

**SWAT Div 1. B/C MEET  
HOSTED BY SOUTHWEST AQUATICS OF TEXAS  
NOVEMBER 21-22, 2009  
SANCTION NT 043-09**

**WELCOME**

Southwest Aquatics of Texas invites you to join us at the Duncanville High School Natatorium in Duncanville, TX to compete in the SWAT Div. 1 B/C Short Course Invitational.

**LOCATION:** Duncanville High School Natatorium, 700 N. Cedar Ridge Rd., Duncanville, TX  
Pool is south of I-20 on the west side of N. Cedar Ridge Rd., just north of the soccer field and football stadium. The facility includes an eight lane 25 yard pool. A fully automatic Colorado Timing System will be used.

**MEET SCHEDULE:**

Session I – Saturday	Warm-up 8:15-8:45am	Meet Start 9:00am
Session II – Saturday	Warm-up 11:15-11:45am	Meet Start 12:00pm
Session III – Sunday	Warm-up 8:15-8:45am	Meet Start 9:00am
Session IV – Sunday	Warm-up 15 minutes in length, starts immediately after Session III ends.	Meet Start at End of Warm-up

**“NORTH TEXAS SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

The meet referee will determine if two warm-up sessions are necessary based on the number of entries. If it is determined that two warm-up sessions are necessary, the schedule and the warm-up assignments will be posted on the North Texas website ([www.ntswim.org](http://www.ntswim.org)) by November 18, 2009.

General warm-up will last for the first 30 minutes – NO DIVING. The last 15 minutes of each warm-up shall consist of the following:

Lanes 1 and 8	Push pace – No Diving
Lanes 2,3,6 and 7	Racing starts, One way only
Lanes 4 and 5	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 at the meet.

**SANCTION AND LIABILITY:**

**“HELD UNDER THE SANCTION OF USA SWIMMING, INC.”**

**“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, AND SOUTHWEST AQUATICS OF**

**TEXAS, AND THE DUNCANVILLE 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 November 21, 2009 determines the swimmer's age for this meet. A swimmer may enter any event for which they are eligible to compete at the "B/C" level. Times listed in the event schedule are the fastest times allowed. A swimmer may not enter any event in which he/she has achieved a "BB" time. However, an exception is granted to swimmers with no more than 2 "BB" times. These swimmers may swim those events as exhibition (no awards or team points).

**"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, INC SANCTIONED MEET SHALL BE A MEMBER OF USA SWIMMING, INC."**  
**NO DECK REGISTRATIONS WILL BE ACCEPTED**

All coaches, parents, swimmers, officials should be aware of rules going into effect October 1, 2009 for approved swimwear worn in any USA Swimming sanctioned or approved competition, or for any observed swim as noted in the **USA Swimming Letter on Approved Swimsuits** published Thur, 24 Sep 2009,

1. Swimsuits for men may not extend above the naval or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.
2. Material used for swimsuits can be only textile fabric which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding;
3. No zippers or other fastening devices are allowed except for a waist tie on a brief or a jammer.

**ENTRY LIMIT:**

Each swimmer may participate in 5 individual events and 1 relay event per day.

**ENTRY FEES:**

Entry fees are \$3.25 per individual event and \$6.50 per relay.

**Make checks payable to: SWAT**

### **ENTRY DEADLINE:**

Entries must be received by 6:00pm on Tuesday, November 10, 2009. Teams may email an entries file as an attachment to an email, along with an individual meet entries report by name and a meet entries fee report. Entry fees must be postmarked by the deadline. The email must include the name, phone number and email address of the person preparing the entries. Teams may mail a meet entries file with a printout and payment to be received by the entries deadline. Individuals may mail an entry form and payment. The complete USA registration number must be placed on each entry.

Relay entries will be accepted up to 30 minutes prior to the start of the meet.

### **ENTRIES SHOULD BE MAILED TO:**

Email: Amy Sisler, [asisler818@hotmail.com](mailto:asisler818@hotmail.com)

Mail: Amy Sisler  
P.O. Box 380554  
Duncanville, TX 75138  
972-576-8298

### **LATE ENTRIES:**

Late entries will be accepted 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. *All late entries must be accompanied by a valid USA Swimming ID card and a copy of the swimmer's times from USA Swimming, Inc. SWIMS Database.* (NT Policies & Procedures 6.3.B). **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

### **SEEDING:**

The meet will be deck seeded and conducted as timed finals. Seed times entered should be the swimmer's fastest meet time for the stroke and distance. If a swimmer has no meet time, enter the seed time as "NT" (No Time).

### **1650 FREESTYLE:**

The 1650 freestyle will be swum from fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and lap counters for this event. The meet referee may combine heats if the number of swimmers allows.

### **CHECK IN PROCEDURE:**

Positive check in is required for each event a swimmer may be competing in. 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

### **AWARDS AND SCORING:**

Ribbons will be awarded for individual events places 1-8 and for relays, places 1-3. "Best time" ribbons will be awarded to 8 & under in individual events swum faster than their seed time. NT does not count as a valid seed time toward "Best Time" ribbons. Team points will be calculated but no team awards will be given. Final team scores will be printed in the final results. Individual

events for Swimmers 10 & Under and 11-12 will be swum together but they will be scored separately.

**PSYCHE SHEETS:**

Psyche Sheets will be available throughout the meet at concessions for \$5.00.

**CONCESSIONS:**

Concessions will be available for the general public and swimmers.

**HOSPITALITY:**

Hospitality will be available for coaches and officials only. Swimmers are not allowed in the hospitality area.

**TIMERS:**

The host team will provide as many timers as possible. However, it is requested, as a courtesy that all teams provide at least one timer for every 10 swimmers in the meet for all sessions.

**OFFICIALS:**

Meet Referee: Bob Lang  
 Admin Referee: Ann Lang  
 Starter: Stephanie Jones  
 Stroke & Turn Judges: Reuben Rios  
 Jason Johnson  
 Clerk of Course: Lisa Martin  
 Meet Director: Theresa Brown 972-293-1670 or 610-529-0537

**SWAT DIVISION I - B/C MEET  
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<b>SESSION I – SATURDAY AM</b>				
<b>GIRLS</b>		<b>EVENT DESCRIPTION</b>		<b>BOYS</b>
1		8 & Under 100 Free Relay		2
3		8 & Under 25 Free		4
5		8 & Under 25 Back		6
7		8 & Under 25 Breast		8
9		8 & Under 25 Fly		10
11		8 & Under 50 Free		12

<b>SESSION II – SATURDAY PM</b>				
<b>GIRLS</b>	<b>SLOWER THAN</b>	<b>EVENT DESCRIPTION</b>	<b>SLOWER THAN</b>	<b>BOYS</b>
13	3:11.69	11-12 200 Breast	3:07.29	14
15		10 & UNDER 200 FREE RELAY		16
17		11-12 200 FREE RELAY		18

19		12& UNDER 200 IM		20
	3:19.39	10 & UNDER	3:18.09	
	2:50.69	11-12	2:49.39	
21		12 & Under 100 FREE		22
	1:21.59	10 & UNDER	1:19.99	
	1:08.29	11-12	1:07.89	
23		12 & UNDER 50 BACK		24
	43.49	10 & UNDER	43.69	
	36.79	11-12	36.49	
25		12 & UNDER 100 BREAST		26
	1:46.69	10 & UNDER	1:43.69	
	1:29.29	11-12	1:27.79	
27		12 & UNDER 50 FLY		28
	42.99	10 & UNDER	41.99	
	35.09	11-12	35.19	
29	2:51.79	11-12 200 FLY	2:48.29	30
31	6:04.19	11-12 400 IM	5:56.29	32

<b>SESSION III – SUNDAY AM</b>				
<b>GIRLS</b>	<b>SLOWER THAN</b>	<b>EVENT DESCRIPTION</b>	<b>SLOWER THAN</b>	<b>BOYS</b>
33	2:48.89	11-12 200 BACK	2:45.59	34
35		10 & UNDER 200 MEDLEY RELAY		36
37		11-12 200 MEDLEY RELAY		38
39		12 & UNDER 200 FREE		40
	2:58.29	10 & UNDER	2:50.89	
	2:31.49	11-12	2:27.49	
41		12 & UNDER 100 FLY		42
	1:42.09	10 & UNDER	1:40.39	
	1:20.19	11-12	1:18.69	
43		12 & UNDER 50 BREAST		44
	47.79	10 & UNDER	47.89	
	40.89	11-12	40.79	
45		12 & UNDER 100 BACK		46
	1:33.99	10 & UNDER	1:32.09	
	1:21.09	11-12	1:19.09	
47		12 & UNDER 50 FREE		48
	35.99	10 & UNDER	35.19	
	31.89	11-12	30.99	
49		12 & UNDER 100 IM		50
	1:33.79	10 & UNDER	1:31.19	
	1:20.09	11-12	1:17.59	

**SESSION IV – SUNDAY**

**WARM-UP 15 MINUTES IN LENGTH, STARTS IMMEDIATELY AFTER SESSION III  
ENDS, 1650 STARTS IMMEDIATELY AFTER END OF WARM-UP**

\*51            23:30.19            1650 FREE    11-12            23:23.89            \*52

\* The 1650 freestyle will be swum fastest to slowest alternating women and men. Swimmers need to provide their own timers and lap counters for this event. The meet referee may combine heats if the number of swimmers allows.