

**“A” Invitational  
Hosted by Lakeside Aquatic Club  
January 15-17, 2010**

Sanction #001-10

**Location:** LISD Aquatic Center  
5729 Memorial Dr.  
The Colony, Texas 75056  
(469-948-2750)

**Facility:** 2 – 8 lane 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 8 lane scoreboards will be utilized. Ample seating and dressing space are provided.

**Meet Schedule:**

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Friday	5:00 – 5:45 pm	6:00 pm
Session 2-Saturday	Group 1 8:00-8:45 am Group 2 8:45-9:30 am	9:45 am
Session 3-Sunday	Group 2 7:00-7:30 am Group 1 7:30-8:00 am	8:30 am

\*\*\*\*\* 8:00 – 8:15 DIVE STARTS \*\*\*\*\* No Relays

*Group 1: CLAS, FAST, IS, LAC, MAC, MARS, NTN, QA, SWAT, SNAP, TRS, WW2*

*Group 2: ATAC, CAT, COPS, COR, DM, FA, LSCC, MTRO, ROCK, WEST*

Warm-up groups may be altered if necessary, at the discretion of the Meet Referee.

**Warm-up:**

General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes will allow diving, as noted below. The diving period shall be as follows:

Lanes 1 and 8 – push swims from the starting end, NO DIVING

Lanes 2 and 7 – racing starts, one way only from the blocks

Lanes 3, 4, 5 and 6 - 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. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for “stadium seats”. No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.

**SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming Inc., #001-10. “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, LAKESIDE AQUATIC CLUB, AND KELLER 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.”**

**Eligibility:**

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 sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the "A" qualifying time standard; furthermore, a swimmer who has three current "A" times may enter any event. Swimmer's age as of 1/15/10 shall determine their age for the entire meet. **NO DECK Registrations will be accepted.**

**Entry Limit:**

Each swimmer may participate in five individual events per day

**Entry Fees:**

Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. All late entries must be accompanied by the swimmer's USA Swimming ID card. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers.

**Entry Deadline:**

***Entries must be received by Tuesday, January 5, 2010*** at 6pm. Entries must be submitted by Email, to [gillespys@verizon.net](mailto:gillespys@verizon.net) with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed to: All entry fees shall be mailed to:

Shannon Gillespy  
1601 Bonham Pkwy  
Lantana, Texas 76226

All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to Lakeside Aquatic Club.

•Fees shall be mailed and postmarked by Friday, January 8, 2010.

***Checks for entry fees shall be made payable to Lakeside Aquatic Club.***

•The name, phone number and email address of the person preparing team entries shall be provided with the entries.

•All teams shall provide a printout of meet entry fees and a printout of individual entries, by name.

**Check-In:**

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

  X   indicates the swimmer will swim the event

 scr  indicates the swimmer will not swim the event

      indicates the swimmer will not swim the event

**Psych Sheets:**

Psych sheets will be available for all sessions at a one-time charge of \$5.

**Seeding:**

All events will be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance (yards). If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

**Awards:**

Ribbons will be awarded for places 1-8. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O.

**Officials:**

Meet Referee: Nina Arnett

Starter: Scott Leeper

Stroke and Turn Judges: Deb Berhens, Jay McTaggart, Todd Straight

Head Safety Marshal: Brian Sommers/Shannon Gillespy

Meet Director: Shannon Gillespy (214-697-4145) or [gillespys@verizon.net](mailto:gillespys@verizon.net)

**Schedule of Events:****Session 1 – Friday, January 15<sup>th</sup>**

Women	"A" and faster	Event	"A" and faster	Men
1	5:36.09 5:17.79 5:09.89	<b>400IM</b> 11-12 13-14 Senior	5:28.89 5:00.49 4:47.79	2
3	32.19 29.49 28.69 27.99	<b>50 Free</b> 10 & Under 11-12 13-14 Senior	31.59 28.59 26.29 25.29	4
5	6:48.39 6:09.29 5:52.99 5:47.39	<b>500FR</b> 10 & Under 11-12 13-14 Senior	6:44.59 6:04.69 5:35.19 5:24.29	6

\*\*Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

**Session 2 – Saturday, January 16<sup>th</sup>**

<b>Women</b>	<b>"A" or faster</b>	<b>Event</b>	<b>"A" or faster</b>	<b>Men</b>
9	2:35.89 2:27.29 2:23.89	<b>200 Back</b> 11-12 13-14 Senior	2:32.89 2:18.19 2:12.39	10
11	2:55.99 2:37.59 2:30.49 2:26.99	<b>200 IM</b> 10&Under 11-12 13-14 Senior	2:55.29 2:35.59 2:20.29 2:15.09	12
13	1:33.39 1:22.19 1:17.59 1:15.69	<b>100 Breast</b> 10&Under 11-12 13-14 Senior	1:31.79 1:20.49 1:12.09 1:08.89	14
15	2:38.59 2:28.59 2:24.49	<b>200 Fly</b> 11-12 13-14 Senior	2:35.29 2:20.29 2:12.39	16
17	1:11.89 1:03.09 1:02.19 1:00.79	<b>100 Free</b> 10&Under 11-12 13-14 Senior	1:10.79 1:02.69 57.39 55.19	18
19	38.09 33.89	<b>50 Back</b> 10&Under 11-12	38.29 33.49	20
21		<b>200 Medley Relay</b> 10&Under 11-12 13-14 Senior		22
23	12:51.69 12:07.59 11:55.89	<b>1000 Free</b> 11-12 13-14 Senior	12:42.89 11:36.39 11:12.19	24

**Session 3 – Sunday, January 17<sup>th</sup>**

<b>Women</b>	<b>"A" or faster</b>	<b>Event</b>	<b>"A" or faster</b>	<b>Men</b>
25	2:56.89 2:46.79 2:42.79	<b>200 Breast</b> 11-12 13-14 Senior	2:52.89 2:36.29 2:30.09	26
27	1:26.69 1:13.19 1:07.79 1:06.29	<b>100 Fly</b> 10&Under 11-12 13-14 Senior	1:25.59 1:11.69 1:02.89 1:00.09	28
29	41.99 37.79	<b>50 Breast</b> 10&Under 11-12	42.19 37.29	30
31	1:22.19 1:14.19 1:08.49 1:06.59	<b>100 Back</b> 10&Under 11-12 13-14 Senior	1:21.29 1:12.29 1:04.19 1:01.09	32
33	2:36.39 2:19.89 2:13.79 2:10.39	<b>200 Free</b> 10&Under 11-12 13-14 Senior	2:31.89 2:16.19 2:05.29 2:00.09	34
35	1:22.59 1:13.99	<b>100 IM</b> 10&Under 11-12	1:21.09 1:11.49	36
37		<b>200 Free Relay</b> 10&Under 11-12 13-14 Senior		38
39	21:39.59 20:12.19 19:58.89	<b>1650 Free</b> 11-12 13-14 Senior	21:23.59 19:15.69 18:47.99	40