:00.49	70
71	1:08.69	13 – 14 100 Back	1:04.89	72
73	1:07.69	15 & OVER 100 Back	1:01.29	74
75	2:14.19	13 – 14 200 Free	2:05.79	76
77	2:11.49	15 & OVER 200 Free	2:00.79	78
79		13-14 200 Free Relay		80
81		15 & Over Free Relay		82
*83	20:12.19	13 – 14 1650 Free	18:47.99	*84
*85	19:58.89	15 & OVER 1650 Free	19:29.49	*86

Sunday, January 11th
 Warmup: 1:00pm or after morning session
 Meet: 2:00 pm

Event #	Faster Than		Faster Than	Event #
87	1:23.19 1:14.09	12 & UNDER 100 IM 10 & UNDER 100 IM 11-12 100 IM	1:21.29 1:12.19	88
89	37.29 32.69	12 & UNDER 50 FLY 10 & UNDER 50 11 – 12 50 Fly	36.69 32.39	90
91	2:57.69	12 & Under 200 BREAST	2:52.99	92
93	1:26.69 1:13.59	12 & UNDER 100 FLY 10 & UNDER 11 – 12	1:25.69 1:12.19	94
95	1:22.19 1:14.89	12 & UNDER 100 BACK 10 & UNDER 11 – 12	1:21.69 1:12.29	96
97	1:12.29 1:03.09	12 & UNDER 100 FREE 10 & UNDER 11 – 12	1:10.79 1:02.89	98
99	41.99 37.99	12 & UNDER 50 BREAST 10 & UNDER 11 – 12	42.49 37.59	100
101	2:37.09	12 & Under 200 BACK	2:33.79	102
103		10 & Under 200 Free Relay		104
105		11-12 200 Free Relay		106
*107	21.41.69	11-12 1650 FREE	20:41.89	*108

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.