

"A" INVITATIONAL
HOSTED BY NORTH TEXAS NADADORES (NTN)
DATES: October 23-25, 2009
Sanction # 038-09

LOCATION: CISD Aquatics Center
1501 W. Southlake Blvd.
Southlake, TX 76092
(817) 949-8200
Two indoor 25 Yard, eight lane pools with Colorado Timing System.

TIME:	Warm-up	Session Starts
	Session 1-Friday 4:30 – 5:15 PM	5:30 PM
	Session 2-Saturday 7:30 - 8:45 AM	9:00 AM
	Session 3-Saturday 1:00 - 1:45 PM	2:00 PM
	Session 4- Sunday 7:30 - 8:45 AM	9:00AM
	Session 5- Sunday 1:00- 1:45PM	2:00PM

WARM-UP PROCEDURES:

Warm up will be general warm up in all lanes for two 30 minute sessions. 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, all lanes will become dive start lanes.

RULES:

Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect.

SANCTION AND LIABILITY:

This meet is held under the sanction of USA Swimming, Inc. The sanction number is 038-09. 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, the NORTH TEXAS NADADORES, AND the CARROLL 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.

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. NO DECK USA SWIMMING REGISTRATIONS WILL BE ACCEPTED.

Swimmer's age as of 10/23/09 shall determine their age for the entire meet.

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. Mail entry fees made payable to and send to: CISD Aquatics Center, 1501 W. Southlake Blvd.,

Southlake, TX 76092. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event.

ENTRY DEADLINE:

Entries must be received by 6:00 PM on Tuesday, October 13, 2009. Entries must be submitted by Email, to ChristeB@cisdmail.com with an attached file of the meet entries report by name and a meet entry fee report. 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 North Texas Nadadores.

- Fees shall be mailed and postmarked by 10/16/09. 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, using the NTS standard team entry software.

SEND Entries To:

Bill Christensen ChristeB@cisdmail.com

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:

- 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.

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 of the conclusion of the event.

CONCESSIONS

Concessions will be available for purchase by swimmers and spectators.

HOSPITALITY

Hospitality will be available for coaches and officials and host team volunteers.

TIMERS

All teams are asked to provide one timer for every 10 swimmers entered in the meet. All swimmers in the 400 IM, 500, 1000, and 1650 must provide their own timer and lap counter.

Meet Referee: Mike Eubanks
Starter – Jason Johnson
Stroke and Turn – Jose Maher and Traci Johnson
Meet Director – Catherine Singley
Head Safety Marshall – Julie Zobrist

SCHEDULE OF EVENTS
Friday, October 23rd, 2009

Girls Event #	Faster Than	Event	Faster Than	Boys Event #
1**	5:36.09	11-12 400 IM	5:28.89	2**
3**	5:17.79 5:09.89	13 & Over 400 IM 13-14 15 & Over	5:00.49 4:47.79	4**
5**	6:48.39 6:09.29	12 & Under 500 Free 10 & Under 11-12	6:44.59 6:04.69	6**
7**	12:51.69 12:07.59 11:55.89	11 & Over 1000 Free 11-12 13-14 15 & Over	12:42.89 11:36.39 11:12.19	8**

**ALL SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST, ALTERNATING HEATS OF WOMEN AND MEN.

Saturday, October 24th, 2009
AM Session – 12 & Under

Girls Event #	Faster Than	Event	Faster Than	Boys Event #
9	2:35.89	11-12 200 Back	2:32.89	10
11		10 & Under 200 Medley Relay		12
13		11-12 200 Medley Relay		14
15	2:55.99 2:37.59	12 & Under 200 IM 10 & Under 11-12	2:55.29 2:35.39	16
17	32.19 29.49	12 & Under 50 Free 10 & Under 11-12	31.59 28.59	18
19	1:33.39 1:22.19	12 & Under 100 Breast 10 & Under 11-12	1:31.79 1:20.49	20
21	2:36.39 2:19.89	12 & Under 200 Free 10 & Under 11-12	2:31.89 2:16.19	22
23	38.09 33.89	12 & Under 50 Back 10 & Under 11-12	38.29 33.49	24
25	1:26.69 1:13.19	12 & Under 100 Fly 10 & Under 11-12	1:25.59 1:11.69	26

Saturday, October 24th, 2009
 PM Session – 13 & Over

Girls Event #	Faster Than	Event	Faster Than	Boys Event #
27	2:27.29 2:23.89	13 & Over 200 Back 13-14 15 & Over	2:18.19 2:12.39	28
29	1:02.19 1:00.79	13 & Over 100 Free 13-14 15 & Over	57.39 55.19	30
31	1:17.59 1:15.69	13 & Over 100 Breast 13-14 15 & Over	1:12.09 1:09.89	32
33	2:28.59 2:24.49	13 & Over 200 Fly 13-14 15 & Over	2:20.29 2:13.39	34
35	2:30.49 2:26.99	13 & Over 200 I.M. 13-14 15 & Over	2:20.29 2:15.09	36
37		13-14 200 Medley Relay		38
39		15 & Over 200 Medley		40
41	5:52.99 5:47.39	13 & Over 500 Free 13-14 15 & Over	5:35.19 5:24.29	42

Sunday, October 25th, 2009
 AM Session – 12 & Under

Girls Event #	Faster Than	Event	Faster Than	Boys Event #
43	2:38.59	11-12 200 Fly	2:35.29	44
45		10 & Under 200 Free Relay		46
47		11-12 200 Free Relay		48
49		12 & Under 100 IM		50
	1:22.59	10 & Under	1:21.09	
	1:13.99	11-12	1:11.49	
51		12 & Under 50 Fly		52
	37.29	10 & Under	36.69	
	32.39	11-12	32.09	
53	2:56.89	11-200 Breast	2:52.89	54
55		12 & Under 100 Back		56
	38.09	10 & Under	38.29	
	33.89	11-12	33.49	
57		12 & Under 100 Free		58
	1:11.89	10 & Under	1:10.79	
	1:03.09	11-12	1:02.69	
59		12 & Under 50 Breast		60
	41.99	10 & Under	42.19	
	37.79	11-12	37.29	

Sunday, October 25th, 2009
PM Session – 13 & Over

Girls Event #	Faster Than	Event	Faster Than	Boys Event #
61	28.69 27.99	13 & Over 50 Free 13-14 15 & Over	26.29 25.29	62
63	2:46.79 2:42.79	13 & Over 200 Breast 13-14 15 & Over	2:36.29 2:30.09	64
65	1:07.79 1:06.29	13 & Over 100 Fly 13-14 15 & Over	1:02.89 1:00.09	66
67	2:13.79 2:10.39	13 & Over 200 Free 13-14 15 & Over	2:05.29 2:00.09	68
69	1:08.49 1:06.59	13 & Over 100 Back 13-14 15 & Over	1:04.19 1:01.09	70
71		13-14 200 Free Relay		72
73		15 & Over 200 Free Relay		74
75**	21:39.59 20:12.19 19:58.89	11 & Over 1650 Free 11-12 13-14 15 & Over	21:23.59 19:15.69 18:47.99	76**

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