

# 2010 "BB" Long Course Championships

## Hosted by Frisco Aquatics and Rockwall Aquatics Center of Excellence

### July 30 – August 1, 2010

Sanction # NT041-10

**Location:** Rockwall Independent School District Aquatic Center  
1205 T.L. Townsend Drive, Rockwall, TX 75087 469-698-7410

**Facility:** 8 lane, 50m pool with 4 -25yd continuous warm-up / warm down lanes. Daktronics timing system. Ample seating and dressing space are provided. Large 'wet' classroom for hospitality. Bleacher seats on deck for swimmers and in the spectator area. (See rules below.) The competition course has not been certified in accordance with 104.2.2C(4). The water depths of the competition course is a minimum of 8'0" at both the starting end and turning end.

#### Meet Schedule:

Session 1-Friday		<u>Session Starts 5:30 PM</u>
Division 1 Warm-up	4:00-4:30pm	
Division 2 Warm-up	4:30-5:00pm	
Lanes 2-7 Dives lanes 1,8 Pace	5:00-5:15pm	
Session 2-Saturday		<u>Session Starts 9:00 AM</u>
Division 1/2 Warm-up	8:00-8:30pm	
Lanes 2-7 Dives lanes 1,8 Pace	8:30-8:45pm	
Session 3-Saturday		<u>Session Starts 2:00 PM</u>
Division 1 Warm-up	12:30-1:00am	
Division 2 Warm-up	1:00-1:30am	
Lanes 2-7 Dives lanes 1,8 Pace	1:30-1:45am	
Session 4-Sunday		<u>Session Starts 9:00 AM</u>
Division 1/2 Warm-up	8:00-8:30pm	
Lanes 2-7 Dives lanes 1,8 Pace	8:30-8:45pm	
Session 5-Sunday		<u>Session Starts 2:00 PM</u>
Division 2 Warm-up	12:30-1:00am	
Division 1 Warm-up	1:00-1:30am	
Lanes 2-7 Dives lanes 1,8 Pace	1:30-1:45am	

A complete and accurate warm up schedule will be sent to attending teams and posted on the NTLSC website

#### Warm-up:

General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes will allow diving, as noted below.

Lanes 1 and 8 – push swims from the starting end, NO DIVING

Lanes 2 - 7 – racing starts, one way only from the blocks

#### 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. **NOTE: NO SWIMMER CHAIRS WILL BE ALLOWED ON DECK.** Bleachers will be available for all swimmers on deck. Coaches may bring a chair on deck. **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.

**Special Note:** Swim suits must be approved swim suits as noted in USA Swimming Letter on Approved Swim Suits published on Thursday, September 24<sup>th</sup>, 2009. The letter can be found on the North Texas Swimming website ([www.ntswwim.org](http://www.ntswwim.org)).

**Note:** RACE and FA reserve the option to use chase starts with the approval of the meet referee.

**Note:** All events 400 or longer will be swum fastest to slowest, alternating women and men.

**Rules Continued:**

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc., # NT041-10.

**“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, COR SWIMMING ASSOCIATION, RACE, AND ROCKWALL 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.”** 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 all repairs.

**Eligibility:**

A swimmer may enter any event for which he/she is eligible to compete at the BB Level. Times listed in the event schedule are the fastest times allowed. A swimmer may not enter an event in which he/she has achieved the "A" time. Exception: Swimmers with two or less "A" times may swim the events in an exhibition capacity (no points or awards). Swimmers with more than two ‘A’ Times may not swim any events as exhibition. All 13 and over swimmers are considered ‘BB’ swimmers but must follow the ‘A’ Time rule stated above. Swimmer's age as of 07/30/2010 shall determine his/her age for the entire meet. No entries will be accepted unless the entrant is an 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.

**Unattached/Unaccompanied Athletes:**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**Entry Limit:**

Each swimmer may participate in five individual events and two relays per day.

**Entry Fees:**

Entry fees are \$3.50 per individual event and \$7.00 per relay. Late entries will be accepted up to 45 minutes prior to the scheduled start of each session at \$10.00 per individual event and \$14.00 per relay. All late entries must be accompanied by the swimmer’s USA Swimming ID card. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers.

**Entry Deadline:**

***Entries must be received by Tuesday, July 20, 2010*** at 6pm. Entries must be submitted by Email, to [swimfrisco@aol.com](mailto:swimfrisco@aol.com) with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed to:

Frisco Aquatics  
Meet Director  
5729 Lebanon Road  
Suite 144-146  
Frisco, Texas 75034

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 **Frisco Aquatics**.

•Fees shall be mailed and postmarked by Friday, July 23, 2010.

***Checks for entry fees shall be made payable to Frisco Aquatics.***

•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.

**Check-In: Required for all events 400 or longer**

Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of the meet.

**Seeding:**

All events will be conducted as timed finals and will be pre seeded except for events 400 and longer. 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.

**Heat Sheets:** Heat sheets will be available for all sessions at a one-time charge of \$5.

**Awards:**

Ribbons will be awarded for places 1-8. Relay awards for the top 3 relay places. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O. Some events may be swum with combined age groups. Those events will be scored and awarded by age group.

**Scoring:** Events will be scored as follows:

Individual Events: 9-7-6-5-4-3-2-1 (1<sup>st</sup> to 8<sup>th</sup>)

Relay Events: 18-14-12-10-8-6-4-2 (1<sup>st</sup> to 8<sup>th</sup>) Only 1 Relay per team can score.

**Timers will be provided for all sessions except for the 400 free, 800 free, and 1500 free. Swimmers in these three events will need to provide their own timers.**

**Officials:**

Meet Referee: Nancy Saunders

Starter: Carlos Nazario

Stroke and Turn Judges: Toni Kline, William Bradee, Clare Korst

Head Safety Marshal: Tamie Nelson

**Meet Directors:** Chris Rowe [xianrowe@gmail.net](mailto:xianrowe@gmail.net) Dan McDonough [swimfrisco@aol.com](mailto:swimfrisco@aol.com)

Warm up and Start Times: Warm up and Meet Start times may be adjusted based on total entries and time line in accordance with USA Rule **102.8 CHANGE OF PROGRAM AND POSTPONEMENT**

**Concessions:** Concessions will be provided for swimmers and spectators by the ISD.

**Hospitality:** Hospitality will be provided for coaches and Officials

Session 1				
Girls Event #	Between "A" and "BB"	Event Description	Between "A" and "BB"	Boys Event #
1	3:19.90 - 3:46.49	10 & Under 200 IM	3:10.30 - 3:01.69	2
3		11&Over 400 IM		4
	6:23.99 – 6:55.89	11-12 400 IM	6:20.19 – 6:51.79	
	Slower Than 6:00.59	13-14 400 IM	Slower Than 5:44.49	
	Slower Than 5:50.58	15 & O 400 IM	Slower Than 5:27.09	
		11&Over 1500 Free		
5	22:20.69 - 24:12.39	11-12 1500 Free	22:14.19 – 24:05.21	6
	Slower Than 20:39.79	13-14 1500 Free	Slower Than 19:55.69	
	Slower Than 20:28.39	15 & O 1500 Free	Slower Than 19:13.39	

**Session 2**

<b>Girls Event #</b>	<b>Slower Than "A"</b>	<b>Event Description</b>	<b>Slower Than "A"</b>	<b>Boys Event #</b>
7		13-14 200 Free Relay		8
9		15&O 200 Free Relay		10
11		13 & Over 200 Back		12
	2:47.40	13-14 200 Back	2:40.70	
	2:44.30	15&O 200 Back	2:31.30	
13		13 & Over 100 Free		14
	1:10.40	13-14 100 Free	1:06.00	
	1:08.60	15&O 100 Free	1:03.10	
15		13 & Over 200 Fly		16
	2:48.30	13-14 200 Fly	2:38.80	
	2:42.70	15&O 200 Fly	2:30.60	
17		13 & Over 100 Breast		18
	1:29.00	13-14 100 Breast	1:21.30	
	1:26.70	15&O 100 Breast	1:19.70	
19		13 & Over 200 IM		20
	2:51.50	13-14 200 IM	2:42.40	
	2:47.30	15&O 200 IM	2:35.90	
21		13 & Over 400 Free		22
	5:16.60	13-14 400 Free	5:02.80	
	5:08.90	15&O 400 Free	4:50.20	

**Session 3**

<b>Girls Event #</b>	<b>Between "A" and "BB"</b>	<b>Event Description</b>	<b>Between "A" and "BB"</b>	<b>Boys Event #</b>
23	3:00.20 - 3:15.29	11-12 200 Back	2:49.00 - 2:41.69	24
25		10 & Under 200 Free Relay		26
27		11-12 200 Free Relay		28
29		12 & Under 50 Back		30
	43.70 - 49.89	10 & Under 50 Back	41.80 - 39.69	
	39.00 - 42.29	11-12 50 Back	37.00 - 35.19	
31		12 & Under 100 Free		32
	1:21.90 - 1:32.99	10 & Under 100 Free	1:17.20 - 1:13.69	
	1:13.50 - 1:19.59	11-12 100 Free	1:08.50 - 1:05.49	
33	2:59.30 - 3:14.19	11-12 200 Fly	2:51.10 - 2:43.69	34
35		12 & Under 50 Fly		36
	42.10 - 48.59	10 & Under 50 Fly	39.00 - 36.99	
	36.30 - 39.39	11-12 50 Fly	34.50 - 32.69	
37		12 & Under 100 Breast		38
	1:47.00 - 2:02.29	10 & Under 100 Breast	1:41.40 - 1:36.79	
	1:33.80 - 1:41.89	11-12 100 Breast	1:28.30 - 1:24.19	
39		12 & Under 400 Free		40
	6:05.90 - 6:51.59	10 & Under 400 Free	5:51.50 - 5:36.29	
	5:32.40 - 6:00.09	11-12 400 Free	5:13.50 - 4:59.89	

**Session 4**

<b>Girls Event #</b>	<b>Slower Than "A"</b>	<b>Event Description</b>	<b>Slower Than "A"</b>	<b>Boys Event #</b>
41		13-14 200 Med Relay		42
43		15&O 200 Med Relay		44
45		13 & Over 200 Free		46
	2:31.80	13-14 200 Free	2:23.30	
	2:27.20	15&O 200 Free	2:17.20	
47		13 & Over 100 Back		48
	1:17.80	13-14 100 Back	1:14.50	
	1:16.30	15&O 100 Back	1:10.60	
49		13 & Over 200 Breast		50
	3:12.00	13-14 200 Breast	3:02.00	
	3:05.70	15&O 200 Breast	2:54.30	
51		13&Over 100 Fly		52
	1:16.50	13-14 100 Fly	1:11.10	
	1:14.20	15&O 100 Fly	1:07.70	
53		13 & Over 50 Free		54
	32.50	13-14 50 Free	30.30	
	31.80	15&O 50 Free	28.80	
55		13 & Over 800 Free		56
	10:48.00	13-14 800 Free	10:29.40	
	10:37.10	15&O 800 Free	10:01.90	

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**Session 5**

<b>Girls Event #</b>	<b>Between "A" and "BB"</b>	<b>Event Description</b>	<b>Between "A" and "BB"</b>	<b>Boys Event #</b>
57	2:59.80 - 3:14.79	11-12 200 IM	2:50.20 - 2:42.39	58
59		10 & Under 200 Med Relay		60
61		11-12 200 Med Relay		62
63		12 & Under 100 Back		64
	1:35.30 - 1:48.89	10 & Under 100 Back	1:29.20 - 1:25.09	
	1:23.30 - 1:31.09	11-12 100 Back	1:19.70 - 1:15.69	
65		12 & Under 200 Free		66
	2:58.50 - 3:23.59	10 & Under 200 Free	2:45.30 - 2:38.09	
	2:37.70 - 2:50.79	11-12 200 Free	2:28.50 - 2:21.99	
67		12 & Under 50 Breast		68
	48.30 - 54.89	12 & Under 50 Breast	46.30 - 44.09	
	42.10 - 45.59	11-12 50 Breast	41.10 - 38.99	
69		12 & Under 50 Free		70
	36.40 - 40.79	10 & Under 50 Free	34.70 - 33.29	
	33.70 - 36.39	11-12 50 Free	31.20 - 29.79	
71		12 & Under 100 Fly		72
	1:37.90 - 1:55.19	10 & Under 100 Fly	1:30.90 - 1:25.29	
	1:22.90 - 1:30.79	11-12 100 Fly	1:17.50 - 1:13.49	
73	3:23.69 – 3:40.59	11-12 200 Breast	3:37.49 – 3:20.79	74
10 Minute Break				
75	11:35.69 – 12:33.69	11-12 800 Free	11:30.99 – 12:28.59	76