

**ATAC YOUR TIMES "A" INVITATIONAL  
HOSTED BY ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC)**

**Sponsored by Hayden Pools**

**DATES: November 6-8, 2009**

**Sanction # 040-09**

**LOCATION:** CISD Aquatics Center  
1501 W. Southlake Blvd.  
Southlake, TX 76092  
(817) 949-8200

**FACILITY:** Two indoor 25-yard, eight lane pools with Colorado Timing System.

<b>MEET TIMES:</b>	<b>Warm-up</b>	<b>Session Starts</b>
	Session 1-Friday 5:00PM - 5:45PM	6:00PM
	Session 2-Saturday 8:30AM - 9:45AM	10:00AM
	Session 3-Sunday 8:30AM - 9:45AM	10:00AM

\*Warm Up assignments will be posted by Monday, November 2nd, on the ATAC Swim Club website: [www.atacswim.com](http://www.atacswim.com).

**WARM-UP**

**PROCEDURES:** 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. **Following the end of the last warm-up, an additional 15 minutes of dive starts and push/pace will be allowed;** lanes 2 thru 7 will become dive start lanes. Lanes 1 and 8 will be push/pace lanes.

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

**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.

**SANCTION AND**

**LIABILITY:** This meet is held under the sanction of USA Swimming, Inc. The sanction number is 040-09. **"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 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:** Swimmer's age as of 11/06/09 shall determine his/her age for the entire meet. 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 at their actual time. The swimmer's USA Swimming ID card must accompany all late entries unless already entered in the meet. Proof of time from the USA Swimming site (SWIMS) is required for all swimmers who late enter. NO DECK REGISTRATIONS WILL BE ACCEPTED.

**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. 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 **6:00PM on Tuesday, October 27, 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 TO:**  
ATAC Swim Club, Inc.  
P.O. Box 802312  
Dallas, Texas, 75380

**EMAIL TO:**  
[marciabeare@sbcglobal.net](mailto:marciabeare@sbcglobal.net)

**MEET**

**DIRECTORS:** Marcia Beare [marciabeare@sbcglobal.net](mailto:marciabeare@sbcglobal.net) 972-800-0904  
Belindy Sarembock [belindyusa@hotmail.com](mailto:belindyusa@hotmail.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, 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

**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, 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 500, 1000, and 1650 must provide their own timer and lap counter.

## SCHEDULE OF EVENTS

### SESSION 1: FRIDAY: WARM UPS: 5:00 - 5:45 PM MEET STARTS: 6:00 PM

#	GIRLS	EVENT DESCRIPTION	BOYS	#
1	5:36.09	11-12 400 IM	5:28.89	2
3		13 & OVER 400 IM		4
	5:09.89	15 & OVER	4:47.79	
	5:17.79	13-14	5:00.49	
5		12 & UNDER 50 FREE		6
	29.49	11-12	28.59	
	32.19	10 & UNDER	31.59	
7		13 & OVER 50 FREE		8
	27.99	15 & OVER	25.29	
	28.69	13 – 14	26.29	
9		12 & UNDER 100 IM		10
	1:13.99	11 – 12	1:11.49	
	1:22.59	10 & UNDER	1:21.09	
11**		12 & UNDER 500 FREE		12**
	6:09.29	11 – 12	6:04.69	
	6:48.39	10 & UNDER	6:44.59	
13**		13 & OVER 500 FREE		14**
	5:47.39	15 & OVER	5:24.29	
	5:52.99	13 – 14	5:35.19	

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

**SESSION 2: SATURDAY****MEET STARTS: 10:00AM****WARM UPS: Group I - 9:00AM - 9:30AM****Group II - 8:30AM - 9:00AM****Dive Starts - 9:30AM - 9:45AM**

#	GIRLS	EVENT DESCRIPTION	BOYS	#
15	2:35.89	11 – 12 200 BACK	2:32.89	16
17		13 & OVER 200 BACK		18
	2:23.89	15 & OVER	2:12.39	
	2:27.29	13 – 14	2:18.19	
19		12 & UNDER 200 IM		20
	2:37.59	11 – 12	2:35.59	
	2:55.99	10 & UNDER	2:55.29	
21		13 & OVER 200 IM		22
	2:26.99	15 & OVER	2:15.09	
	2:30.49	13 – 14	2:20.29	
23		12 & UNDER 100 BREAST		24
	1:22.19	11 – 12	1:20.49	
	1:33.39	10 & UNDER	1:31.79	
25		13 & OVER 100 BREAST		26
	1:15.69	15 & OVER	1:08.89	
	1:17.59	13 – 14	1:12.09	
27	2:38.59	11 – 12 200 FLY	2:35.29	28
29		13 & OVER 200 FLY		30
	2:24.49	15 & OVER	2:13.39	
	2:28.59	13 – 14	2:20.29	
31		12 & UNDER 100 FREE		32
	1:03.09	11 – 12	1:02.69	
	1:11.89	10 & UNDER	1:10.79	
33		13 & OVER 100 FREE		34
	1:00.79	15 & OVER	55.19	
	1:02.19	13 – 14	57.39	
35		12 & UNDER 50 BACK		36
	33.89	11 – 12	33.49	
	38.09	10 & UNDER	38.29	
37		10 & UNDER 200 MEDLEY RELAY		38
39		11 – 12 200 MEDLEY RELAY		40
41		13 – 14 400 MEDLEY RELAY		42
43		15 & OVER 400 MEDLEY RELAY		44
45**	12:51.69	11 – 12 1000 FREE	12:42.89	46**
47**		13 & OVER 1000 FREE		48**
	11:55.89	15 & OVER	11:12.19	
	12:07.59	13 – 14	11:36.89	

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**SESSION 3:SUNDAY****MEET STARTS: 10:00AM****WARM UPS: Group I - 8:30AM – 9:00AM Group II - 9:00AM - 9:30AM****Dive Starts - 9:30AM- 9:45AM**

#	GIRLS	EVENT DESCRIPTION	BOYS	#
<b>49</b>		<b>12 &amp; UNDER 50 FLY</b>		<b>50</b>
	32.39	11 – 12	32.09	
	37.29	10 & UNDER	36.69	
<b>51</b>	2:56.89	<b>11 – 12 200 BREAST</b>	2:52.89	<b>52</b>
<b>53</b>		<b>13 &amp; OVER 200 BREAST</b>		<b>54</b>
	2:42.79	15 & OVER	2:30.09	
	2:46.79	13 – 14	2:36.29	
<b>55</b>		<b>12 &amp; UNDER 100 FLY</b>		<b>56</b>
	1:13.19	11 – 12	1:11.69	
	1:26.69	10 & UNDER	1:25.59	
<b>57</b>		<b>13 &amp; OVER 100 FLY</b>		<b>58</b>
	1:07.29	15 & OVER	1:00.79	
	1:08.39	13 – 14	1:04.09	
<b>59</b>		<b>12 &amp; UNDER 100 BACK</b>		<b>60</b>
	1:14.19	11 – 12	1:12.29	
	1:22.19	10 & UNDER	1:21.29	
<b>61</b>		<b>13 &amp; OVER 100 BACK</b>		<b>62</b>
	1:06.59	15 & OVER	1:01.09	
	1:08.49	13 – 14	1:04.19	
<b>63</b>		<b>12 &amp; UNDER 200 FREE</b>		<b>64</b>
	2:19.89	11 – 12	2:16.19	
	2:36.39	10 & UNDER	2:31.89	
<b>65</b>		<b>13 &amp; OVER 200 FREE</b>		<b>66</b>
	2:10.39	15 & OVER	2:00.09	
	2:13.79	13 – 14	2:05.29	
<b>67</b>		<b>12 &amp; UNDER 50 BREAST</b>		<b>68</b>
	37.99	11 – 12	37.29	
	41.99	10 & UNDER	42.19	
<b>69</b>		<b>10 &amp; UNDER 200 FREE RELAY</b>		<b>70</b>
<b>71</b>		<b>11 – 12 200 FREE RELAY</b>		<b>72</b>
<b>73</b>		<b>13 - 14 400 FREE RELAY</b>		<b>74</b>
<b>75</b>		<b>15 &amp; OVER 400 FREE RELAY</b>		<b>76</b>
<b>77**</b>	21:39.59	<b>11 – 12 1650 FREE</b>	21:23.59	<b>78**</b>
<b>79**</b>		<b>13 &amp; OVER 1650 FREE</b>		<b>80**</b>
	19:58.89	15 & OVER	18:47.99	
	20:12.19	13 – 14	19:15.69	

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