

**Time Trials Meet**  
**Hosted by Lakeside Aquatic Club**  
**July 11, 2010**  
**Sanction # NT 044-10**

**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 044-10 "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" Championships 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 3:30 p.m. 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

**EVENTS:** All events offered at the A Championships meet are open for time trial. During seeding, events of similar distance may be combined at the discretion of the meet referee.

**Officials:**

Meet Referee: Karen Rourke

Starter: Scott Leeper

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

Head Safety Marshal: Brian Summers