



2010 NT METRO JR. TIME TRIALS
HOSTED BY METROPLEX AQUATICS IN ALLEN, TX
August 5, 2010
SANCTION # NT 045-10



Location: Don Rodenbaugh Natatorium, 110 E Rivercrest, Allen, TX 75002.

Facility: The facility is a 10 lane, 25-yard indoor pool with Daktronics Timing System, separate warm-up/warm-down pool.

Pool Measurement: The competition course has not been certified in accordance with 104.2.2C(4). The competition pool is 6 ft. deep on the start end and 12-6 ft. deep on the turning end. Lanes 1-3 are 12 ft. deep, lanes 4-7 are 7 ft deep. and lanes 8-10 are 6 ft deep.

Sanction and Liability: 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, CITY OF ALLEN, AND METROPLEX AQUATICS 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 repairs.

Schedule:

Day	Warm-Up	Time Trials Start
Session I	Thursday, August 5th 5:00-5:45 PM	6:00 PM

Warm-Up: Coaches are responsible for their own warm-up procedures. North Texas Swimming, Inc. Safety Guidelines and Procedures will be in effect at this meet.

Rules: 2010 USA Swimming rules and regulations will govern the meet. No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet shall be a member of USA Swimming Inc. **NO DECK REGISTRATION WILL BE ACCEPTED.** "Held under the Sanction of USA Swimming, Inc. Sanction number is 045-10"

Eligibility: Swimmer's age as of **8/5/10** shall determine their age for the entire meet. **Swimmer's coach must approve all entries.** Please check with your coach to see which events you should swim in this meet.

Entry Fees and Limit: A swimmer may enter up to two (2) individual events. Entry fees are \$5.00 per individual event.

Deadline: Entries must be received on www.teamunity.com website by Wednesday 8/4/09 12 noon. If you aren't a Metro swimmer and would like to time trial or have Questions or Problems, please contact Head Coach Brent Mitchell at 972-897-7072 or email at coachmitchell@metro-aquatics.org.

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.

Timers: Swimmers will provide their own timers and counters.

Event #	Event Description
1	13&Over 500 Free
2	13&Over 200 IM
3	13&Over 100 Free
4	13&Over 200 Back
5	13&Over 200 Breast
6	13&Over 100 Fly
7	13&Over 400 IM

Event #	Event Description
8	13&Over 200 Free
9	13&Over 100 Back
10	13&Over 100 Breast
11	13&Over 200 Fly
12	13&Over 50 Free
13	13&Over 1650 Free

NO scoring and NO awards.

