

2009 NT ATAC "BB" Long Course Championship Meet
HOSTED BY ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC)
Sponsored by Hayden Pools
DATES: July 17-19, 2009
Sanction # 025-09

LOCATION: LISD Natatorium
5729 Memorial Drive
The Colony, TX 75056
Phone: 469-948-2750.

FACILITY: Indoor 50 meter, eight-lane pool with Colorado Timing System. Ample seating and dressing space provided.

MEET START AND WARM-UP TIMES:

Friday, July 17 Session 1 Start – 5:30PM

Warm-up Group 1: 4:00PM - 4:30PM*
Warm-up Group 2: 4:30PM - 5:00PM*
All lanes Dive Start: 5:00PM - 5:15PM

Saturday, July 18 & Sunday, July 19 Sessions 2 & 4 Start - 9:00AM

Warm-up Group 1: 7:30AM – 8:00AM*
Warm-up Group 2: 8:00AM - 8:30AM*
All lanes Dive start: 8:30AM - 8:45AM

Saturday, July 18 & Sunday, July 19 Sessions 3 & 5 Start - 2:00PM

Warm-up All Teams: 1:00PM- 1:30PM
All lanes Dive start: 1:30PM- 1:45PM

***Warm Up assignments will be posted by Monday, July 13th, on the ATAC Swim Club website:**
www.atacswim.com.

WARM-UP PROCEDURES: General warm-up in all lanes during the first 30 minutes of each warm-up. No lane assignments and no diving. 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 2,3,4,5,6, & 7 Racing starts, sprint lanes, swimming in one direction only, from the starting blocks. Exit the far end of the pool.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc. The sanction number is 025-09. **"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, ATAC SWIM CLUB, INC., AND LEWISVILLE 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."** 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.

RULES: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming, Inc. 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 meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No food or drink (except water) is allowed on the deck.

North Texas Swimming Policy and Procedure Swim Suit Rule changes in effect:

All swim suits worn by females shall not cover the neck, extend past the shoulder nor past the hip; all swim suits worn by males shall not extend above the hips or below the knee. This policy shall be strictly enforced.

ELIGIBILITY: Swimmer's age as of 7/17/09 shall determine the swimmer's age for the entire meet. A swimmer may enter any event in which the swimmer has achieved the "BB" qualifying time standard; furthermore, a swimmer who has three or more current "BB" times may enter any event. A swimmer who has two or less "A" times may enter those events as exhibition; however, swimmers with more than two "A" times may not swim any events as exhibition. All swimmers 13 & Over are considered "BB" swimmers. No entries will be accepted unless the entrant is registered with USA Swimming, Inc. and North Texas Swimming, Inc. Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet must be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. All late entries must be accompanied by the swimmer's USA Swimming ID card unless already entered in the meet. Proof of time from the USA Swimming site (SWIMS) is required for all swimmers who late enter. Relay-only swimmers not included in the entry file must bring proof of registration (USA Swimming ID card) to clerk of course. **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

ENTRY LIMIT: Each swimmer may participate in five individual events and two relays per day.

ENTRY FEES: Entry fees are \$3.50 per individual event and \$7.00 per relay. Entry fees must accompany consolidated entry form. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$10.50 per individual event.

ENTRY DEADLINE: Entries must be received by **6:00PM on Tuesday, July 7, 2009.** *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 by that date.* Relay entries will be accepted the day of the meet. Individual entries must be mailed on the consolidated entry form and received by the deadline with payment.

Checks should be made payable to ATAC Swim Club.

MAIL ENTRIES TO:

ATAC Swim Club, Inc.
P.O. Box 802312
Dallas, Texas, 75380

Email: marciabeare@sbcglobal.net

SEEDING: 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:
__ 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.

PERSONAL ADS: ATAC is now accepting Psyche Sheet personal ads to recognize your swimmer(s) and/or team at the following rates: half page \$100, quarter page \$50 and business card size \$25. Or sponsor your swimmer's favorite event for \$15. These rates are also applicable if you would like to place a corporate advertisement in the meet psyche sheet. To place your ad or for more information please contact Sunnye Childers at sunnyelou@yahoo.com by **Tuesday, July 7th**.

SCORING: Events will be scored as follows:
Individual Events: 9-7-6-5-4-3-2-1 (1st to 8th)
Relay Events: 18-14-12-10-8-6-4-2 1st to 8th)

AWARDS: Individual awards for individual events for places 1-8. Relay awards for the top 3 places. High Point Individual awards will be given to each age group/gender. Team awards will be given to the top 3 teams.

FINAL RESULTS: A copy of the final results will be posted to the North Texas Swimming website within ten days.

CONCESSIONS: Concessions will be available for purchase by swimmers and spectators.

HOSPITALITY: Hospitality will be available for coaches and officials.

TIMERS: All teams are asked to provide one timer for every 10 swimmers entered in the meet. All swimmers in the 400 I.M. and the 400/800/1500 Free must provide their own timer and if necessary, lap counter.

SCHEDULE OF EVENTS

| Session 1- Friday, July 17, 2009 | | | | |
|---|----------------------------------|---|----------------------------------|------|
| Afternoon | | | | |
| Girls | Slower Than | Event Description | Slower Than | Boys |
| 1 | 3:19.89 2:59.79 | 12 & Under 200 I.M. 10 & Under 11-12 | 3:18.89 2:58.09 | 2 |
| 3 | 6:23.99 6:00.99 5:50.59 | 11 & Over 400 I.M. 11-12 13-14 15 & Over | 6:20.19 5:44.49 5:27.09 | 4 |
| 5 | 22:20.69 20:39.79 20:28.39 | 11 & Over 1500 Free * 11-12 13-14 15 & Over | 22:14.19 19:55.69 19:13.39 | 6 |
| * The 400 I.M will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer. The 1500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter. | | | | |
| Session 2- Saturday, July 18, 2009 | | | | |
| Morning | | | | |
| Girls | | Event Description | | Boys |
| 7 | | 13-14 200 Free Relay | | 8 |
| 9 | | 15&O 200 Free Relay | | 10 |
| 11 | 2:47.39 2:44.29 | 13 & Over 200 Back 13-14 15 & Over | 2:40.69 2:31.29 | 12 |
| 13 | 1:10.39 1:08.59 | 13 & Over 100 Free 13-14 15 & Over | 1:05.99 1:03.09 | 14 |
| 15 | 2:48.29 2:42.69 | 13 & Over 200 Fly 13-14 15 & Over | 2:38.79 2:30.59 | 16 |
| 17 | 1:28.99 1:26.69 | 13 & over 100 Breast 13-14 15 & Over | 1:21.29 1:19.69 | 18 |
| 19 | 2:51.49 2:47.29 | 13 & Over 200 IM 13-14 15 & Over | 2:42.39 2:35.89 | 20 |
| 21 | | 13 & Over 800 Free Relay | | 22 |
| 23 | 5:16.59 5:08.89 | 13 & Over 400 Free* 13 -14 15 & Over | 5:02.79 4:50.19 | 24 |
| * The 400 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer. | | | | |

Session 3- Saturday, July 18, 2009

Afternoon

| Girls | | Event Description | | Boys |
|--------------|--------------------|---|--------------------|-------------|
| 25 | 3.00.19 | 11-12 200 Back | 2:56.39 | 26 |
| 27 | | 12 & Under 200 Free Relay | | 28 |
| 29 | 43.69 38.99 | 12 & Under 50 Back 10 & Under 11-12 | 43.89 38.69 | 30 |
| 31 | 1:21.89 1:13.49 | 12 & Under 100 Free 10 & Under 11-12 | 1:20.59 1:11.39 | 32 |
| 33 | 2:59.29 | 11-12 200 Fly | 2:58.49 | 34 |
| 35 | 42.09 36.29 | 12 & Under 50 Fly 10 & Under 11-12 | 40.99 36.19 | 36 |
| 37 | 1:46.99 1:33.79 | 12 & Under 100 Breast 10 & Under 11-12 | 1:45.99 1:32.49 | 38 |
| 39 | 6:05.89 5:32.39 | 12 & Under 400 Free* 10 & Under 11-12 | 6:06.79 5:27.09 | 40 |

* The 400 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer.

Session 4- Sunday, July 19, 2009

Morning

| Girls | | Event Description | | Boys |
|--------------|----------------------|---|----------------------|-------------|
| 41 | | 13-14 200 Medley Relay | | 42 |
| 43 | | 15&O 200 Medley Relay | | 44 |
| 45 | 2:31.79 2:27.19 | 13 & Over 200 Free 13-14 15 & Over | 2:23.29 2:17.19 | 46 |
| 47 | 1:17.79 1:16.29 | 13 & Over 100 Back 13-14 15 & Over | 1:14.49 1:10.59 | 48 |
| 49 | 3:11.99 3:05.69 | 13 & Over 200 Breast 13-14 15 & Over | 3:01.99 2:54.29 | 50 |
| 51 | 1:16.49 1:14.19 | 13 & Over 100 Fly 13-14 15 & Over | 1:11.09 1:07.69 | 52 |
| 53 | 32.49 31.79 | 13 & Over 50 Free 13-14 15 & Over | 30.29 28.79 | 54 |
| 55 | 10:47.99 10:37.09 | 13 & Over 800 Free** 13-14 15 & Over | 10:29.39 10:01.89 | 56 |

**Session 5-Sunday, July 19, 2009
Afternoon**

| Girls | | Event Description | | Boys |
|--------------|--------------------|--|--------------------|-------------|
| 57 | 3:23.69 | 11-12 200 Breast | 3:20.79 | 58 |
| 59 | | 12 & Under 200 Medley Relay | | 60 |
| 61 | 1:35.29 1:23.29 | 12 & Under 100 Back 10 & Under 11-12 | 1:33.29 1:23.59 | 62 |
| 63 | 2:58.49 2:37.69 | 12 & Under 200 Free 10 & Under 11-12 | 2:52.39 2:34.89 | 64 |
| 65 | 48.29 42.09 | 12 & Under 50 Breast 10 & Under 11-12 | 48.49 43.09 | 66 |
| 67 | 36.39 33.69 | 12 & Under 50 Free 10 & Under 11-12 | 36.09 32.59 | 68 |
| 69 | 1:37.89 1:22.89 | 12 & Under 100 Fly 10 & Under 11-12 | 1:36.49 1:21.49 | 70 |
| 71 | 11:35.69 | 11-12 800 Free** | 11:30.99 | 72 |

** The 800 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.