

13&O A/BB Short Course Invitational and Time Trials

Hosted by Texas RiverSharks

August 7- 8, 2010

Meet Sanction NT #047-10

Time Trials Sanction NT #048-10

LOCATION: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yards indoors pool with Colorado Timing System. The competition will be held in lanes 1-10. 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 4 feet, 8 inches at the start end and 4 feet, 8 inches at the turn end.

SCHEDULE:		Warm-up	Meet Start
Session 1- Saturday:	#1	8:00-8:30 AM	9:20 AM
	#2	8:30-9:00 AM	
General warm up 9:00-9:15 am			
Session 2- Sunday:	#1	8:00-8:30 AM	9:20 AM
	#2	8:30-9:00 AM	
General warm up 9:00-9:15 am			

Warm Up assignments will be posted by Monday, August 2, on the Texas RiverShark website: www.trsswimming.com

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 & 10	Push swims, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.
Lanes 2,9	Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.
Lanes 3,4,5,6,7,8	General warm up, NO DIVING

RULES: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. ***ALL SPECTATORS MUST REMAIN IN THE SEATING AREA. NO BABY STROLLERS ALLOWED IN FACILITY.***

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, TEXAS RIVERSHARKS, AND GRAPEVINE COLLEYVILLE INDEPENDENT SCHOOL DISTRICT 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." This meet is held under the sanction of USA Swimming, Inc. 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.

ELIGIBILITY: 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 **8/7/10** shall determine their age for the entire meet.

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 FEES and LIMIT: Each swimmer may participate in five individual events per day.

Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up until 30 minutes before the start of each session at \$9.75 per individual event. Any athlete late entering the meet must provide proof of registration and a current print out of best times from SWIMS. NO USA Swimming registration will be accepted at the meet.

ENTRY DEADLINE: Entries must be received by 6:00 PM on **Tuesday, July 27, 2010**. The complete USA registration number must be placed on each entry form. Checks should be made payable to TRS. *Emailed team entries will be accepted as an attachment to an email message (attach the meet entries file) along with an attached file of the meet entries report by name and an attached file of meet entries fee report. Include the name, phone number and email address of the person who prepared the entries. Emailed entries must be received by the deadline and payment must be postmarked that day.* **Individual** entries must be on the consolidated entry form and received by the deadline with payment- no individual emailed entries will be accepted.

MAIL ENTRIES TO:

Karen Rourke
1105 Normandy Dr.
Southlake, TX 76092
(817) 421-2151
email: karen@trsswimming.com

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.

CHECK IN: Positive check in is required. The check in deadline is 30 minutes prior to the scheduled start of the event. There are three check in options:

- Indicates swimmer will swim the event
- scr Indicates swimmer will not swim the event
- Indicates swimmer will not swim the event

PSYCHE SHEETS: Psyche sheets will be available for all sessions at a one-time charge.

AWARDING AND SCORING: Ribbons will be awarded for individual events for places 1-8 and ribbons and ribbons awarded for relays, places 1-3. Points will be awarded as follows:

Individual events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

The 500 and 1650 freestyle will be swum fastest to slowest. All swimmers in these events must provide their own timer and counter.

Time Trials will be offered each day at the conclusion of the last event, following a 30 minute warm up, but no earlier than 12:00 pm. Once entries for the meet are received and a time line is established, a projected time trials start time will be available on the TRS website: <http://www.trsswimming.com/>. Any registered athlete may compete in time trials. Any event may be entered; however the 1000 will only be offered on Saturday and the 1650 will only be offered on Sunday. Athletes must provide their own timer/counter for all time trial events. Entry fees are \$5.00 for events less than 800 yards and \$10.00 for events 800 yards or longer. There is a limit of 5 individual events per day; events swum in the meet count against the entry limit. Any athlete not entered in the meet must provide proof of registration when entering time trials. Entries will be accepted at clerk of course and will close at 11:30 am each day. There will be no scoring or awards for time trials.

Session 1				
Girls	"BB" And Faster	Event Description	"BB" And Faster	Boys
1		13-14 200 Free Relay		2
3		15&O 200 Free Relay		4
5	2:24.99	13-14 200 Free	2:15.69	6
7	2:21.19	15&O 200 Free	2:10.09	8
9	1:14.19	13-14 100 Back	1:09.59	10
11	1:12.09	15&O 100 Back	1:06.19	12
13	3:00.69	13-14 200 Breast	2:49.39	14
15	2:56.39	15&O 200 Breast	2:42.59	16
17	1:13.49	13-14 100 Fly	1:08.09	18
19	1:11.79	15&O 100 Fly	1:05.09	20
21	1:07.39	13-14 100 Free	1:02.19	22
23	1:05.79	15&O 100 Free	59.79	24
25	2:42.99	13-14 200 IM	2:31.99	26
27	2:39.29	15&O 200 IM	2:26.39	28
29		13-14 400 Free Relay		30
31		15&O 400 Free Relay		32
33	6:22.39	13-14 500 Free	6:03.19	34
35	6:16.29	15&O 500 Free	5:51.29	36
Session 2				
Girls	"BB" And Faster	Event Description	"BB" And Faster	Boys
37		13-14 800 Free Relay		38
39		15&O 800 Free Relay		40
41	30.99	13-14 50 Free	28.49	42
43	30.39	15&O 50 Free	27.39	44
45	2:39.59	13-14 200 Back	2:29.79	46
47	2:35.89	15&O 200 Back	2:23.39	48

49	1:24.09	13-14 100 Breast	1:18.09	50
51	1:21.99	15&O 100 Breast	1:14.69	52
53	2:40.99	13-14 200 Fly	2:31.99	54
55	2:36.49	15&O 200 Fly	2:24.49	56
57	5:44.29	13-14 400 IM	5:25.49	58
59	5:35.69	15&O 400 IM	5:11.79	60
61		13-14 400 Med Relay		62
63		15&O 400 Med Relay		64
65	21:53.19	13-14 1650 Free	20:51.99	66
67	21:38.89	15&O 1650 Free	20:21.89	68