

**Frisco Aquatics New Year BB Meet**  
**January 8-10<sup>th</sup>, 2010**  
**Frisco, Texas**

**HOSTED BY** Frisco Aquatics

**SANCTION** North Texas Swimming, Inc. **SANCTION #:** 003-10

**FACILITY** **The Frisco ISD Natatorium located at 7411 First Street Frisco, Texas 75034. Frisco ISD Natatorium** is an 8-lane, 25 yard pool equipped with non - turbulent racing lanes and Colorado electronic timing. 8 lanes will be used for competition and 8 lanes used for warm up / warm down. Bleacher Seating is available for over 800. Parking accessible from First Street.

**CONCESSIONS** Concessions, appropriate for a swim meet, will be available

**MEET REFEREE/OFFICIALS** **Referee: Gary Bush**  
**Stroke and Turn: Toni Kline**  
**Stroke and Turn: William Bradee**  
**Starter: Jason Johnson or Stephanie Jones**

**MEET DIRECTOR** **Chris Rowe 1141 Timber Lane Frisco, TX. 75034**  
**EMAIL: [xianrowe@gmail.com](mailto:xianrowe@gmail.com)**

**SAFETY MARSHALL** **Tamie Nelson**

**ELEGIBILITY** Any athlete registered with USA Swimming, who is in compliance with the event entry requirements stated in the meet announcement, shall be eligible to compete. Athletes may compete in either an attached or unattached status based upon the applicable transfer rules contained in the current USA Swimming Rules and Regulations. All Clubs entering meet must be registered with USA Swimming. Swimmers age on the first day of the meet shall be used to determine swimmers age for entire meet.

\* An athlete may enter any BB event in which the athlete has achieved the applicable BB time standard, but has not achieved the relevant A time standard. All athletes 13 years or older who have not achieved the relevant A time standard are eligible to enter BB events.

\* In entering any BB competition, an athlete with three BB time standards may compete in any BB event in which the athlete has not achieved the relevant A time standard.

Exhibition swims at a BB meet are permitted for swimmers with 2 or less A times in those events.

Late entries will be accepted for open lanes only at NT. New heats will not be added. The athlete must present a valid registration card or facsimile or already be entered in the meet.

**Athlete registrations will not be accepted at the meet.**

**FORMAT** **All events will be contested as timed finals. All events will be pre seated except for the following events which will be deck seeded: 400IM, 500 FREE, 1000 Freestyle, and 1650 Freestyle**  
These deck-seeded events will be swum, FASTEST TO SLOWEST alternating girls then boys. May only swim choose the 100 or 1650

- SEEDING** All events, with the exception of deck-seeded events (see Format above) will be pre-seeded by age group.
- CHECK – IN** **400IM, 500 Freestyle, 1000/1650 Freestyle**  
Swimmers **MUST** check in at the Clerk of Course for deck-seeded events 30 MINUTES PRIOR TO THE START OF THE SESSION.
- RULES** Current USA Rules and Regulations will govern the conduct of the meet unless otherwise noted. Spectators are not allowed on deck. **All coaches and officials** must wear current year USA Swimming card at all times while on deck. **All Officials** must present current certification card at check-in. **Coaches must present upon check-in, a current USA card, and your card must be displayed at all times, to be allowed on deck and in hospitality.** Swimmers are responsible for swimming in their assigned heats and lanes. Current NT and USA Swimming suit rules will be in effect.
- SESSION SCHEDULE** Sessions will begin at the following times:  
**Friday PM:** Warm-up 5:15PM – 6:00PM Meet Start 6:15  
**SAT. & SUN. AM:** Warm-up 8:00AM.- 9:00AM Start 9:15AM.  
**SAT. & SUN. PM:** Warm 1:00PM.- 2:00PM Start 2:15PM
- ENTRIES** A swimmer may enter 5 individual events per day. Please submit entries in **HY-TEK TEAM MANAGER format**. Please include printout of each swimmer's entries to be used as a back up. Include first and last name, age, USAS number and seedtime. Your entry is not complete until check is received.
- ENTRY FEES** Individual event----- \$3.25 Late entry fees will be double the original entry fees. Checks should accompany the entries and be payable to **Frisco Aquatics**.
- ENTRY DEADLINE** All entries must be received no later than **Tuesday, December 29th, 2010 at 6 PM.** Please waive signature for overnight deliveries. Email entries to [swimfrisco@aol.com](mailto:swimfrisco@aol.com) .
- MAIL ENTRIES TO** Dan McDonough 1141 Timber Lane Frisco, TX. 75034  
**USPS EXPRESS MAIL or FEDEX highly recommended. Please sign signature waiver.**
- LATE ENTRIES** Late entries will be accepted for available lanes that were created from the initial seeding from entries received. Once those lanes are filled no more late entries will be accepted. No additional heats will be created. All late entries will be seeded as NT and the late fee will be double the original entry fee per event. **Late entries must show their USAS registration card to the Clerk of Course** to verify current USAS membership. Late entries will be accepted at Clerk of Course by the following time schedule.  
**Friday PM** before 5:45  
**SATURDAY AND SUNDAY AM** before 8:30 AM  
**SATURDAY AND SUNDAY PM** before 1:30 PM  
Proof of times from USA Swimming site (SWIMS) must be provided with Late entries.

- AWARDS** Individual events: **Ribbons** 1<sup>st</sup> - 8<sup>th</sup> place. ‘A’ Time ribbons awarded to all new ‘A’ Times achieved.
- HEAT SHEETS** Heat sheets will be available for all sessions. Deck seeded events will be posted.
- OFFICIALS** Certified officials from visiting teams are welcome to work the meet. Please contact the Meet Referee, 10 days prior to the meet if a specific assignment (apprentices) is requested otherwise report to the meet referee 1 hour prior to the sessions. **All officials must wear current USA Swimming registration card while on deck and must also present current Officials certification card at check-in. Officials without proper credentials will not be allowed on deck.**
- WARM – UP** **NORTH TEXAS SWIMMING, INC. SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.** Each team must provide at least one USA Certified Coach to monitor warm-ups. Lanes will be assigned according to number of entries for entire warm-up. **Please note; the meet referee may adjust the warm-up times based on entries received.**
- COACHES MEETING** A Coaches meeting will be held 15 minutes before the start of the morning WARMUP Session on Saturday.
- 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, FRISCO ISD 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.  
Acceptance of the policy is evidenced by entry in the meet. Failure of swimmers, coaches, etc., to follow the direction of the Safety Marshall may result in their removal from the meet without the refund of entry fees.
- HOST HOTEL** Embassy Suites, Frisco Texas
- ATTACHMENTS** Please check our website: [www.friscoaquatics.com](http://www.friscoaquatics.com) for the most up to date information. Current Maps and Meet Schedule information is posted there. Also, the psych sheet along with any changes to the meet will be posted on the website. Please check this info often.



**AM Saturday January 9<sup>th</sup>, 2010  
Frisco, Texas**

**Session: 2**

Warm-up: 8:00 AM – 9:00 AM

Start time: **9:15AM**

Positive Check-In: No later than 8:45 AM

**Session 2**

<b>Girls</b>	<b>Between "A" and "BB"</b>	<b>Event Description</b>	<b>Between "A" and "BB"</b>	<b>Boys</b>
29	2:56.90 - 3:11.69	11-12 200 Breast	2:52.90 - 3:07.29	30
31	1:11.90 - 1:21.59	10 & Under 100 Free	1:10.80 - 1:19.99	32
33	1:03.10 - 1:08.29	11-12 100 Free	1:02.70 - 1:07.89	34
35	38.10 - 43.49	10 & Under 50 Back	38.30 - 43.69	36
37	33.90 - 36.79	11-12 50 Back	33.50 - 36.49	38
39	42.00 - 47.79	10 & Under 50 Breast	42.20 - 47.89	40
41	2:35.90 - 2:48.89	11-12 200 Back	2:32.90 - 2:45.59	42
43	2:56.00 - 3:19.39	10 & Under 200 IM	2:55.30 - 3:18.09	44
45	37.80 - 40.89	11-12 50 Breast	37.30 - 40.79	46
47	37.30 - 42.99	10 & Under 50 Fly	36.70 - 41.99	48
49	32.40 - 35.09	11-12 50 Fly	32.10 - 35.19	50
51	6:48.40 - 7:39.49	*10 & Under 500 Free(P)	6:44.60 - 7:35.19	52
53	6:09.30 - 6:40.09	*11-12 500 Free(P)	6:04.70 - 6:35.09	54

**\*(P) All 500's will be combined, positive check-in, deck seeded events, and awarded separately.**

**PM Saturday January 9<sup>th</sup>, 2010  
Frisco, Texas**

**Session: 3**

Warm-up: 1:00 PM – 2:00 PM

Start time: **2:15**

Positive Check-In: No later than 1:45

**Session 3**

<b>Girls</b>	<b>Between "A" and "BB"</b>	<b>Event Description</b>	<b>Between "A" and "BB"</b>	<b>Boys</b>
55	2:30.50 - 2:42.99	13-14 200 IM	2:20.30 - 2:31.99	56
57	2:27.00 - 2:39.29	15&O 200 IM	2:15.10 - 2:26.39	58
59	1:02.20 - 1:07.39	13-14 100 Free	57.40 - 1:02.19	60
61	1:00.80 - 1:05.79	15&O 100 Free	55.20 - 59.79	62
63	2:27.30 - 2:39.59	13-14 200 Back	2:18.20 - 2:29.79	64
65	2:23.90 - 2:35.89	15&O 200 Back	2:12.40 - 2:23.39	66
67	2:46.80 - 3:00.69	13-14 200 Breast	2:36.30 - 2:49.39	68
69	2:42.80 - 2:56.39	15&O 200 Breast	2:30.10 - 2:42.59	70
71	5:53.00 - 6:22.39	*13-14 500 Free (P)	5:35.20 - 6:03.19	72
73	5:47.40 - 6:16.29	*15&O 500 Free (P)	5:24.30 - 5:51.29	74

**\*(P) All 500's will be combined, positive check-in, deck seeded events, and awarded separately.**

**AM Sunday January 10<sup>th</sup>, 2010  
Frisco, Texas**

**Session: 4**

Warm-up: 8:00 AM – 9:00 AM

Start time: **9:15 AM**

Positive Check-In: No later than 8:45

Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
75	1:14.00 - 1:20.09	11-12 100 IM	1:11.50 - 1:17.59	76
77	2:36.40 - 2:58.29	10 & Under 200 Free	2:31.90 - 2:50.89	78
79	2:19.90 - 2:31.49	11-12 200 Free	2:16.20 - 2:27.49	80
81	1:33.40 - 1:46.69	10 & Under 100 Breast	1:31.80 - 1:43.69	82
83	1:22.20 - 1:29.29	11-12 100 Breast	1:20.50 - 1:27.79	84
85	1:26.70 - 1:42.09	10 & Under 100 Fly	1:25.60 - 1:40.39	86
87	1:13.20 - 1:20.19	11-12 100 Fly	1:11.70 - 1:18.69	88
89	1:22.60 - 1:33.79	10 & Under 100 IM	1:21.10 - 1:31.19	90
91	2:37.60 - 2:50.69	11-12 200 IM	2:35.60 - 2:49.39	92
93	12:51.70 - 13:55.99	*11-12 1000 Free (P)	12:42.90 - 13:46.49	94
95	21:39.60 - 23:27.89	*11-12 1650 Free (P)	21:23.60 - 23:10.49	96

**\*(P) All 1000/1650's will be combined, positive check-in, deck seeded events, and awarded separately. May only choose 1**

**PM Sunday January 10<sup>th</sup>, 2010  
Frisco, Texas**

**Session: 5**

Warm-up: 1:00 PM – 2:00 PM

Start time: **2:15**

Positive Check-In: No later than 1:45

**Session 5**

Girls	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys
97	2:13.80 - 2:24.99	13-14 200 Free	2:05.30 - 2:15.69	98
99	2:10.40 - 2:21.19	15&O 200 Free	2:00.10 - 2:10.09	100
101	1:17.60 - 1:24.09	13-14 100 Breast	1:12.10 - 1:18.09	102
103	1:15.70 - 1:21.99	15&O 100 Breast	1:08.90 - 1:14.69	104
105	1:07.80 - 1:13.49	13-14 100 Fly	1:02.90 - 1:08.09	106
107	1:06.30 - 1:11.79	15&O 100 Fly	1:00.10 - 1:05.09	108
109	12:07.60 - 13:08.29	(P)13-14 1000 Free	11:36.40 - 12:34.39	110
111	20:12.20 - 21:53.19	(P)13-14 1650 Free	19:15.70 - 20:51.99	112
113	11:55.90 - 12:55.49	(P)15&O 1000 Free	11:12.20 - 12:08.19	114
115	19:58.90 - 21:38.89	(P)15&O 1650 Free	18:48.00 - 20:21.89	116

**\*(P) All 1000/1650's will be combined, positive check-in, deck seeded events, and awarded separately. May only choose 1**