

B/C Meet Div 1 & 2
Hosted by Texas RiverSharks
January 23-25, 2009
Sanction # 004-09

LOCATION: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yards indoors pool with Colorado Timing System. The competition will be held in lanes 1-10.

SCHEDULE:		Warm-up	Meet Start
Session 1- Friday :	#1	4:30-5:00 PM	5:40 PM
	#2	5:00-5:30 PM	
Session 2- Saturday :	#1	7:30-8:00 AM	8:40 AM
	#2	8:00-8:30 AM	
Session 3- Saturday :***	#1	1:00- 1:30 PM	2:10 PM
	#2	1:30- 2:00 PM	
Session 4- Sunday :	#1	7:30-8:00 AM	8:40 AM
	#2	8:00-8:30 AM	
Session 5- Sunday :***	#1	1:00-1:30 PM	2:10 PM
	#2	1:30-2:00 PM	

Warm Up assignments will be posted by Monday, January 19, on the TRS website:www.trsswimming.com

***If Saturday and/or Sunday morning sessions are scheduled to finish early then Saturday and/or Sunday afternoon warm ups will start after the conclusion of the morning sessions with the meet starting no earlier than 1:00 pm. A revised estimated warm up time for Sessions 3 and 5 will be posted with the warm up assignments once entries are received and a meet time line is established. Please check for any changes to the afternoon warm up and start times.

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 & 10	Push swims, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.
Lanes 2,9	Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.
Lanes 3,4,5,6,7,8	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. ***ALL SPECTATORS MUST REMAIN IN THE SEATING AREA. NO BABY STROLLERS ALLOWED IN FACILITY.***

SANCTION AND LIABILITY: “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, TEXAS RIVERSHARKS, AND GRAPEVINE COLLEYVILLE 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.” This meet is held under the sanction of USA Swimming, Inc. 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 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 **1/23/09** shall determine their age for the entire meet. Swimmers with 2 or less "BB" times may enter those events as exhibition; swimmers with more than 2 "BB" times may not swim any events as exhibition.

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. Any athlete late entering the meet must provide proof of registration and a current print out of best times from SWIMS. NO USA Swimming registration will be accepted at the meet. The meet host and meet referee reserve the right to limit late entries to control the size and length of the meet.

ENTRY DEADLINE: Entries must be received by 6:00 PM on **Tuesday, January 13, 2009**. The complete USA registration number must be placed on each entry form. *Relay only swimmers not included in the entry file must bring proof of registration to clerk of course.* Checks should be made payable to TRS. *Emailed team entries will be accepted as an attachment to an email 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 email address of the person who prepared the entries. Emailed entries must be received by the deadline and payment must be postmarked that day.* **Individual** entries must be on the consolidated entry form and received by the deadline with payment.

MAIL ENTRIES TO:

Karen Rourke
1105 Normandy Dr.
Southlake, TX 76092
(817) 421-2151
email: karen@trsswimming.com

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: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

Consolidated events will be seeded by entry time, regardless of gender; however the event will be scored and awarded by age group and gender as either B or C time standards.

Relays will be comprised of same gender and age group; however all relays will be seeded together by entry time and awarded by gender and age group.

The 500 and 1000 freestyle will be swum fastest to slowest. All swimmers in these events must provide their own timer and counter.

North Texas Swimming Policy and Procedure swim suit rule change in effect: All swim suits worn by females shall not cover the neck, extend neither past the shoulder nor past the hip; all swim suits worn by males shall not extend above the hips or below the knees. This shall be strictly enforced.

Session 1				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
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				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
13		10 & Under Consolidated 200 Free Relay		13
14	1:22.10	10 & Under Consolidated 100 Free	1:20.00	14
15	43.50	10 & Under Consolidated 50 Back	43.90	15
16	1:46.70	10 & Under Consolidated 100 Breast	1:44.80	16
17	1:34.40	10 & Under Consolidated 100 IM	1:31.40	17
18	43.00	10 & Under Consolidated 50 Fly	42.00	18
19	7:39.50	10 & Under Consolidated 500 Free *	7:35.20	19
*The event will be swum fastest to slowest				
Session 3				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
20	2:50.20	11-12 Consolidated 200 Back	2:46.60	20
21		11-12 Consolidated 200 Free Relay		21
22	1:08.30	11-12 Consolidated 100 Free	1:08.10	22
23	37.10	11-12 Consolidated 50 Back	36.80	23
24	1:29.30	11-12 Consolidated 100 Breast	1:28.40	24
25	1:20.30	11-12 Consolidated 100 IM	1:18.30	25
26	35.40	11-12 Consolidated 50 Fly	35.50	26
27	2:53.00	11-12 Consolidated 200 Fly	2:51.50	27
28	6:40.10	11-12 Consolidated 500 Free*	6:35.10	28
*The event will be swum fastest to slowest				

Session 4

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
29		10 & Under Consolidated 200 Med Relay		29
30	36.20	10 & Under Consolidated 50 Free	35.60	30
31	3:19.40	10 & Under Consolidated 200 IM	3:18.10	31
32	1:42.10	10 & Under Consolidated 100 Fly	1:40.60	32
33	47.80	10 & Under Consolidated 50 Breast	48.20	33
34	1:34.00	10 & Under Consolidated 100 Back	1:32.50	34
35	2:58.30	10 & Under Consolidated 200 Free	2:50.90	35

Session 5

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
36	3:12.50	11-12 Consolidated 200 Breast	3:07.40	36
37		11-12 Consolidated 200 Med Relay		37
38	2:31.80	11-12 Consolidated 200 Free	2:28.00	38
39	41.10	11-12 Consolidated 50 Breast	41.10	39
40	2:51.80	11-12 Consolidated 200 IM	2:49.70	40
41	32.20	11-12 Consolidated 50 Free	31.00	41
42	1:21.90	11-12 Consolidated 100 Back	1:19.10	42
43	1:20.60	11-12 Consolidated 100 Fly	1:19.30	43
44	13:57.40	11-12 Consolidated 1000 Free*	13:53.00	44

*The event will be swum fastest to slowest