

**2009 Texas Swimming Association  
All Star LSC Championship Meet  
HOSTED BY  
Carroll ISD and North Texas Nadadores  
Short Course Yards Timed Finals Meet  
November 14-15, 2009  
SANCTION # NT 036-09**

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

**POOL:** Eight lane 25 yard indoor pool with non-turbulent lane lines.  
Separate warm up/down facilities available. Ample seating and dressing space are provided.

**MEET ELIGIBILITY:** This meet is open only to swimmers registered with both USA Swimming and a Texas LSC. Registered swimmers must be between ages 11-14 as of November 14, 2009. Entries received without a complete USA Swimming Registration number will not be processed. Swimmers must compete in age groups based on their age as of November 14, 2009. Each contestant may compete only in the age group for which he/she is eligible.

**TIME AND DATE:** Saturday November 14 and Sunday November 15, 2009  
Saturday morning session warm ups 7:30 AM - 8:30 AM    Meet starts at 9:00 AM

Saturday evening session warm ups 2:45 PM-3:45 PM    Meet starts at 4:00 PM

Sunday morning warm ups 8:45 AM -9:45 AM    Meet starts at 10:00 AM

Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the [www.ntswwim.org](http://www.ntswwim.org) 3 days prior to the meet.

**Timers:** Each LSC will be required to provide timers in proportion to the number of Swimmers they enter in the meet.

**MEET REFEREE: Scott May**

Help from visiting officials is always welcome. Visiting officials are asked to e-mail the meet referee at least one week prior to the meet. Officials' attire shall be white over blue (no jeans). Officials shall prominently display both their USA Swimming and their LSC stroke and turn credentials while on deck. Wearing of name tags is strongly encouraged.

**MEET DIRECTOR:** Bill Christensen/Joy Roberts – 817-949-8200

**SAFETY MARSHAL:** Julie Zobrist

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**TEAM COLORS:** Each LSC must adhere to the following color scheme for team caps and t-shirts:

Border - Blue

West Texas - Green

South Texas - Yellow

North Texas - Red

Gulf - Black

**SEEDING:** The meet will be a pre-seeded meet with the exception of the **500 freestyle and the 400 IM. These events will be deck seeded with positive check in.** Swimmers who check-in for these events and subsequently fail to appear for competition will be disqualified from their next scheduled event.

**CHECK-IN: Saturday:** Properly completed relay cards must be turned in to the Meet (Computer) room **by 8:45 AM and 3:45 PM** on Saturday. **Sunday:** Properly completed relay cards must be turned in to the Computer room **by 9:45 AM** on Sunday.

**Positive check in for the 13-14 boys 400 IM by 8:15 AM Saturday**

**Positive check in for the 11-14 girls 500 Freestyle by 9:15AM Saturday**

**Positive check in for the 13-14 boys 400 IM by 3:15 PM Saturday**

**Positive check in for the 11-14 girls 500 Freestyle by 4:15PM Saturday**

**Scratch Rule:** There are no penalties for scratching from an event. However, it is always a courtesy to other competitors and the Meet Host to notify the Meet Director of any known scratches in advance.

**ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best yard time. Entry times must be submitted in short course yards (Y). Do not convert meter times to yard times. Times must be from USA swimming meets.

**Qualifying Times:** Swimmers must be qualified to swim the events entered.

**Age:** As of November 14, 2009

**Number of Events:** Swimmers may compete in up to 2 individual events and up to one (1) relay event per session. Each LSC All-Star team may enter up to 4 swimmers per individual event in all events 200 yards or less. The 400 IM and the 500 Freestyle are limited to three swimmers per team.

**Relay Entries:** Each LSC must designate which relays will be the "A" and the "B" relay. More relays may swim but only the designated "A" and "B" relays may score points. Relay cards are due to the Clerk of Course no later than the start of the session in which the relays occur. The mixed 400 yard relay shall include one male and one female per age group, each swimming 50 yards, e.g., Age 12 Backstroke, Age 14 Breaststroke, Age 13 Butterfly, and Age 11 Freestyle.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Monday, November 9<sup>th</sup>. No late entries will be accepted. E-mail confirmation will be sent confirming entries. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail entries to the Meet Entry Chairperson:

Bill Christensen  
6800 Megan Lane  
North Richland Hills TX, 76182  
817-949-8200  
Email: [christeb@cisdmail.com](mailto:christeb@cisdmail.com)

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. The complete USA swimming registration number must be included in the file. Include relays and relay-only swimmers on your electronic submission and hard copy print out (reports both by swimmer and event). All entries must list the name, e-mail address and phone number of the person preparing the entries. The coaches must be listed on the coach form with their USA Swimming number included. **Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline.**

**Eligible Teams:** Texas LSC's only.

**Fees:** \$30.00 per swimmer. **Make checks payable to CISD.** Entry fees must accompany hard copy print out as noted above. This includes the social on Saturday night (**Information to follow**). Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete.

**AWARDS:** Awards will be presented in single age groups 11,12,13,14  
Individual and relay events: medals 1st – 3rd place.  
High point awards for each gender and age group will be given at the conclusion of the meet.  
The winning team members will receive a T-shirt from TSA  
**\*\*Note:** There will not be an awards ceremony at the Meet. Awards will be available for the teams to pickup at the end of the meet. The awards will be located in the front office of the Aquatics Center. Awards not claimed will NOT be mailed.

**SCORING:** Individual Events: scored 1-16<sup>th</sup> place 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events: scored 1-16<sup>th</sup> place 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

T-Shirts: Meet t-shirts will be available for purchase

Programs: Heat Sheets will be available for purchase for \$5.00

**SPECTATOR SEATING:** The spectator seating area (cement bench style) will accommodate 700 occupants. No reserve seating is allowed. Seating will be on a first come first served basis. Swimmers are required to remain with their team on pool deck during each session. Children of spectators must be supervised at all times.

**RULES AND SANCTIONS:** The 2008-2009 USA Swimming and North Texas Inc. rules will apply. The meet will be held under the sanction of USA Swimming and North Texas Inc..#036-09. All swimmers must be registered with USA Swimming by the meet entry deadline.

**LIABILITY:** USA Swimming, North Texas Swimming Inc, Carroll ISD, and the North Texas Nadadores accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer(s), LSC(s), to be held accountable for repairs.

**ENTRY LIMITATIONS:** Each swimmer who participates in the All Star meet must have the All Star Liability and Medical Release signed by a parent or guardian. The Head Coaches must give all Liability and Medical Release forms to the Meet Director prior to the start of Saturday morning warm ups.

**TIMING SYSTEM:** Colorado electronic timing system with a scoreboard will be used. Two watches per lane will be used as a backup. Teams will be required to furnish timers. Timing assignments will be published in the psych sheet.

**POOL DECK RESTRICTION:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all North Texas Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

**CONCESSIONS:** Concessions will be available.

**HOSPITALITY:** A hospitality room will be provided for Coaches and Officials.

**MEET RESULTS:** Meet results will be posted on the North Texas Swimming Web Page ([www.ntswwim.org](http://www.ntswwim.org)), within three days after the conclusion of the meet.

**Meet Referee: Scott May**

**Starter: Jason Johnson**

**Stroke and Turn: Traci Johnson and Jose Maher**

**Head Safety Marshall: Julie Zobrist**

**ENTRY VERIFICATION FORM**  
**2009 TSA All - Star Meet**

**To be submitted with team entries**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the coaches listed below have met the current certification requirements.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
LSC

\_\_\_\_\_  
Date

HeadCoach: \_\_\_\_\_

\_\_\_\_\_  
USA Number

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please list below the information for each attending coach.  
Attach a separate sheet if needed

1. \_\_\_\_\_

Name

USA Number

2. \_\_\_\_\_

Name

USA Number

3. \_\_\_\_\_

Name

USA Number

4. \_\_\_\_\_

Name

USA Number

Volunteers to help with timing

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **SAFETY GUIDELINES AND WARM-UP PROCEDURES**

### **WARM-UP PROCEDURES**

A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)

1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.

B. Specific warm-up (Last portion [1/2] of the warm-up session)

**RACING STARTS ONLY**, either from blocks or from backstroke starts.

Lanes 1/8 Push/Pace

Lanes 2/7 Dives/Sprints

Lanes 3/4/5/6 General Warm-up

Lanes are **ONE WAY ONLY**

Additional pace or sprint lanes may be opened as needed by the Meet Referee.

### **SAFETY GUIDELINES**

B. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.
4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
5. Registered coaches of unattached swimmers and registered coaches of non-North Texas teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.

C. Safety Marshals

1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are **OFF LIMITS.**

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
1. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
2. See the complete Carroll ISD Aquatic Center rules attached.

**Daily Schedule**  
**Saturday, November 14, 2009**

**Session 1:**

Warm-up session: 7:30 AM – 8:30 AM

**400 IM positive check-in 8:15 AM (13-14 boys)**

Clear Pool: 8:30 AM

Coach's meeting: 8:35 AM

Session 1 Relay Cards due: 8:45 AM

Session 1 begins: 9:00 AM

**500 Freestyle positive check in 9:15 AM (11-14 girls)**

**Saturday, November 14, 2009**

**Session 2:**

Warm-up session: 2:45PM – 3:45 PM

**400 IM positive check-in 3:15 PM (13-14 girls)**

Session 2 Relay Cards due: 3:45 PM.

Clear Pool: 3:45 PM

Coach's meeting: 3:50 PM

Session 2 begins: 4:00 PM

**500 Freestyle positive check-in 4:15 PM (11-14 boys)**

**\*\*Swimmer social at the conclusion of the PM session, details following shortly**

**Sunday, November 15, 2009**

**Session 3:**

Warm-up session: 8:45AM – 9:45 AM.

Session 3 Relay Cards due: 9:45 AM

Clear Pool: 9:45 AM.

Coach's meeting: 9:50 AM.

Session 3 begins: 10:00 AM

**Texas LSC All - Star Championship Meet  
November 14-15, 2009  
Order of Events**

**Saturday, November 14, 2009**

Session 1

<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
	13-14 400 IM*	<b>2</b>
<b>3</b>	11 – 50 yard free	<b>4</b>
<b>5</b>	12 – 50 yard free	<b>6</b>
<b>7</b>	13 – 50 yard free	<b>8</b>
<b>9</b>	14 – 50 yard free	<b>10</b>
<b>11</b>	11 – 100 yard breaststroke	<b>12</b>
<b>13</b>	12 – 100 yard breaststroke	<b>14</b>
<b>15</b>	13 – 200 yard breaststroke	<b>16</b>
<b>17</b>	14 – 200 yard breaststroke	<b>18</b>
<b>19</b>	11 – 100 yard back	<b>20</b>
<b>21</b>	12 – 100 yard back	<b>22</b>
<b>23</b>	13 – 200 yard back	<b>24</b>
<b>25</b>	14 – 200 yard back	<b>26</b>
	<b>10 minute break</b>	
<b>27</b>	11-14 – 500 yard free*	
<b>29</b>	11 – 200 Medley Relay	<b>30</b>
<b>31</b>	12 – 200 Medley Relay	<b>32</b>
<b>33</b>	13 – 200 Medley Relay	<b>34</b>
<b>35</b>	14 – 200 Medley Relay	<b>36</b>

\*Positive check in for the 13-14 boys 400 IM by 8:15 AM

\*Positive check in for the 11-14 girls 500 Freestyle by 9:15AM

**Saturday, November 14, 2009**

Session 2

<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
<b>37</b>	13-14 400 IM*	
<b>39</b>	11 – 100 yard freestyle	<b>40</b>
<b>41</b>	12 – 100 yard freestyle	<b>42</b>
<b>43</b>	13 – 100 yard freestyle	<b>44</b>
<b>45</b>	14 – 100 yard freestyle	<b>46</b>
<b>47</b>	11 – 200 IM	<b>48</b>
<b>49</b>	12 – 200 IM	<b>50</b>
	<b>10 minute break</b>	
<b>51</b>	11 – 50 yard back	<b>52</b>
<b>53</b>	12 – 50 yard back	<b>54</b>
<b>55</b>	13 – 100 yard back	<b>56</b>
<b>57</b>	14 – 100 yard back	<b>58</b>
<b>59</b>	11 – 50 yard fly	<b>60</b>
<b>61</b>	12 – 50 yard fly	<b>62</b>
<b>63</b>	13 – 100 yard fly	<b>64</b>
<b>65</b>	14 – 100 yard fly	<b>66</b>
	<b>10 minute break</b>	
	11-14 500 yard free*	<b>68</b>
<b>69</b>	11-14 Mixed 400 Medley Relay	

\*Positive check in for the 13-14 boys 400 IM by 3:15 PM

\*Positive check in for the 11-14 girls 500 Freestyle by 4:15PM

**Order of Events**  
**Sunday, November 15, 2009**  
Session 3

<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
71	11 – 200 Freestyle	72
73	12 – 200 Freestyle	74
75	13 – 200 Freestyle	76
77	14 – 200 Freestyle	78
79	11 – 100 IM	80
81	12 – 100 IM	82
83	13 – 200 IM	84
85	14 – 200 IM	86
87	11 – 50 breast	88
89	12 – 50 breast	90
91	13 – 100 breast	92
93	14 – 100 breast	94
95	11 – 100 Fly	96
97	12 – 100 Fly	98
99	13 – 200 Fly	100
101	14 – 200 Fly	102
103	11 – 200 Free Relay	104
105	12 – 200 Free Relay	106
107	13 – 200 Free Relay	108
109	14 – 200 Free Relay	110

## Carroll ISD Aquatics Center Rules, Regulations, Prohibitions, and Deck Access

- ✍ District personnel are empowered to enforce any and all regulations that have been established by District Board of Trustees Minutes and/or Natatorium Policies.
- ✍ Folding Chairs are not allowed in the Spectator area. The walkway must stay clear at all times.
- ✍ During USA Swimming meets, spectators are required to remain in the spectator area located upstairs. Spectators, on deck during competition, is not permitted.
- ✍ Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. No other banners, posters, or other decorations are permitted.
- ✍ Glass containers of any sort and chewing gum are not permitted anywhere within the Aquatic Center.
- ✍ Spectators **may not** bring food and/or drink into the Aquatics Center from outside sources. Athletes **ARE** permitted to bring food and drink on deck.
- ✍ The use of tobacco products and the possession or consumption of alcoholic beverages is prohibited everywhere on Carroll ISD School District Property by direction of the Board of Trustees.
- ✍ Shaving is not permitted anywhere within the entire Aquatic Complex.
- ✍ Artificial noisemakers and laser pointing devices of any sort are not permitted anywhere within the Aquatics Center in accordance with Federation and USA Swimming Rules and District Policies.
- ✍ Teams are expected to police their respective areas at the conclusion of the competition.
- ✍ Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire Aquatics Center.
- ✍ Only authorized personnel are permitted access to the filter, circulation, and chemistry areas.
- ✍ Use of the elevator by unsupervised children who are not physically disabled is prohibited.
- ✍ The use of flash cameras at the start of any race is prohibited.

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### Access to the deck of the Carroll ISD Aquatics Center is restricted to the following:

- |                                        |                                    |
|----------------------------------------|------------------------------------|
| ✍ Athletes from <u>competing</u> teams | ✍ Administrative support personnel |
| ✍ Coaches of <u>competing</u> teams    | ✍ Facility/District Staff          |
| ✍ Officials working the meet.          |                                    |

## **LODGING/RESTAURANTS**

There is a great variety with many choices for lodging. There are also numerous restaurants in the area to cater to every taste including Southlake Town Square which is just minutes away.

**Hilton Dallas/Southlake Town Square (Closest to Aquatics Center)**

**1400 Plaza Place  
Southlake, Texas 76092  
817-442-9900**

**Dallas Marriott Solana**

**5 Village Circle  
Westlake, TX 76262  
Phone: (817) 430-3848  
Fax: (817) 430-4870**

**Comfort Suites – Roanoke**

**801 West Highway 114  
Roanoke Texas, 76262  
Phone: 817-490-1455  
Fax: 817-490-1280**

**AmeriSuites**

**2220 Grapevine Mills Circle West  
Grapevine, TX 76051  
(972) 691-1199  
Fax: (972) 691-3596**

**Baymont Inn**

**301 Capital Street  
Grapevine, TX 76051  
(817) 329-9300  
Fax: (817) 329-0892**

**Holiday Inn Express**

**309 State Highway 114 West  
Grapevine, TX 76051  
(817) 442-5919  
Fax: (817) 442-5960**

**Hampton Inn & Suites – Grapevine**

**1750 State Highway 121 North  
Grapevine, TX 76051  
(972) 471-5000  
Fax: (972) 745-7511**

**Ramada Limited**

**Highway 26 and Highway 121  
Grapevine, TX 76051  
(972) 304-9611  
Fax: (972) 304-4929**

**Super 8 Motel - Grapevine/DFW Airport Northwest**

**Includes: Shuttle service and Breakfast  
250 E State Highway 114  
Grapevine, TX 76051 US  
Phone: 817-329-7222**