

**NORTH TEXAS SWIMMING
B/C INVITATIONAL
DIVISION "1"
May 22-23, 2010
HOSTED BY MID-CITIES ARLINGTON SWIMMING
Sanction# NT028-10**

Location: Trinity High School. 500 North Industrial Blvd. Euless, TX. (Located on FM 157 north of Highway 183). Eight lane, 25 yard indoor pool with a Colorado Timing System and 8-lane scoreboard.

| Schedule: | Warm-Up | Meet Starts |
|---------------------|--|--------------------|
| Session I-Saturday | 8:30-9:00am | 9:15am |
| Session II-Saturday | Group B: 11:00am-11:30am Group A: 11:30am-12:00pm | 12:15pm |
| Session III-Sunday | Group B: 8:00-8:30am Group A: 8:30-9:00am | 9:15 am |

Group A: MARS, SWAT, CLAS

Group B: MAC, SNAP, FAST, MTRO(FW), WW2

Warm-Up: The first 20 minutes will be general warm-up only in all lanes for all sessions. No diving, sprinting or pace work will be allowed during general warm-up. The last 10 minutes of each warm-up will be as follows:

Lanes 1 and 8 push/pace, NO DIVING
Lanes 2,3,6&7 racing starts, exit far end
Lanes 4 and 5 general warm-ups NO DIVING

Rules: Current USA Swimming Rules and Regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. **COOLERS, GLASS CONTAINERS ARE NOT** allowed in the pool area. Climbing over the railings is prohibited.

Sanction and Liability: Held under the sanction of USA Swimming Inc. and North Texas Swimming Inc. The sanction number for this meet is NT028-10. **IN GRANTING THIS SANCTION, IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING INC., NORTH TEXAS SWIMMING INC., MID-CITIES ARLINGTON SWIMMING AND ALL MEET OFFICIALS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE COURSE OF THE MEET. DAMAGES TO THE FACILITY, WHEN PROVED, WILL CAUSE THE OFFENDING SWIMMER, IF UNATTACHED, OR THE OFFENDING SWIMMERS CLUB, IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.**

Eligibility: No entries will be accepted unless the entrant is registered with USA Swimming Inc. Every club entered as a team in North Texas sanctioned meets must be a member of USA Swimming Inc. Swimmers may swim in any event for which they are eligible to compete. A swimmer may not enter any event in which they have achieved a "BB" time. Exception: Swimmers with two (2) or less "BB" times may swim the events in which they have "BB" times in an exhibition capacity (no points or awards). Any 12 and under swimmer who has achieved (3) B times is eligible to swim all B events, up to the daily limit. **Swimmers age on May 22, 2010 determines the age for this meet.**

Entry Fees and Limit: A swimmer may enter up to five (5) individual events per day, plus one (1) relay event. Entry fees are \$3.25 per individual event, \$6.50 per relay event. Late entries will accepted up to 30 minutes prior to the start of each Session at \$9.75 per individual event. 8 and under swimmers must swim either Session I or Session II, but not both.

Entry Deadline: The complete USAS registration number must be placed on each entry form. E-mail entries are encouraged and will be accepted as an attachment to an e-mail message (attach the meet entries zip file) along with an attached meet entry report by name and an entry fee report. Please include the team name, phone number and e-mail address for confirmation for the person who prepared the entries. **Entries are due, along with entry fees no later than 6:00 pm on Wednesday, May 12, 2010.** *Make checks payable to MARS.* Relays accepted up to 30 minutes prior to the start of the meet.

Mail Entries to: Suzanne Dangelmaier
MARS
P.O. Box 13849
Arlington, TX 76094
Email: coachsuzanne@marswim.org
214-793-4773

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. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered. The 500 Freestyle will be seeded fastest to slowest, swimming alternating heats of girls then boys.

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

1. X indicates swimmer is present and intends to swim.
2. **Scratch** or **SCR** indicates the swimmer has elected not to swim.
3. Failure to positively check-in or scratch indicates swimmer is not swimming event.

Psyche Sheets: Psyche sheets will be available for a one-time charge.

Awards and Scoring: Ribbons will be awarded for places 1-8. Ribbons will also be awarded for relays 1st through 3rd. Best time ribbons will be awarded to all swimmers in the 8 and under events who swim an individual event faster than their seed time. If a swimmer has entered a "no time" (NT), the swimmer is not eligible for this award. Team points will be calculated as follows: Individual events 9-7-6-5-4-3-2-1. Relay points will be doubled. No team awards.

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

Hospitality: Hospitality will be available for all meet officials, coaches and meet volunteers.

Meet Officials:

Referee: Robert Steffner

Starter: Bill Brown

Stroke & Turn: Rodney Yanai, Don Whitfield & Steve Werley

Safety Marshall: David Coward

Meet Director: Suzanne Dangelmaier

| Session 1- Saturday, May 22nd. Warm-up 8:30am, Meet starts at 9:15am. | | | | |
|---|-------------------------|--------------------------|-------------------------|-------------|
| 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 50 Free | | 12 |
| . | | | | |

| Session 2-Saturday, May 22nd. Warm-up: 11:00am, Meet starts at 12:15pm. | | | | |
|---|-------------------------|---------------------------|-------------------------|-------------|
| Girls | Slower Than "BB" | Event Description | Slower Than "BB" | Boys |
| 13 | | 10 & Under 200 Free Relay | | 14 |
| 15 | | 11-12 200 Free Relay | | 16 |
| 17 | 36.00 | 10 & Under 50 Free | 35.20 | 18 |
| 19 | 31.90 | 11-12 50 Free | 31.00 | 20 |
| 21 | 1:34.00 | 10 & Under 100 Back | 1:32.10 | 22 |
| 23 | 1:21.10 | 11-12 100 Back | 1:19.10 | 24 |
| 25 | 47.80 | 10 & Under 50 Breast | 47.90 | 26 |
| 27 | 40.90 | 11-12 50 Breast | 40.80 | 28 |
| 29 | 1:42.10 | 10 & Under 100 Fly | 1:40.40 | 30 |
| 31 | 1:20.20 | 11-12 100 Fly | 1:18.70 | 32 |
| 33 | 2:58.30 | 10 & Under 200 Free | 2:50.90 | 34 |
| 35 | 2:31.50 | 11-12 200 Free | 2:27.50 | 36 |
| 37 | 1:33.80 | 10 & Under 100 IM | 1:31.20 | 38 |
| 39 | 1:20.10 | 11-12 100 IM | 1:17.60 | 40 |

| Session 3-Sunday, May 23rd. Warm-up: 8:00am, Meet starts at 9:15am. | | | | |
|---|-------------------------|--------------------------|-------------------------|-------------|
| Girls | Slower Than "BB" | Event Description | Slower Than "BB" | Boys |
| 41 | | 10 & Under 200 Med Relay | | 42 |
| 43 | | 11-12 200 Med Relay | | 44 |
| 45 | 1:21.60 | 10 & Under 100 Free | 1:20.00 | 46 |
| 47 | 1:08.30 | 11-12 100 Free | 1:07.90 | 48 |
| 49 | 43.50 | 10 & Under 50 Back | 43.70 | 50 |
| 51 | 36.80 | 11-12 50 Back | 36.50 | 52 |
| 53 | 1:29.30 | 11-12 100 Breast | 1:27.80 | 54 |
| 55 | 1:46.70 | 10 & Under 100 Breast | 1:43.70 | 56 |
| 57 | 43.00 | 10 & Under 50 Fly | 42.00 | 58 |
| 59 | 35.10 | 11-12 50 Fly | 35.20 | 60 |
| 61 | 3:19.40 | 10 & Under 200 IM | 3:18.10 | 62 |
| 63 | 2:50.70 | 11-12 200 IM | 2:49.40 | 64 |
| 65 | 7:39.50 | 10 & Under 500 Free ** | 7:35.20 | 66 |
| 67 | 6:40.10 | 11-12 500 Free ** | 6:35.10 | 68 |

** The 500 Freestyle will be seeded fastest to slowest, swimming alternating heats of girls then boys.
Swimmers are required to provide their own timer and lap counter for the 500 Free