

Texas Senior Circuit North Meet # 1
May 22-23, 2010
Sanction # NT030-10
Hosted by North Texas Nadadores

Location: Carroll ISD Aquatic Center, 1501 W. Southlake, Blvd. Southlake TX 76092

Facility: The CISD pool is an 8 lane 50 meter indoor pool with two- 25 yd lanes available for warm up/down during the meet. Colorado timing system will be used.

Schedule:	Saturday, May 22	warm-up 8:00 am	Meet starts 9:30 am
	Sunday, May 23	warm-up 8:00 am	Meet starts 9:30 am

Warm Up: Warm up will be general warm up in all lanes. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. During the last 15 minutes of warm up, the following procedures will be in effect:

Lanes 1&8 Push swims, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.

Lanes 2, 3, 5&6 General warm-up, NO DIVING. Circle swimming only.

Lanes 2&7 Racing starts, sprint lanes, swimming in one direction only from the starting blocks.

Rules: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect.

Sanction and Liability: This meet is held under the sanction of USA Swimming, Inc., # NT030-10. **“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, NORTH TEXAS NADADORES, CARROLL ISD, AND ITS EMPLOYEES 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.”**

POOL MEASUREMENT: The competition course has not been certified in accordance with 104.2.2C(4). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rules. 202.3.6 The water depth of the competition course is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

Eligibility: No entries will be accepted unless the entrant is registered with USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. To be eligible to participate in this meet:

- 1) North Texas Swimming swimmers, 15 years of age and older, must have at least one USA Swimming “A” Time for the 15-16 age group.
- 2) All other LSC swimmers and 14 & Unders swimmers must have least one Sectional Standard.

Texas Senior Circuit: All teams must be current members of Texas Senior Circuit.

Seeding: The meet will be a deck-seeded meet, conducted as timed finals.

Entry Limit and Cost: Each swimmer may participate in 5 individual events per day. 15 and Over swimmers, from the North Texas Swimming, must have at least one NRT "A" from the 15-16 age group and then may swim any event. 14 & Under swimmers, and out of LSC Swimmers must have at least one Sectional cut and may swim any event. All Swims must be provable in SWIMS. DO NOT CONVERT TIMES. Swimmers with no long course times should enter non-conforming times. Entry fees are \$4.50 per individual event. There is also a \$20 per team surcharge per Senior Circuit Swimming.

Entry Deadline: Entries must be received by 9:00 PM on Wednesday, May 12, 2010. Email entry file as an attachment and also attach a meet entry report by name to the email. Entry fees must be postmarked by the entry deadline. Individual entries on a consolidated entry form must include payment. Checks should be made payable to CISD. Any entries that will miss the deadline should late enter at the meet as described in the deck entry section. Mail entries to:

Bill Christensen e-mail – christeb@cisdmail.com and/or billchr@sbcglobal.net

CISD Attn; Aquatic Center
1501 W. Southlake Blvd.
Southlake, TX 76092
Phone – 817-949-8200

Please include the name, phone number and email address of the person preparing your team's meet entries.

Check-in: All swimmers must check in for each session for all of that session's events. Swimmers in the first event of the day must check in 30 minutes prior to the starting time. Swimmers in all other events must check in 30 minutes prior to the scheduled start of the event. There are three check in options:

Indicates swimmer will swim the event

Indicates swimmer will not swim the event

Indicates swimmer will not swim the event

Late Entries: Late entries will be accepted each day up to 30 minutes before the start time of the meet. Swimmers must pay double the entry fee (\$9.00 for individual events). Swimmers may not exceed the allotted number of events allowed each day. Any swimmer who wishes to change an entry (event or time) in an event already entered in must pay the late entry fee. ***All late entries must be accompanied by the swimmers USA Swimming ID card or a reasonable facsimile thereof and most current proof of time from the USA Swimming site (SWIMS).***
NO USA SWIMMING DECK REGISTRATIONS.

Awards: No awards will be given and no team scores will be kept.

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

Final Results: A copy of the results will be posted on www.ntswwim.org within ten days of completion of meet.

Concessions: The CISD concession stand will be available for purchase by swimmers and spectators.

Hospitality: Hospitality will be provided for coaches and officials.

Pool Deck Restriction: Due to USA Swimming Insurance and Safety Regulations, the swimming pool deck, during the operation of the meet, is closed to all persons except swimmers, coaches, officials, marshals, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. Coaches and officials must present their membership cards to obtain complimentary Psyche Sheets and for admittance to the hospitality room.

Meet Referee: Gloria Schuldt
 Meet Directors: Joy Roberts
 Head Safety Marshall: Julie Zobrist

Starter: Jason Johnson
 Stroke and Turn: Traci Johnson and Jose Maher

SATURDAY- SESSION #1

Warm Ups: 8:00 AM Start: 9:30 AM

Women's Events
 Qualifying Times

Men's Events
 Qualifying Times

Event #	LC	SC	Event	LC	SC	Event #
1 - 14 & Under	1:07.99	59.59	100 Fly	1:01.89	54.79	2
15 & Over	1:14.19	1:06.29		1:07.69	1:00.09	
3 - 14 & Under	1:01.39	54.09	100 Free	56.39	49.19	4
15 & Over	1:08.59	1:00.79		1:00.49	55.19	
5 - 14 & Under	2:32.89	2:12.39	200 IM	2:22.29	2:01.39	6
15 & Over	2:47.29	2:26.99		2:29.39	2:15.09	
7 - 14 & Under	1:10.99	1:01.29	100 Back	1:04.59	55.39	8
15 & Over	1:22.69	1:06.59		1:10.59	1:01.09	
9 - 14 & Under	2:54.79	2:29.99	200 Breast	2:40.59	2:17.69	10
15 & Over	3:05.69	2:42.79		2:54.29	2:30.09	
11- 14 & Under	4:39.69	5:13.59	400 Free	4:22.39	4:50.09	12
15 & Over	5:08.89	5:47.39		4:50.19	5:24.29	

SUNDAY- SESSION #2

Warm Ups: 8:00 AM Start: 9:30 AM

Women's Events
 Qualifying Times

Men's Events
 Qualifying Times

Event #	LC	SC	Event	LC	SC	Event #
13 - 14 & Under	2:34.79	2:11.99	200 Fly	2:21.09	2:01.79	14
15 & Over	2:42.69	2:24.49		2:30.59	2:13.39	

15 - 14 & Under	28.49	25.19	50 Free	25.49	22.29	16
15 & Over	31.79	27.99		28.79	25.29	
17 - 14 & Under	2:32.79	2:11.19	200 Back	2:20.89	2:00.09	18
15 & Over	2:44.29	2:23.89		2:31.29	2:12.39	
19 - 14 & Under	2:12.59	1:56.49	200 Free	2:01.69	1:46.19	20
15 & Over	2:27.19	2:10.39		2:17.19	2:00.09	
21- 14 & Under	1:20.89	1:09.99	100 Breast	1:14.09	1:04.19	22
15 & Over	1:26.69	1:15.69		1:19.69	1:08.89	
23 - 14 & Under	5:22.89	4:40.79	400 IM	5:00.49	4:21.39	24
15 & Over	5:50.69	5:09.89		5:27.09	4:47.79	