

B/C Championships
Hosted by Lakeside Aquatic Club
March 5-7, 2010
Sanction #013-10

Location: L.I.S.D. Aquatic Center
5729 Memorial Dr.
The Colony, Texas 75056
(469-948-2750)

Schedule:

Session 1 – Friday:	Division 1/3 4:45-5:15 pm Division 2 5:15-5:45 pm	Meet Start 6:00pm
Session 2 – Saturday:	Division 1 7:30-8:00 am Division 2/3 8:00-8:30 am	Meet Starts 8:45am
Session 4 - Sunday:	Division 2 7:30-8:00 am Division 1/3 8:00-8:30 am	Meet Starts 8:45 am

Warm up groups will be Division 1 teams, Division 2 and Division 3 teams as posted on ntswim.org.

LAC will use 2 pools for B/C Champs.

Warm-up: Warm up will be general warm up in all lanes. No sprinting or pace work is allowed during this period. No diving during general warm up. Swimmers must enter feet first. During the last 10 min of warm up the following procedures will be followed:

Lanes 1, 8 Push swims only, No Diving, circle swim only from the starting end.

Lanes 2,3,6,7 Racing starts, sprint lane swimming in one direction only, from the starting blocks.

Lanes 4, 5 General warm up lanes.

Eligibility: No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. Exhibition swims at a B/C meet are permitted for the swimmer with 2 or less “BB” times in those events. Exhibition swims will count against the daily entry limit. Every club entered as a team in a North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. **NO DECK REGISTRATIONS WILL BE ACCEPTED. “NORTH TEXAS SWIMMING, INC. SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.**

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., Sanction # 013-10. “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 Lewisville 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.

Age: Swimmer's age as of March 5, 2010

Entry Fees/Entry Limit: Each swimmer may participate in five individual events per day. Entry Fees are \$3.25 per individual event and \$6.50 per relay event. Late Entries will be accepted until 30 minutes before the start of each session at \$9.75 per individual event. **NO LATE RELAY ENTRIES WILL BE ACCEPTED. ALL RELAY ENTRIES MUST ACCOMPANY TEAM ENTRIES.**

Entry Deadline: Entries must be received by **6:00 PM, Tuesday, February, 23rd, 2010**. Entries must be submitted by Email, to 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:

**Shannon Gillespy – No Individual E-mail entries accepted.
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, February 26, 2010.

Checks for entry fees shall be made payable to LAC.

• 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.

Awards and Scoring: Ribbons will be awarded for places 1-8. 8 year old swimmers and 7 & under swimmers will be awarded separately in the 8 & under events. All swimmers in the 8 & under events who swim an individual event faster than their seed time will be awarded a BEST TIME ribbon by the timer in their lane. If a swimmer has entered a "NO TIME" (NT), the swimmer is not eligible for this award. Relay events will be awarded ribbons for place 1-3. Team Score will be calculated – No Team Awards

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.

Check In: The check in deadline is 30 minutes prior to the scheduled start of the event. There are 3 check in options:

v - indicates swimmer will swim the event.

Scr – indicates swimmer will not swim the event

_____ - indicates the swimmer will not be swimming the event

Psych Sheet: Heat Sheets will be available for all sessions at a one time charge.

Timers: LAC will provide timers for the meet, however, if you would like to volunteer, please see the Head Timer.

Results: Final results will be posted on the NT website ten (10) days of the last day of the meet.

Admissions and Concessions: No admission will be charged. Food concessions will be available.

Hospitality: A Hospitality area will be provided for coaches and officials.

List of Officials

Officials:

Meet Referee: Nina Arnett

Starter: Scott Leeper

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

Head Safety Marshal: Brian Summers

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

ORDER OF EVENTS

Session 1 Friday, March 5, 2010

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
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
13	8-Under 50 Free	14
15	8-Under 100 Free	16

Session 2 Saturday, March 6, 2010

<u>Girls</u>	<u>Slower than "BB"</u>	<u>Event Description</u>	<u>Slower than "BB"</u>	<u>Boys</u>
17	604:19	11-12 400 IM	5:56.29	18
19		10 & Under 200 Free Relay 11-12 200 Free Relay		20
21		12 & Under 200 Free		22
	2:58.29	10 & Under	2:50.89	
	2:31.49	11-12	2:27.49	
23		12 & Under 50 Back		24
	43.49	10 & Under	43.69	
	36.79	11-12	36.49	
25		12 & Under 100 Breast		26
	1:46.69	10 & Under	1:43.69	
	1:29.29	11-12	1:27.79	
27	2:48.89	11-12 200 Back	2:45.59	28
29		12 & Under 100 IM		30
	1:33.79	10 & Under	1:31.19	
	1:20.09	11-12	1:17.59	
31		12 & Under 50 Free		32
	35.99	10 & Under	35.19	
	31.89	11-12	30.99	
33		12 & Under 100 Fly		34
	1:42.09	10 & Under	1:40.39	
	1:20.19	11-12	1:18.69	

35		12 & Under 500 Free**		36
	7:39.49	10 & Under	7:35.19	
	6:40.09	11-12	6:35.09	

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

Session 3 Sunday, March 7, 2010

Girls	Slower than "BB"	Event Description	Slower than "BB"	Boys
37	3:11.69	11-12 200 Breast	3:07.29	38
39		10 & Under 200 Medley Relay 11-12 200 Medley Relay		40
41		12 & Under 50 Fly		42
	42.99	10 & Under	41.99	
	35.09	11-12	35.19	
43		12 & Under 100 Free		44
	1:21.59	10 & Under	1:19.99	
	1:08.29	11-12	1:07.89	
45		12 & Under 200 IM		46
	3:19.39	10 & Under	3:18.09	
	2:50.69	11-12	2:49.39	
47		12 & Under 100 Back		48
	1:33.99	10 & Under	1:32.09	
	1:21.09	11-12	1:19.09	
49		12 & Under 50 Breast		50
	47.79	10 & Under	47.89	
	40.89	11-12	40.79	
51	2:51.79	11-12 200 Fly	2:48.29	52
53	13:55.99	11-12 1000 Free**	13:46.49	54
55	23:27.89	11-12 1650 Free**	23:10.49	56

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