

2009 ATAC-NT "BB"
Invitational Short Course Swim Meet
HOSTED BY ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC)
January 29-31, 2010
Sanction # 007-10

LOCATION: LISD Natatorium
5729 Memorial Drive
The Colony, TX 75056
Phone: 469-948-2750

FACILITY: Indoor two 25-yard, eight-lane pools with Colorado Timing System. Ample seating and dressing space provided.

MEET INFO: WARM-UP AND MEET START TIMES

Friday Meet Starts – 5:30 PM

Warm-up: 4:30 PM - 5:15 PM

Lanes 2 thru 7 Dive Start, Push Pace Lanes 1 & 8 from 5:00 PM- 5:15 PM

Saturday-Sunday Meet Starts - 10:00 AM

Warm-up Group 1: 8:30 AM – 9:00 AM

Warm-up Group 2: 9:00 AM - 9:30 AM

Lanes 2 thru 7 Dive start, Push Pace Lanes 1 & 8 from 9:30AM- 9:45AM

WARM-UP PROCEDURES: General warm-up in all lanes during the first 30 minutes of each warm-up. No lane assignments and NO DIVING. During the last 15 minutes of warm-up, the following procedures will be in effect:
Lanes 1 & 8: Push starts, pace, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.
Lanes 2,3,4,5,6, & 7: Racing starts, sprint lanes, swimming in one direction only, from the starting blocks. Exit the far end of the pool.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc. The sanction number is 007-10. **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, ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC), AND LEWISVILLE INDEPENDENT SCHOOL DISTRICT (LISD) SHALL BE FREE FROM ANY LIABILITIES OR 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 THIS 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.

RULES: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. **In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches,**

officials, and meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool.

ELIGIBILITY: A swimmer may enter any event for which he/she is eligible to compete at the BB level. **Times listed in the event schedule are the fastest times allowed.** A swimmer may not enter an event in which he/she has achieved the "A" time. Exception: Swimmers with two or less "A" times may swim the events in an exhibition capacity (no points or awards).

Swimmer's age as of 1/29/10 shall determine his/her age for the entire meet.

No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. **No deck USA registrations will be accepted.** Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet shall 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: Entry fees are \$3.25 per individual event and \$6.50 per relay event. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted up until 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. ***The swimmer's USA Swimming ID card and proof of time from the USA Swimming site (SWIMS) must accompany all late entries.*** Relay entries will be accepted the day of the meet, up to 30 minutes prior to the scheduled start of each session.

Entry fees should be made payable to **ATAC Swim Club** and sent to:
P.O. Box 802312
Dallas, Texas, 75380

ENTRY DEADLINE: Entries must be received by 6:00PM on Tuesday, January 19, 2010 via email to: Marcia Beare at marciabeare@sbcglobal.net with an attached file of the meet entries report by name and a meet entry fee report. The complete USA registration number must be placed on each entry form. 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 ATAC Swim Club. Individual entries must be on the consolidated entry form and received by the deadline with payment. Fees shall be mailed and postmarked by the entry deadline. 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, using the NTS standard team entry software.

SEEDING: Events will be conducted as Timed Finals and will be deck seeded. Seed times entered should be the swimmer's short course yards best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

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:

 v Indicates swimmer will swim the event

 scr Indicates swimmer will not swim the event

 Indicates swimmer will not swim the event

PSYCHE SHEETS: Psyche sheets will be available for all sessions at a one-time charge of \$5.00.

SCORING: Events will be scored by age group as follows:

Individual Events: 1st - 8th; 9-7-6-5-4-3-2-1, respectively

Relay Events: 1st - 8th; 18-14-12-10-8-6-4-2, respectively

AWARDS: Ribbons will be awarded as follows: 1st - 8th place for individual events by age group and 1st - 3rd place for relay events by age group.

FINAL RESULTS: A copy of the final results will be posted to the North Texas Swimming website within ten days of the conclusion of the meet.

CONCESSIONS: Concessions will be available for purchase by swimmers and spectators.

HOSPITALITY: Hospitality will be available for coaches and officials.

TIMERS: In the interest of providing an efficiently run meet for the swimmers, all teams are asked to help by providing at least one timer for every 10 swimmers entered in the meet. The generosity of parent timers will be greatly appreciated. All swimmers in the 500/1000/1650 Free must provide their own timer and lap counter.

MEET OFFICIALS:

Referee: Mike Gentry

Starter: Tom Osterland

Stroke and Turn Judges: Traci Johnson, Jason Johnson

Meet Directors: Marcia Beare, Robbie Kilpatrick, Belindy Sarembock

Head Safety Marshall: Jamie Hayden

SCHEDULE OF EVENTS

Revised Events 1/13/10

Revised Time Standards 1/14/10

Session 1- Friday, January 29, 2010

Girls	Slower than "A" time	Event Description	Slower than "A" time	Boys
1	2:28.59 (13-14) 2:24.49 (15+)	13 & Over 200 Fly	2:20.29 (13-14) 2:13.39 (15+)	2
3	1:26.69	10 & Under 100 Fly	1:25.59	4
5	1:13.19	11 & 12 100 Fly	1:11.69	6
7	28.69 (13-14) 27.99 (15+)	13 & Over 50 Free	26.29 (13-14) 25.29 (15+)	8
9	32.19	10 & Under 50 Free	31.59	10
11	29.49	11 & 12 50 Free	28.59	12
13	1:22.59	10 & under 100IM	1:21.09	14
15	1:13.99	11-12 100 IM	1:14.49	16
17	5:36.09 (11-12) 5:17.79 (13-14) 5:09.89 (15+)	11 & Over 400 I.M.	5:28.89 (11-12) 5:00.49 (13-14) 4:47.79 (15+)	18
19	21:39.59 (11-12) 20:12.19 (13-14) 19:58.89 (15+)	11 & over 1650 Free *	21:23.59 (11-12) 19:15.69 (13-14) 18:47.99 (15+)	20

Session 2- Saturday, January 30, 2010

Girls	Slower than "A" time	Event Description	Slower than "A" time	Boys
21	2:38.59	11-12 200 Fly	2:35.29	22
23		13 & Over 200 Free Relay		24
25		12 & Under 200 Free Relay		26
27	2:27.29 (13-14) 2:23.89 (15+)	13 & Over 200 Back	2:18.19 (13-14) 2:12.39 (15+)	28
29	38.09	10 & Under 50 Back	38.29	30
31	33.89	11 & 12 50 Back	33.49	32
33	2:13.79 (13-14) 2:10.39 (15+)	13 & Over 200 Free	2:05.29 (13-14) 2:00.09 (15+)	34
35	2:36.39	10 & under 200 Free	2:31.89	36
37	2:19.89	11 & 12 200 Free	2:16.19	38
39	1:07.79 (13-14) 1:06.29 (15+)	13 & Over 100 Fly	1:02.89 (13-14) 1:00.09 (15+)	40
41	37.29	10 & Under 50 Fly	36.69	42
43	32.39	11 & 12 50 Fly	32.09	44
45	1:17.59 (13-14) 1:15.69 (15+)	13 & Over 100 Breast	1:12.09 (13-14) 1:08.89 (15+)	46
47	1:33.39	10 & under 100 Breast	1:31.79	48
49	1:22.19	11 & 12 100 Breast	1:20.49	50

51	12:51.69 (11-12) 12:07.59 (13-14) 11:55.89 (15+)	11 & over 1000 Free *	12:42.89 (11-12) 11:36.39 (13-14) 11:12.19 (15+)	52

Session 3- Sunday, January 31, 2010

Girls	Slower than "A" time	Event Description	Slower than "A" time	Boys
53	2:56.89	11-12 200 Breast	2:52.89	54
55		13 & Over 200 Med. Relay		56
57		12 & Under 200 Med. Relay		58
59	2:30.49 (13-14) 2:26.99 (15+)	13 & Over 200 IM	2:20.29 (13-14) 2:15.09 (15+)	60
61	2:55.99	10 & Under 200 IM	2:55.29	62
63	2:37.59	11 & 12 200 IM	2:35.59	64
65	1:08.49 (13-14) 1:06.59 (15+)	13 & Over 100 Back	1:04.19 (13-14) 1:01.09 (15+)	66
67	1:22.19	10 & Under 100 Back	1:21.29	68
69	1:14.19	11 & 12 100 Back	1:12.29	70
71	2:46.79 (13-14) 2:42.79 (15+)	13 & Over 200 Breast	2:36.29 (13-14) 2:30.09 (15+)	72
73	41.99	10 & Under 50 Breast	42.19	74
75	37.79	11 & 12 50 Breast	37.29	76
77	1:02.19 (13-14) 1:00.79 (15+)	13 & Over 100 Free	57.39 (13-14) 55.19 (15+)	78
79	1:11.89	10 & under 100 Free	1:10.79	80
81	1:03.09	11 & 12 100 Free	1:02.69	82
83	2:35.89	11-12 200 Back	2:32.89	84
85	6:48.39 (10 & un) 6:09.29 (11-12)	12 & Under 500 Free *	6:44.59 (10 & un) 6:04.69 (11-12)	86
87	5:52.99 (13-14) 5:47.39 (15+)	13 & Over 500 Free*	5:35.19 (13-14) 5:24.29 (15+)	88

***500 Free, 1000 Free, and 1650 Free will be swum fastest to slowest, alternating women and men where applicable.** Swimmers must provide their own timer and lap counter. Breaks before these events may be taken at the discretion of the meet referee and will be announced prior to the start of these events.