

1st Annual Bill Nixon "A" Invitational Hosted by Lakeside Aquatic Club June 26-28, 2009

Sanction #024-09

Location: Keller ISD Natatorium, 1000 Bear Creek Parkway, Keller, Texas, 76248

Facility: 8 lane, 50m pool with 2-25yd continuous warm-up lanes. Colorado timing system and 1 scoreboard will be utilized. Ample seating and dressing space are provided.

Meet Schedule:

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Friday	Group 1 7:00-7:45am Group 2 7:45-8:30pm	8:45 pm
Finals-Friday	5:00 – 5:45 pm	6:00 pm
Session 1-Saturday	Group 1 7:00-7:45am Group 2 7:45-8:30pm	8:45 pm
Finals-Saturday	5:00 – 5:45 pm	6:00 pm
Session 1-Sunday	Group 2 7:00-7:45am Group 1 7:45-8:30pm	8:45 pm
Finals-Sunday	4:00 – 4:45 pm	5:00 pm

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.

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., #024-09. "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, LAKESIDE AQUATIC CLUB, AND KELLER 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. Every club entered as a team in a North Texas Swimming sanctioned shall be a member of USA Swimming, Inc.

The **complete** 2009 USA Swimming registration number must be placed on each consolidated entry sheet. Any swimmer is eligible to compete in the Bill Nixon Invitational provided he or she has achieved the current national "A" time. Furthermore, a swimmer who has achieved three current "A" times may enter any event up to the daily limit. Swimmers who do not meet the entry qualification times will not be allowed to enter the event and the meet entry fees will not be refunded. **NO DECK REGISTRATIONS will be accepted.**

Entry Limit:

A swimmer may only compete in a total of seven (7) individual events plus two (2) relays during the entire meet with no more than three (3) individual events and one (1) relay during any one day.

For teams from out of the North Texas LSC, the meet will be limited to the first 400 swimmers. Please be sure to check with LAC prior to setting up your meet travel.

Entry Fees:

Entry fees are \$4.00 per individual event and \$8.00 per relay. Relays will be times finals only. **NO LATE RELAY ENTRIES.** The referee has the right to close late entries at any time due to the size of the meet. ****** \$50 of each of each entry will go to the Bill Nixon Scholarship Fund******

Late Entries:

Swimmers must be entered in the meet by the June 16, 2009 deadline in at least one (1) event to be allowed to deck enter events, where there are empty lanes available – **this is on a first come first serve basis. NO NEW HEATS WILL BE CREATED.** Swimmers may only enter events that are swum that day. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$12.00 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.** Time or event number changes that are submitted after the entry deadline of June, 16, 2009 will be considered and charged as a late entry.

There will be no late entries for the 1500 Free.

Entry Deadline:

Entries must be received by Tuesday, June 16, 2009 at 6pm. Entries must be submitted by Email, to gillespys@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, June 19, 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.

General Information:

Finals will consist of one final heat for all 10 and Unders and 11-12 events and a final and consolation heat for 13 and over events. Finals for Events 81 through 84, the 400 m Free, and events 37 through 40, the 400 m IM, will consist of final heats only. Points will be awarded for swims 9 through 16 in prelims. Finals for Events 77 through 80, the 400 m Free will be swum as timed finals with the fastest heat swimming in Finals.

Seeding:

The 400 Free (Events 77-84), 400 IM (Events 37-40), and 1500 Free (Events 115-118) will be deck-seeded events. The 400 Free and 400 IM will be swum as prelim-final events with the top 8 qualifiers from the preliminary session advancing to the finals session, except for the 12 and Unders. The 10 and Under and 11-12 400 Free (Events 77-80) will be swum fastest to slowest with the fastest heat swimming in finals. The 400 Free and 400 IM will be seeded according to USA Swimming Rules and Regulations Paragraph 102.5.1; however, in reverse order of heats (Fastest to Slowest). The first three heats of the 400 Free (Events 81-84) and 400 IM (Events 37-40) will be swum first in event order as defined by the pool assignment for that session. The remaining heats of the 400 Free and 400 IM will be swum in event order after the first three heats have concluded for all events of the 400 Free and 400 IM. The 1500 Free will be limited to the top 40 - 13 and over swimmers after the check-in deadline. We will swim these events in event order, fastest to slowest.

All events will be conducted as prelim/final events, except for the 800 on Sunday and all relays. Seed times entered should be the swimmer's best time for the stroke and distance.

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:

Team:

Team trophies will be awarded in 1st through 3rd places.

Individual:

Medals 1st through 8th places

Individual High Point Award, one female and one male for each age group

Relays:

Medals 1st through 3rd

Scoring:

Individual events are based on the top 16 places, final heat places 1 through 8 and consolation places 9 thru 16. Places 9 through 16 will be scored from prelims for all 10 & Under events. Relay events are based on the top 8 places.

Points scored are calculated in the age group in which the event was swum.

Events will be scored as follows:

Individual Events: 20, 17, 16, 15, 14, 13, 12, 11,
9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22

Officials:

Meet Referee: Nina Arnett

Starter: Scott Leeper

Stroke and Turn Judges: Deb Berhens, Jay McTaggart, Todd Straight

Head Safety Marshal: Brian Sommers

Meet Director: Shannon Gillespy (214-697-4145) or gillespys@verizon.net

Schedule of Events:**Session 1 – Friday, June 26th**

Women	“A” and faster	Event	“A” and faster	Men
1	2:59.29	200 Fly 11-12	2:58.49	2
3	1:35.29	100 Back 10 & Under	1:33.29	4
5	1:23.29	100 Back 11-12	1:23.59	6
7	2:47.39	200 Back 13-14	2:40.69	8
9	2:44.29	200 Back 15-Over	2:31.29	10
11	48.29	50 Breast 10 & Under	48.49	12
13	42.09	50 Breast 11-12	43.09	14
15	1:28.99	100 Breast 13-14	1:21.29	16
17	1:26.69	100 Breast 15-Over	1:19.69	18
19	2:58.49	200 Free 10 & Under	2:52.39	20
21	2:37.69	200 Free 11-12	2:34.89	22
23	2:31.79	200 Free 13-14	2:23.29	24
25	2:27.19	200 Free 15-Over	2:17.19	26
27		200 Free Relay** 10 & Under		28
29		200 Free Relay** 11-12		30
31		400 Free Relay** 13-14		32
33		400 Free Relay** 15-Over		34
35	3:19.89	200 IM 10 & Under	3:18.89	36
37	2:59.79	200 IM 11-12	2:58.09	38
39	6:23.99 6:00.99 5:50.99 5:51.99	400 IM 11-Over	6:20.19 5:44.49 5:27.09 5:21.79	40

**Timed Final Event – All heats swum in prelims

Session 2 – Saturday, June 27th

Women	“A” and faster	Event	“A” and faster	Men
41	3:00.19	200 Back 11-12	2:56.39	42
43	36.39	50 Free 10 & Under	36.09	44
45	33.69	50 Free 11-12	32.59	46
47	1:10.39	100 Free 13-14	1:05.99	48
49	1:08.59	100 Free 15-Over	1:03.09	50
51	1:46.99	100 Breast 10 & Under	1:45.99	52
53	1:33.79	100 Breast 11-12	1:32.49	54
55	3:11.99	200 Breast 13-14	3:01.99	56
57	3:05.69	200 Breast 15-Over	2:54.29	58
59	42.09	50 Fly 10 & Under	40.99	60
61	36.29	50 Fly 11-12	36.19	62
63	1:16.49	100 Fly 13-14	1:11.09	64
65	1:14.19	100 Fly 15-Over	1:07.69	66
67		200 Medley Relay** 10 & Under		68
69		200 Medley Relay** 11-12		70
71		400 Medley Relay** 13-14		72
73		400 Medley Relay** 15-Over		74
75	6:05.89	400 Free*** 10 & Under	6:06.79	76
77	5:32.39	400 Free*** 11-12	5:27.09	78
79	5:16.59	400 Free 13-14	5:02.79	80
81	5:08.89	400 Free 15-Over	4:50.19	82

**Timed Final Event – All heats swum in prelims

***Deck seeded timed finals event swum fastest to slowest with fastest heat to be swum during Finals in numerical order.

Session 3 – Sunday, June 28th

Women	“A” and faster	Event	“A” and faster	Men
83	3:23.69	200 Breast 11-12	3:20.79	84
85	2:51.49	200 IM 13-14	2:42.39	86
87	2:47.29	200 IM 15-Over	2:35.89	88
89	1:21.89	100 Free 10 & Under	1:20.59	90
91	1:13.49	100 Free 11-12	1:11.39	92
93	32.59	50 Free 13-14	30.29	94
95	31.79	50 Free 15-Over	28.79	96
97	1:37.89	100 Fly 10 & Under	1:36.49	98
99	1:22.89	100 Fly 11-12	1:21.49	100
101	2:48.29	200 Fly 13-14	2:38.79	102
103	2:42.69	200 Fly 15-Over	2:30.59	104
105	43.69	50 Back 10 & Under	43.89	106
107	38.99	50 Back 11-12	38.69	108
109	1:17.79	100 Back 13-14	1:14.49	110
111	1:16.29	100 Back 15-Over	1:10.59	112
113	22:20.69 20:39.79 20:28.39 20:17.99	1500 Free* 11-OVER	22:14.19 19:55.69 19:13.39 19:00.79	114

*Timed final event – this event will be swum with 13-14 and senior combined fastest to slowest alternating girls and boys heats.