



**2009 NT Div 2 B/C Meet Format 1
HOSTED BY METROPLEX AQUATICS
December 18-20, 2009
SANCTION # NT 042-09**

Location: Don Rodenbaugh Natatorium, 110 E Rivercrest, Allen, TX 75002.

Facility: The facility is a 10 lane, 25-yard indoor pool with Daktronics Timing System, separate warm-up/warm-down pool.

Sanction: This meet is held under the sanction of USA Swimming, Inc., sanction number is NT 042-09.

LIABILITY: “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, CITY OF ALLEN, ALLEN ISD AND METROPLEX AQUATICS 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.”

Schedule:

	Day	Warm-Up	Meet Starts
Session I	Friday Dec. 18	4:30-5:15 pm	5:30 pm
Session II	Saturday Dec. 19	7:00-7:30 am	7:45 am
Session III	Sunday Dec. 20	8:00-8:30 am	8:45 am

Warm-up Procedures: North Texas Swimming, Inc. safety guidelines and warm-up procedures will be in effect at this meet.

General Warm-up (20 minutes)

- ? All lanes to be used for general warm-up.
- ? NO diving, sprinting or pace work during general warm-up.
- ? Swimmers shall enter the pool feet first in a cautious manner.

Specific Warm-up (last 10 minutes)

- | | | |
|-----------------------|-----------------|----------------------------------------------------|
| ? Lanes 1 & 10 | Push/Pace | Circle swimming only, NO DIVING. |
| ? Lanes 2 & 9 | Racing starts | Swimming one direction only. Exit far end of pool. |
| ? Lanes 3,4,5,6,7 & 8 | General warm-up | Circle swimming only. NO DIVING. |

Rules: 2009 USA Swimming rules and regulations will govern the meet. No entries will be accepted unless the entrant is a registered 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.

USA Swimming approved swimsuits – please refer to letter on www.ntswwim.org website.

Eligibility: A swimmer may enter any event for which they are eligible to compete at the “B/C” level. A swimmer may not enter any event in which he/she has achieved a “BB” time. Exception: Swimmers with two (2) or less “BB” times may swim the events in which they have “BB” times in an exhibition capacity (no points or awards). No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. **No USA Swimming Registrations will be accepted at the meet.** Swimmer’s age as of **12/18/09** shall determine their age for the entire meet.

Entry Deadline: The complete USA registration number must be placed on each entry form. Email entries are encouraged and will be accepted as an attachment to an email message (attach the meet entries zip file) along with an attached meet entry report by name and an entry fee report. Please include the team name, preparer’s name, phone number and email address for confirmation for the person who prepared the entries. Relays accepted up to 30 minutes prior to the start of the meet.

Individual entries and entry fees are due no later than 6:00 pm on Tuesday, December 8, 2009.

Entry Fees and Limit: A swimmer may enter up to four (4) individual events per day, plus one (1) relay event. Entry fees are \$3.25 per individual event, \$6.50 per relay event.

Late Entries: Late entries will accepted up to 30 minutes prior to the start of each session at \$9.75 per individual event.
Any athlete deck entering the meet that is not already entered in the meet MUST present their current registration card. Any athlete late entering an event MUST present a current print out of their short course and long course best times from SWIMS on the USA Swimming Website.
NO DECK REGISTRATIONS WILL BE ACCEPTED.

Email Entries to: Lisa Stults at lisa0908@att.net (Confirmation will be send after entries are received.)
Problems or questions call 972-741-7416

Mail Checks to: Metroplex Aquatics
 808 S. College, Suite 300
 McKinney, TX 75069
 Make checks payable to Metroplex Aquatics.

Seeding: All events will be conducted as timed finals and will be deck seeded. Seed times entered shall 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) shall be entered.

Check-In: Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of the event. There are three check-in options:

- X Indicates swimmer will swim the event.
- SCR Indicates swimmer will not swim the event.
- _____ Indicates swimmer will not swim the event.

Psych Sheets: Psych sheets will be available for a one-time \$5 charge.

Awards and Scoring: Ribbons will be awarded for individual events 1st - 10th and relays 1st - 3rd. Best time ribbons will be awarded to all swimmers in the 8 and under events that swim an individual event faster than their seed time. If a swimmer has entered a "no time" (NT), the swimmer is not eligible for this award.

Team points will be calculated but team awards will not be given. Individual events will be scored by age group.
 Individual Events 11-9-8-7-6-5-4-3-2-1 Relay Events 22-18-16-14-12-10-8-6-4-2

Additional Information: Admission and parking are free. Overflow parking is available by the high school tennis courts. Please do not park in unmarked spots in the parking lot. Camera phones will not be allowed to be used in the locker rooms. No flash photography at start of race.

Concessions: Concessions will be available for purchase.

Hospitality: Hospitality will be available for all meet officials and coaches.

Meet Referee – Jane Maxvill janemaxvill@clearhavencruises.com
Starter – Jana Morrison
Stroke & Turn – Mike McDonald and Sterling Gibson
Meet Directors –Karen Wagner
Head Safety Marshal – Ginger Brennecke
Meet Admin – Lisa Stults lisa0908@att.net

Friday 12/18/09

warm-up 4:30 -5:15 pm
 meet starts 5:30 pm
 4 individual swims per day

Session I

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	8&U 25 Free	2
3	8&U 25 Back	4
5	8&U 25 Breast	6
7	8&U 25 Fly	8
9	8&U 50 Free	10
11	8&U 100 Free Relay	12

Session II**Saturday 12/19/09**

warm-up 7-7:30 am

meet starts 7:45 am

4 individual swims per day

Girls	Slower than "BB"	Event	Slower than "BB"	Boys
13	2:48.89	11-12 200 Back	2:45.59	14
15	10&U 200 Free Relay			16
17	11-12 200 Free Relay			18
19	12&U 100 Free			20
	1:21.59	10&U	1:19.99	
	1:08.29	11-12	1:07.89	
21	12&U 50 Back			22
	43.49	10&U	43.69	
	36.79	11-12	36.49	
23	12&U 100 Breast			24
	1:46.69	10&U	1:43.69	
	1:29.29	11-12	1:27.79	
25	12&U 100 IM			26
	1:33.79	10&U	1:31.19	
	1:20.09	11-12	1:17.59	
27	12&U 50 Fly			28
	42.99	10&U	41.99	
	35.09	11-12	35.19	
29	2:51.79	11-12 200 Fly	2:48.29	30
31	12&U 500 Free **			32
	7:39.49	10&U	7:35.19	
	6:40.09	11-12	6:35.09	

** The 500 Freestyle will be swum fastest to slowest, alternating girls and boys. All swimmers in this event must provide their own timer and counter.

Session III**Sunday 12/20/09**

warm-up 8-8:30 am

meet starts 8:45 am

4 individual swims per day

Girls	Slower than "BB"	Event	Slower than "BB"	Boys
33	3:11.69	11-12 200 Breast	3:07.29	34
35	10&U 200 Med Relay			36
37	11-12 200 Med Relay			38
39	12&U 200 Free			40
	2:58.29	10&U	2:50.89	
	2:31.49	11-12	2:27.49	
41	12&U 50 Breast			42
	47.79	10&U	47.89	
	40.89	11-12	40.79	
43	12&U 200 IM			44
	3:19.39	10&U	3:18.09	
	2:50.69	11-12	2:49.39	
45	12&U 50 Free			46
	35.99	10&U	35.19	
	31.89	11-12	30.99	
47	12&U 100 Back			48
	1:33.99	10&U	1:32.09	
	1:21.09	11-12	1:19.09	
49	12&U 100 Fly			50
	1:42.09	10&U	1:40.39	
	1:20.19	11-12	1:18.69	
51	13.46.49	11-12 1000 Free **	14.50.09	52

** The 1000 Freestyle will be swum fastest to slowest, alternating girls and boys. All swimmers in this event must provide their own timer and counter.