

Lakeside Aquatic Club Long Course "BB" Invitational May 29-31, 2009

Hosted by Lakeside Aquatic Club
Sanction #020-09

Updated 28 May 2009

Location: The LISD Aquatic Center, 5729 Memorial Drive, The Colony, Texas 75056 (469) 948-2750

Facility: 8 lane, 50m pool. Colorado timing system and 2 scoreboards will be utilized. Ample seating and dressing space are provided.

Meet Schedule:

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Friday	5:00-5:45pm	6:00pm

Group 1: CLAS, FAST, HEAT, IS, LAC, MAC, MARS, NTN, QA, SWAT, SNAP, TRS, WW2

Group 2: ATAC, CAT, COPS, COR, DM, FA, LSCC, MTRO, ROCK, WEST

Warm-up groups may be altered if necessary, at the discretion of the meet referee.

Session 2/4 - Saturday/Sunday AM 13-Over ONLY:

Sat - Group 1 - 6:30 AM - 7 AM

Sat - Group 2 - 7:00-7:30 am - 7:30-7:45 AM All Lane Starts.....MEET STARTS AT 7:50

Sun - Group 2 - 6:30 - 7:00 AM (see meet info for groups)

Sun - Group 1 - 7:00 - 7:30 - 7:30-7:45 AM All Lane Starts.....MEET STARTS AT 7:50

Session 3/5 - Saturday/Sunday PM 12-Under ONLY:

Saturday - Group 1 - 1:30 PM - 2:00 PM (see meet info for groups)

Saturday - Group 2 - 2:00 PM - 2:30 PM (see meet info for groups)

2:30-2:45 PM All Lane Starts..MEET STARTS AT 2:50 PM

Sunday - Group 2 - 12:30-1pm

Sunday - Group 1 - 1pm-1:30 pm

1:30-1:45 - PM ALL Lanes Starts...Meet Starts at 1:50 pm

The Meet referee reserves the right to close late entries.

Warm-up:

General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes will allow diving, as noted below. The diving period shall be as follows:

Lanes 1 and 8 - push swims from the starting end, NO DIVING

Lanes 2 and 7 - racing starts, one way only from the blocks

Lanes 3,4,5 and 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. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck. **SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #020-09. "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 and LAKESIDE AQUATIC CLUB, AND LEWISVILLE ISD 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."

Special Note on New North Texas LSC ruling for 14 & under swimsuits:

Effective January 1, 2009 at all North Texas Swimming, age-group defined, sanctioned meets:

1. Swimsuits worn by females for all 14 & Under defined competitions shall not cover the neck, extend past the shoulder, nor past the hip.

2. Swimsuits worn by males for all 14 & Under defined competitions shall not extend above the hips nor below the knees.

Eligibility:

No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. registered in the North Texas LSC. 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 "BB" qualifying time standard; furthermore, a swimmer who has three current "BB" times may enter any event. Swimmer's age as of 5/29/09 shall determine their age for the entire meet. All swimmers 13 & Over are considered "BB" swimmers. NO DECK Registrations will be accepted.

Entry Limit:

Each swimmer may participate in five individual events 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 swimmer's **USA Swimming ID card**. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers. If unable to provide a proof of registration/best time, a 5.00 charged will be assessed to the individual for obtaining this information. **ALL RELAYS MUST ACCOMPANY THE TEAM ENTRIES. NO LATE REALY ENTRIES WILL BE ACCEPTED.**

Entry Deadline:

Entries must be received by Tuesday, May 19, 2009 at 6pm. Entries must be submitted by Email, to gillespy@verizon.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:

Shannon Gillespy
1601 Bonham Pkwy
Lantana, Texas 76226

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 Lakeside Aquatic Club.

• Fees shall be mailed and postmarked by Friday, May 22, 2009.

Checks for entry fees shall be made payable to LAC

• 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. **Long 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:

X indicates the swimmer will swim the event

scr indicates the swimmer will not swim the event

indicates the swimmer will not swim the event

Psyche Sheets:

Psyche sheets will be available for all sessions at a one-time charge of \$5.

Awards:

Ribbons will be awarded for places 1-8. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O.

Officials:

Meet Referee: Nina Arnett

Starter: Scott Leeper

Stroke and Turn Judges: Al Holtlander, Deb Behrens, Todd Straight

Head Safety Marshal: Lisa Cosenza

Meet Director: Brian Summers

Schedule of Events:**Session 1 – Friday, May 29th**

Women	Slower Than	Event	Slower Than	Men
1	3:19.89 2:59.29	200IM 10 & Under 11-12	3:18.89 2:58.09	2
3	6:00.99	400IM 13 & Over	5:44.49	4
5	6:05.89	400FR 10 & Under	6:06.79	6
7	10:47.99	800FR** 13 & Over	10:29.39	8

**Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

Session 2 – Saturday, May 30th

Women	Slower Than	Event	Slower Than	Men
9	2:58.49 2:37.69 2:31.79	200FR 10&Under 11-12 13&Over	2:52.39 2:34.89 2:23.29	10
11	1:46.99 1:33.79 1:28.99	100BR 10&Under 11-12 13&Over	1:45.99 1:32.49 1:21.29	12
13	42.09 36.29	50FL 10&Under 11-12	40.99 36.19	14
15	2:51.49	200IM 13&Over	2:42.39	16
17	1:35.29 1:23.29 1:17.79	100BK 10&Under 11-12 13&Over	1:33.29 1:23.59 1:14.49	18
19	36.39 33.69 32.49	50FR 10&Under 11-12 13&Over	36.09 32.59 30.29	20
21	2:59.29 2:48.29	200FL 11-12 13&Over	2:58.49 2:38.79	22

Session 3 – Sunday, May 31st

Women	Slower Than	Event	Slower Than	Men
23	3:23.69 3:11.99	200BR 11-12 13&Over	3:20.79 3:01.99	24
25	43.69 38.99	50BK 10&Under 11-12	43.89 38.69	26
27	1:37.89 1:22.89 1:16.49	100FL 10&Under 11-12 13&Over	1:36.49 1:21.49 1:11.09	28
29	5:32.39 5:16.39	400FR 11-12 13 & Over	5:27.09 5:02.79	30
31	48.29 42.09	50BR 10&Under 11-12	48.49 43.09	32
33	3:00.19 2:47.39	200BK 11-12 13&Over	2:56.39 2:40.69	34
35	1:21.89 1:13.49 1:10.39	100FR 10&Under 11-12 13&Over	1:20.59 1:11.39 1:05.99	36