

**Time Trials Meet**  
**Hosted by Lakeside Aquatic Club**  
**July 9-10, 2010**  
**Sanction # NT 043-10**

**Location:** Keller ISD Natatorium  
1000 Bear Creek Parkway  
Keller, Texas, 76248  
(817) 744-1350

**Facility:** : 8 lane, 50m pool with 2-25yd continuous warm-up lanes. Colorado timing system and 1 scoreboard will be utilized. Ample seating and dressing space are provided. The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2.3, is 12 feet, 0 inches at the start end and 6 feet, 2 inches at the turn end.

**SCHEDULE:** Warm-up will start at the conclusion of the meet and Time Trials will start 30 minutes after to the afternoon session.

**Warm-up:**

General warm-up will last for the first 30 minutes of each warm-up session.

**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 number is NT 043-10 "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 KELLER 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."**

**ELIGIBILITY:** Swimmers entering time trials must be entered in at least one individual event in the "A" Championship to be eligible to swim in time trials. No entries will be accepted unless the entrant is a registered athlete member 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. Swimmer's age as of 7/8/10 shall determine their age for the entire meet.

**ENTRY FEES and LIMIT:** Each swimmer may participate in five individual events. All events swum during A Champs count toward the daily limit of five individual events. This meet is within the last chance qualifying period for TAGS.

Entry fees are \$5.00 per individual event less than 800 meters and \$10.00 per event 800 meters or greater. Teams are encouraged to send an entry file. Any athlete late entering the meet must provide proof of registration. NO USA Swimming registration will be accepted at the meet. Swimmers participating in time trials may not exceed 5 events per day. **Each swimmer is responsible for providing his/her own timer and counter.**

**ENTRY DEADLINE:** Entries will be accepted at the clerk of course starting at 9:00 am and will be accepted until the conclusion of event #36 the boys 100 fly on Friday, July 9<sup>th</sup> or event #66 the boys 200 Breast on Saturday, July 10<sup>th</sup>. All entries must be on the consolidated meet entry form and turned in at the clerk of course at the meet.

**SEEDING:** All events shall 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.

**AWARDING AND SCORING:** NO Scoring or Awards

**Officials:**

Meet Referee: Karen Rourke

Starter: Scott Leeper

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

Head Safety Marshal: Brian Summers

<b>Friday, July 9<sup>th</sup></b>		
<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
201	<b>Open 400 IM</b>	202
203	<b>Open 400 Free Relay</b>	204
205	<b>Open 50 Free</b>	206
207	<b>Open 200 Free Relay</b>	208
209	<b>Open 200 Fly</b>	210
211	<b>12&amp;U 50 Back</b>	212
213	<b>Open 200 Breast</b>	214
215	<b>Open 200 Back</b>	216
217	<b>Open 100 Fly</b>	218
219	<b>Open 200 IM</b>	220
221	<b>Open 100 Free</b>	222
223	<b>Open 400 Med Relay</b>	224
225	<b>12&amp;U 50 Breast</b>	226
227	<b>Open 200 Med Relay</b>	228
229	<b>Open 100 Breast</b>	230
231	<b>Open 200 Free</b>	232
233	<b>12&amp;U 50 Fly</b>	234
235	<b>Open 100 Back</b>	236
237	<b>Open 400 Free</b>	238
239	<b>13&amp; O 800 Free Relay</b>	240
241	<b>Open 800 Free</b>	242
243	<b>Open 1500 Free</b>	244

**Saturday, July 10<sup>th</sup>**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
301	<b>Open 400 IM</b>	302
303	<b>Open 400 Free Relay</b>	304
305	<b>Open 50 Free</b>	306
307	<b>Open 200 Free Relay</b>	308
309	<b>Open 200 Fly</b>	310
311	<b>12&amp;U 50 Back</b>	312
313	<b>Open 200 Breast</b>	314
315	<b>Open 200 Back</b>	316
317	<b>Open 100 Fly</b>	318
319	<b>Open 200 IM</b>	320
321	<b>Open 100 Free</b>	322
323	<b>Open 400 Med Relay</b>	324
325	<b>12&amp;U 50 Breast</b>	326
327	<b>Open 200 Med Relay</b>	328
329	<b>Open 100 Breast</b>	330
331	<b>Open 200 Free</b>	332
333	<b>12&amp;U 50 Fly</b>	334
335	<b>Open 100 Back</b>	336
337	<b>Open 400 Free</b>	338
339	<b>13&amp; O 800 Free Relay</b>	340
341	<b>Open 800 Free</b>	342
343	<b>Open 1500 Free</b>	344