

Frisco Aquatics Division 3 B/C Meet
January 22-24th, 2010
Frisco, Texas

HOSTED BY Frisco Aquatics

SANCTION North Texas Swimming, Inc. **SANCTION #:** 004-10 revised

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: Bob Lang**
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

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.
* Exhibition swims at a B/C meet are permitted for swimmers with 2 or less BB times in those events. An exhibition swimmer may compete in a stroke and distance on a relay team for which they have achieved a higher qualifying time, but the relay team becomes an exhibition relay. 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 seeded 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. Swimmers may only choose the 1000 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.- 8:45AM Start 9:00AM.
SAT. & SUN. PM: Warm 12:45PM.- 1:30PM Start 1:45PM

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. Relay-----\$6.50 per relay. 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, January 12th, 2010 at 6 PM.** Please waive signature for overnight deliveries. Email entries to 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 1:15 PM
Proof of times from USA Swimming site (SWIMS) must be provided with Late entries.

AWARDS

Individual events: **Ribbons** 1st - 8th place.

Relay events: **Ribbons** 1st – 3rd place.

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 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.

Frisco Aquatics Division 3 B/C Meet
January 21-23rd, 2010
Frisco, Texas

Session 1 Warm up 5:15pm-6:00pm Meet Start 6:15				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
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 100 IM		12
Session 2 Warm up 8:00am-8:45am Meet Start 9:00				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
13	1:21.60	10 & Under 100 Free	1:20.00	14
15	43.50	10 & Under 50 Back	43.70	16
17	1:46.70	10 & Under 100 Breast	1:43.70	18
19	1:33.80	10 & Under 100 IM	1:31.20	20
21	43.00	10 & Under 50 Fly	42.00	22
23		10 & Under 200 Free Relay		24
25	7:39.50	10 & Under 500 Free (P)	7:35.20	26
(P) Positive Check in before 8:30am				
Session 3 Warm up 12:45pm-1:30pm Meet Start 1:45pm				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
27	2:51.80	11-12 200 Fly	2:48.30	28
29	1:08.30	11-12 100 Free	1:07.90	30
31	36.80	11-12 50 Back	36.50	32
33	1:29.30	11-12 100 Breast	1:27.80	34
35	1:20.10	11-12 100 IM	1:17.60	36
37	35.10	11-12 50 Fly	35.20	38
39	2:48.90	11-12 200 Back	2:45.60	40
41		11-12 200 Free Relay		42
43	6:40.10	11-12 500 Free	6:35.10	44
(P) Positive Check in before 1:15pm				

Session 4 Warm up 8:00am-8:45am Meet Start 9:00

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
45	36.00	10 & Under 50 Free	35.20	46
47	3:19.40	10 & Under 200 IM	3:18.10	48
49	1:42.10	10 & Under 100 Fly	1:40.40	50
51	47.80	10 & Under 50 Breast	47.90	52
53	1:34.00	10 & Under 100 Back	1:32.10	54
55	2:58.30	10 & Under 200 Free	2:50.90	56
57		10 & Under 200 Med Relay		58

Session 5 Warm up 12:45pm-1:30pm Meet Start 1:45pm

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
59	2:31.50	11-12 200 Free	2:27.50	60
61	40.90	11-12 50 Breast	40.80	62
63	2:50.70	11-12 200 IM	2:49.40	64
65	31.90	11-12 50 Free	31.00	66
67	1:21.10	11-12 100 Back	1:19.10	68
69	1:20.20	11-12 100 Fly	1:18.70	70
71	3:11.70	11-12 200 Breast	3:07.30	72
73		11-12 200 Med Relay		74
75	13:56.00	11-12 1000 Free (P)	13:46.50	76
77	23:27.90	11-12 1650 Free (P)	23:10.50	78

(P) Positive Check in before 1:15pm. Swimmer may only choose 1