

**2010 ATAC-NT “B/C” Division 3  
Invitational SC Swim Meet  
Hosted by Academy of Texas Aquatic Champions (ATAC)  
April 30 – May 2, 2010  
Sanction # NT021-10**

**Location:** LISD Aquatic Center  
5729 Memorial Drive  
The Colony, Texas 75056  
Phone: 469-948-2750

**Facility:** One indoor 25-yard eight-lane pool with Colorado Timing System for competition and an additional 25-yard eight-lane pool for warm-up. Ample seating and dressing space provided.

**Schedule:** Session 1 – Friday: Warm-Up 4:30 pm Meet Starts 5:15 pm  
Session 2 – Saturday: Warm-Up 8:00 am Meet Starts 8:45 am  
Session 3 – Saturday: Warm-Up 11:30 am Meet Starts 12:15 pm  
Session 4 – Sunday: Warm-Up 8:00 am Meet Starts 8:45 am

**Warm-Up:** General warm-up in all lanes during the first 20 minutes. No sprinting or pace work is allowed during this period. **NO DIVING** during general warm up. Swimmers must enter the water feet first. During the last 10 minutes of warm up, the following procedures will be followed:

**Lanes 1, 8** Push starts, pace, **NO DIVING**, circle swimming only from start end.

**Lanes 2,7** Racing starts, sprint lanes, swimming in one direction only, from the starting blocks. Exit the far end of the pool.

**Lanes 3,4,5,6** General warm-up. **NO DIVING**. Circle swimming only.

**Sanction &  
Liability:**

This meet is held under the sanction of USA Swimming, Inc. The sanction number is NT021-10. **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, timers and meet 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 allowed.

**Eligibility:** No entries will be accepted unless the entrant is a registered 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.

Swimmer’s age as of 4/30/10 shall determine his/her age for the 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 for which they have achieved a higher qualifying time, but the relay team becomes an exhibition relay. Exhibition swims will count against the daily entry limit.

**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:  
ATAC Swim Club  
P.O. Box 802312  
Dallas, Texas, 75380

## **Entry**

**Deadline:** Entries must be received by **6:00PM on Tuesday, April 20, 2010** via email to: Marcia Beare at [marciabeare@sbcglobal.net](mailto: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:** All 8 & Under individual events for Session 2 will be pre-seeded events.

All other 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. 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 for all events except the 8 & Under individual events for Session 2.

The check in deadline for all other events is 30 minutes prior to the scheduled start of each event. There are three check-in options:

   √    Indicates swimmer will swim the event

   scr    Indicates swimmer will not swim the event

        Indicates swimmer will not swim the event

### **Psych**

**Sheet:** Psych sheets will be available for all sessions for a one-time charge of \$5.00

**Scoring:** Events will be scored by age group as follows:

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

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

**Awards:** Ribbons will be awarded as follows: 1<sup>st</sup> - 8<sup>th</sup> place for individual events by age group and 1<sup>st</sup> - 3<sup>rd</sup> place for relay events by age group.

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:** Food concessions will be available for purchase by swimmers and spectators.

**Hospitality:** Hospitality will be available for coaches, officials and meet personnel.

**Timers:** In the interest of providing an efficiently run meet for the swimmers, 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.

**Officials:** Referee – Tom Osterland  
Starter – Mike Gentry  
Stroke and Turn Judges – Traci Johnson, Jason Johnson  
Meet Directors – Marcia Beare, Belindy Sarembock, Robbie Kilpatrick  
Head Safety Marshall – Jamie Hayden

**Order of Events:**

<b>Session 1- Friday, April 30, 2010</b>				
<b>Warm-Up at 4:30 pm      Meet Starts at 5:15 pm</b>				
<b>Girls</b>	<b>Slower than "BB" Time</b>	<b>Event Description</b>	<b>Slower than "BB" Time</b>	<b>Boys</b>
1	2:51.79	11 – 12 200 Fly	2:48.29	2
3	35.99	10 & Under 50 Free	35.19	4
5	31.89	11 – 12 50 Free	30.99	6
7	6:04.19	11 – 12 400IM	5:56.29	8
9	1:33.99	10 & Under 100 Back	1:32.09	10
11	1:21.09	11 – 12 100 Back	1:19.09	12
13	7:39.49	10 & Under 500 Free*	7:35.19	14
15	6:40.09	11 – 12 500 Free*	6:35.09	16
<b>Session 2 - Saturday, May 1, 2010</b>				
<b>Warm-Up at 8:00 am      Meet Starts at 8:45 am</b>				
<b>Girls</b>		<b>Event Description</b>		<b>Boys</b>
17		8 & Under 100 Free Relay		18
19		8 & Under 25 Free		20
21		8 & Under 25 Back		22
23		8 & Under 25 Breast		24
25		8 & Under 25 Fly		26
27		8 & Under 100 IM		28

<b>Session 3- Saturday, May 1, 2010</b>				
<b>Warm-Up at 11:30 am</b>		<b>Meet Starts at 12:15 pm</b>		
<b>Girls</b>	<b>Slower than "BB" Time</b>	<b>Event Description</b>	<b>Slower than "BB" Time</b>	<b>Boys</b>
29	3:11.69	11 – 12 200 Breast	2:45.59	30
31		10& Under 200 Free Relay		32
33		11 – 12 200 Free Relay		34
35	1:21.5-9	10 & Under 100 Free	1:19.99	36
37	1:08.29	11 – 12 100 Free	1:07.89	38
39	43.49	10 & Under 50 Back	43.69	40
41	36.79	11 – 12 50 Back	36;49	42
43	1:46.69	10 & Under 100 Breast	1:43.69	44
45	1;29.29	11 – 12 100 Breast	1;27.79	46
47	3:19.39	10 & Under 200 IM	3:18.09	48
49	2;50.69	11 – 12 200 IM	2:49.39	50
51	42.99	10 & Under 50 Fly	41.99	52
53	35.09	11 – 12 50 Fly	35.19	54
55	13:55.99	11 - 12 1000 Free *	13:46.49	56

<b>Session 4 - Sunday, May 2, 2010</b>				
<b>Warm-Up at 8:00 am      Meet Starts at 8:45 am</b>				
<b>Girls</b>	<b>Slower than "BB" Time</b>	<b>Event Description</b>	<b>Slower than "BB" Time</b>	<b>Boys</b>
57	2:48.89	11 – 12 200 Back	2:45.59	58
59		10 & Under 200 Med. Relay		60
61		11 – 12 200 Med. Relay		62
63	2:58.29	10 & Under 200 Free	2:50.89	64
65	2:31.49	11 – 12 200 Free	2:27.49	66
67	47.49	10 & Under 50 Breast	47.89	68
69	40.89	11 – 12 50 Breast	40.79	70
71	1:42.09	10 & Under 100 Fly	1:40.39	72
73	1:20.19	11 – 12 100 Fly	1:18.69	74
75	1:33.79	10 & Under 100 IM	1:31.19	76
77	1:20.09	11 – 12 100 IM	1:17.59	78
79	23:27.89	11 – 12 1650 Free *	23:10.49	80

**\*The 500 Free, 1000 Free, and 1650 Free will be swum fastest to slowest, alternating girls and boys 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.