

# 2009 NT COPS Short Course BB Winter Solstice Invitational Swim Meet

Oak Point Swim Center  
Plano, TX –December 11-13, 2009  
SANCTION # 046-09

**Session 1:** Friday, Dec. 11, 2009  
Warm-up: 5:00pm – 5:45pm  
Meet Starts: 6:00pm

**Session 3:** Saturday, Dec. 12, 2009  
Warm-up: 1:00-1:45 pm  
Meet Starts: 2:00 pm

**Session 2:** Saturday, Dec. 12, 2009  
Warm-up: 7:30-8:15 am  
Meet Starts: 8:30 am

**Session 4:** Sunday, Dec. 13, 2009  
Warm-up 7:30-8:15 am  
Meet Starts: 8:30 am

**Session 5:** Sunday, Dec. 13, 2009  
Warm-up 1:00-1:45 pm  
Meet Starts: 2:00 pm

**Pool:** Oak Point Aquatic Center is located on the southeast corner of Spring Creek Pkwy and Jupiter Road, Plano, TX.

**Age:** Swimmer's age as of December 11, 2009

**Eligibility:** A swimmer may enter any event for which they are eligible to compete at the BB level. Times listed in the event schedule is the fastest time allowed. A swimmer may not enter any event in which he/she has achieved an "A" time. Exception: Swimmers with two (2) or less "A" times may swim the events in which they have "A" times in an exhibition capacity (no points or awards). No entries will be accepted unless the entrant is registered with USA Swimming Inc. Every club entered as a team in a North Texas Swimming sanctioned meet, must be a member of USA Swimming, Inc.

**Entry Limit:** Each swimmer may participate in a maximum of four (4) individual events and one (1) relay per day.

**Entry Fees:** \$3.25 per individual event  
\$6.50 per relay team

Mail entries to:  
City of Plano Swimmers  
Attn: Meet Entries  
2925 West 15<sup>th</sup> Street  
Plano, TX 75075-7632

**Make checks payable to: COPS, Inc.**

**All entries must be received by 6:00 p.m., Tuesday, December 1, 2009**

**Late Entries:** Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. Relays entered at the meet will be \$6.50.

**Check-In:** The check-in sheets will be separated by sex and age group.  
Check in has three options:  
  v   Indicates a swimmer is present and wants to swim the event.  
  SCR   Indicates a swimmer does not wish to swim the event.  
       Indicates a swimmer is not swimming the event for reasons unknown.

The check-in deadline for each event will be 30 minutes prior to the scheduled start of that event.

**Rules:** The current USA Swimming, Inc. rules will apply.

North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet.

**Sanction:** This meet is held under the sanction of USA Swimming, Inc by North Texas Swimming, Inc of USA Swimming, Inc. The sanction number is NT046-09  
In granting this sanction it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., The City of Plano Swimmers, Inc., The City of Plano, The Plano Parks and Recreation Dept. and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to a facility, when proven, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

“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 CITY OF PLANO, AND CITY OF PLANO SWIMMERS 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.”

**Seeding:** All events will be conducted as timed finals and will be deck seeded.

**Scoring:** Team scores will be kept as follows:  
Individual: 1<sup>st</sup> – 8<sup>th</sup>: 9, 7, 6, 5, 4, 3, 2, 1, respectively  
Relay: 1<sup>st</sup> – 8<sup>th</sup>: 18, 14, 12, 10, 8, 6, 4, 2, respectively

**Warm-Up:** All lanes: General warm-up for 30 minutes. NO DIVING!! Last 15 minutes: Lanes 1 and 8 push start, no diving. Lanes 2 through 7 racing starts, exit far end. General warm up will be in the shallow end, no diving.

**Awards:** Ribbons: 1<sup>st</sup> - 8<sup>th</sup> place for individual events for ages 10 & UN, 11 - 12, 13 - 14, & 15 & O  
1<sup>st</sup> - 3<sup>rd</sup> place for relay events  
Some events will be swum with age groups competing together, but ribbons will be awarded separately.

**Timers:** The City of Plano Swimmers will be providing timers for the meet. However, if a member of your club would like to help with the timing duties, please have them report to the Head Timer.

**Heat Sheets:** Heat Sheets will be available for \$5.00.

**Concessions:** Concessions will be available for swimmers and spectators.

**Hospitality:** Available for coaches, officials and volunteers only.

**Results:** Final results will be posted to the North Texas Swimming web site within ten (10) days of the last day of the meet.

**List of Officials:**

Referee: Bob Rogers  
Starter: Mike Eubanks  
Stroke & Turn: Scott May and Gary Gettel

**COPS BB Invitational  
December 11-13, 2009  
Order of Events**

**SESSION 1- Friday, December 11, 2009**

Warm-ups 5:00pm – 5:45pm      Meet starts 6:00pm

GIRLS EVENT #	Faster than/Slower than 12 & Un Slower than 13 & Over	EVENT	Faster than/Slower than 12 & Un Slower than 13 & Over	BOYS EVENT #
1	(10&U)47.79- 41.99 (11-12)40.89- 37.79	12 & UN 50 Breast	(10&U)47.89- 42.19 (11-12)40.79- 37.29	2
3	(13-14) 2:13.79 (15&O) 2:10.39	13 & Over 200 Free	(13-14) 2:05.29 (15&O) 2:00.09	4
5	(10&U)3.19.39- 2:55.99 (11-12)2.50.69- 2:37.59	12 & UN 200 IM	(10&U)3.18.09- 2:55.29 (11-12)2.49.39- 2:35.59	6
7	(13-14) 2:27.29 (15&O) 2:23.89	13 & Over 200 Back	(13-14) 2:18.19 (15&O) 2:12.39	8
9	(10&U)1.33.99- 1:22.19 (11-12)1.21.09- 1:14.19	12 & UN 100 Back	(10&U)1.32.09 1:21.29 (11-12)1.19.09- 1:12.29	10
11*	(11-12)13.55.99- 12:51.69 (13-14) 12:07.59 (15&O) 11:55.89	11 & Over 1000 Free	(11-12) 13.46.49-12:42.89 (13-14) 11:36.39 (15&O) 11:12.19	12*

\* We will swim the 1000yd Free fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and counters for the 1,000yd free.

**SESSION 2– Saturday, December 11, 2009 Warm-ups 7:30-8:15 am      Meet starts 8:30 am**

GIRLS EVENT #	Faster than/Slower than 12 & Un Slower than 13 & Over	EVENT	Faster than/Slower than 12 & Un Slower than 13 & Over	BOYS EVENT #
13		10 & UN 200 Medley Relay		14
15		11 – 12 200 Medley Relay		16
17	(10&U)2.58.29 2:36.39 (11-12)2.31.49- 2:19.89	12 & UN 200 Free	(10&U)2.50.89- 2:31.89 (11-12)2.27.49- 2:16.19	18
19	(10&U)1.42.09- 1:26.69 (11-12)1.20.19- 1:13.19	12 & UN 100 Fly	(10&U)1.40.39- 1:25.59 (11-12)1.18.69- 1:11.69	20
21	(10&U)1.46.69- 1:33.39 (11-12)1.29.29- 1:22.19	12 & UN 100 Breast	(10&U)1.43.69-1:31.79 (11-12)1.28.39- 1:21.09	22
23	(10&U)43.49- 38.09 (11-12)36.79- 33.89	12 & UN 50 Back	(10&U)43.69- 38.29 (11-12)36.49- 33.49	24
25	(10&U)35.99- 32.19 (11-12)31.89- 29.49	12 & UN 50 Free	(10&U)35.19- 31.59 (11-12)30.99- 28.59	26
27	(11-12)2.48.89- 2:35.89	11 - 12 200 Back	(11-12)2.45.59- 2:32.89	28
29**	(11-12)23.27.89- 21:39.59	11-12 1,650 Free	(11-12)23.10.49- 21:23.59	30**

\*\* We will swim the 1,650yd Free fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and counters.

**Session 3---Saturday, December 11, 2009 Warm-ups 1:00-1:45 pm; Meet Starts 2:00 pm**

GIRLS EVENT #	Faster than/Slower than 12 & Un Slower than 13 & Over	EVENT	Faster than/Slower than 12 & Un Slower than 13 & Over	BOYS EVENT #
31		13 & Over 200 Medley Relay		32
33	(13-14) 2.28.59 (15 & O) 2.24.49	13 & Over 200 Fly	(13-14) 2.20.29 (15 & O) 2.13.39	34
35	(13-14) 1.17.59 (15 & O) 1.15.69	13 & Over 100 Breast	(13-14) 1.12.09 (15 & O) 1.08.89	36
37	(13-14) 2.30.49 (15 & O) 2.26.99	13 & Over 200 IM	(13-14) 2.20.29 (15 & O) 2.15.09	38
39	(13-14) 28.69 (15 & O) 27.99	13 & Over 50 Free	(13-14) 26.29 (15 & O) 25.29	40
41	(13-14) 20.12.19 (15 & O) 19.58.89	13 & Over 1650 Free	(13-14) 19.15.69 (15 & O) 18.47.99	42

**\*\* We will swim the 1,650yd Free fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and counters.**

**SESSION 4- Sunday, November 9, 2008**

Warm-ups 7:30am – 8:15am Meet starts 8:30am

GIRLS EVENT #	Faster than/Slower than 12 & Un Slower than 13 & Over	EVENT	Faster than/Slower than 12 & Un Slower than 13 & Over	BOYS EVENT #
43	(11-12) 6:04.19- 5:36.09	11-12 400 IM	(11-12) 5:56.29- 5:28.89	44
45		10 & UN 200 Free Relay		46
47		11 - 12 200 Free Relay		48
49	(10&U) 42.99- 37.29 (11-12) 35.09- 32.39	12 & UN 50 Fly	(10&U) 41.99- 36.69 (11-12) 35.19- 32.09	50
51	(11-12) 3:11.69- 2:56.89	11 & 12 200 Breast	(11-12) 3:07.29- 2:52.89	52
53	(10&U) 1:21.59- 1:11.89 (11-12) 1:08.29- 1:03.09	12 & UN 100 Free	(10&U) 1:19.99- 1:10.79 (11-12) 1:07.89- 1:02.69	54
55	(10&U) 1:33.79- 1:22.59 (11-12) 1:20.09- 1:13.99	12 & UN 100 IM	(10&U) 1:31.19- 1:21.09 (11-12) 1:17.59- 1:11.49	56
57	(11-12) 2:51.79- 2:38.59	11 - 12 200 Fly	(11-12) 2:48.29- 2:35.29	58
59***	(10&U) 7:39.49- 6:48.39 (11-12) 6:40.09- 6:09.29	12 & UN 500 Free	(10&U) 7:35.19- 6:44.59 (11-12) 6:35.09- 6:04.69	60***

**\*\*\* We will swim the 500yd Free fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and counters. The 400yd IM will be swum slowest to fastest, alternating heats of women and men.**

**Session 5----Sunday, December 13, 2009**

Warm-up 1:00-1:45 pm Meet Starts: 2:00 pm

Girls Event #	Faster than/Slower than 12 & Un Slower than 13 & over	EVENT	Faster than/Slower than 12 & Un Slower than 13 & Over	Boys Event #
61	(13-14) 5.17.79 (15 & O) 5.09.89	13 & Over 400 IM	(13-14) 5.00.49 (15 & O) 4.47.79	62
63		13 & Over 200 Free Relay		64
65	(13-14) 1.02.19 (15 & O) 1.00.79	13 & Over 100 Free	(13-14) 57.39 (15 & O) 55.19	66
67	(13-14) 2.46.79 (15 & O) 2.42.79	13 & Over 200 Breast	(13-14) 2.36.29 (15 & O) 2.30.09	68
69	(13-14) 1.07.79 (15 & O) 1.06.29	13 & Over 100 Fly	(13-14) 1.02.89 (15 & O) 1.00.09	70
71	(13-14) 1.08.49 (15 & O) 1.06.59	13 & Over 100 Back	(13-14) 1.04.19 (15 & O) 1.01.09	72
73	(13-14) 5.52.99 (15 & O) 5.47.39	13 & Over 500 Free	(13-14) 5.35.19 (15 & O) 5.24.29	74

**\*\*\* We will swim the 500yd Free fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and counters. The 400yd IM will be swum slowest to fastest, alternating heats of women and men.**