

# North Texas Swimming "A" Invitational Hosted by Lakeside Aquatic Club January 13-15, 2012

Sanction # NT 001-12

**Revised Entry Eligibility/Daily Limit on 11/8/11; Live Streaming info on 11/9/11;  
Senior events are now 15&Over on 11/29/11**

**Location:** LISD Aquatic Center  
5729 Memorial Dr.  
The Colony, Texas 75056  
(469-948-2750)

**Facility:** 2 – 8 lane 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and two 8 lane scoreboards will be utilized. Ample seating and dressing space are provided.

## Meet Schedule:

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Friday	5:00 – 5:45 pm	6:00 pm
Session 2-Saturday	Group 1 7:30-8:00 am Group 2 8:00-8:30 am **	9:00 am
Session 3-Sunday	Group 2 7:30-8:00 am Group 1 8:00-8:30 am **	9:00 am

\*\* Dive starts at 8:30-8:45

*Group 1: CLAS, DAC, FAST, IS, LAC, MAC, MARS, NTN, QA, SIGMA, SWAT, SNAP, TRS, WKB*

*Group 2: ATAC, CAT, COPS, COR, DM, ESP, FA, LSCC, MTRO, ROCK, SDST*

Warm-up groups may be altered if necessary, at the discretion of the Meet Referee.

LAC Reserves the right to use 2 pools if needed.

**Competition Course:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3 is 6' 5"/12' 10" at the start end of each pool and 4' 4"/6' 9" at each turn end of the pool when using 2 pools.

## WARM-UP PROCEDURES:

**North Texas Swimming Inc. safety guidelines and warm up procedures will be in effect.**

General warm up will occur in all lanes for two 30-minute sessions (except on Friday – which will consist of one 45 minute session). There will be no specific lane assignments. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. For Saturday & Sunday sessions only, following the end of the last general warm-up session, an additional 15 minutes of dive starts and push/pace will be allowed; lanes 2 thru 7 will become dive start lanes (one way only from the blocks) and lanes 1 and 8 will be push/pace lanes, no diving.

**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. The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

**Unattached/Unaccompanied Swimmers:** Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc. and North Texas Swimming, Inc., NT #001-12. **“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 LEWISVILLE 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 REPAIRS.**

**ELIGIBILITY:** No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration number must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the “A” qualifying time standard. A swimmer who has 1-2 current “A” times may enter two additional events at their actual time (Bonus) and **a swimmer with 3 or more “A” times may enter any event and distance up to daily limit**, provided they have entered at least one event with the qualifying time. Bonus swims must be marked as bonus swims on the entry file. Athletes who wish to late enter must complete a consolidated entry form, present their current USA Swimming ID card or facsimile to the Clerk of Course and submit a current printout of their times from the USA Swimming SWIMS database. **No deck registrations will be accepted**

**Entry Limit:** Each swimmer may participate in **four (4)** individual events per day, One (1) relay per day. Age on the first day of the meet shall determine the swimmer’s age for the entire meet.

**Entry Fees:** A Surcharge of \$3.00 per swimmer will apply. Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. 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. Relays may enter the day of the meet @ \$6.50 per relay.

**Entry Deadline:** *Entries must be received by Thursday, January 5, 2012* at 6pm CST. Entries must be submitted by Email, to [gillespys@verizon.net](mailto:gillespys@verizon.net) 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: All entry fees shall be mailed to:

Shannon Gillespy  
1601 Bonham Pkwy  
Lantana, Texas 76226

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 Lakeside Aquatic Club.

•Fees shall be mailed and postmarked by Friday, January 6, 2012.

**Checks for entry fees shall be made payable to Lakeside Aquatic Club.**

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

- indicates the swimmer will swim the event
- \_scr\_ indicates the swimmer will not swim the event
- indicates the swimmer will not swim the event

**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 (yards). If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

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

**Live Streaming:** In partnership with [www.watchmedad.com](http://www.watchmedad.com), LAC will be providing video streaming & archiving of this meet, so that events can be viewed online in real time or after the conclusion. More information will be available at the meet about this service.

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

Individual Events: 9-7-6-5-4-3-2-1

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

**RESULTS:** A copy of the final results will be posted to the North Texas Swimming website within 10 days of the conclusion of the meet.

**Concessions:** Concessions will be available for swimmers and spectators.

**Hospitality:** Available for coaches and officials.

**Results:** Final results will be posted to the North Texas Swimming website.

**Officials:**

Meet Referee: Karen Rourke

Starter: Scott Leeper, Lon Baugh

Stroke and Turn Judges: Deb Behrens, Todd Straight, Julie Ayres, Chuck Chinnis

Timing Judge: Sonya Giacomello

Head Safety Marshal: Mary Kay Jergens/Shannon Gillespy

Meet Director: Shannon Gillespy (214-697-4145) or [gillespys@verizon.net](mailto:gillespys@verizon.net)

**Schedule of Events:**

**Session 1 – Friday, January 13th**

Women	"A" and faster	Event	"A" and faster	Men
1	5:36.09 5:17.79 5:09.89	<b>400IM</b> 11-12 13-14 15&Over	5:28.89 5:00.49 4:47.79	2
3	32.19 29.49 28.69 27.99	<b>50 Free</b> 10 & Under 11-12 13-14 15&Over	31.59 28.59 26.29 25.29	4
5	6:48.39 6:09.29 5:52.99 5:47.39	<b>500FR**</b> 10 & Under 11-12 13-14 15&Over	6:44.59 6:04.69 5:35.19 5:24.29	6

\*\*Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

**Session 2 – Saturday, January 14**

<b>Women</b>	<b>“A” or faster</b>	<b>Event</b>	<b>“A” or faster</b>	<b>Men</b>
7	37.29 32.39	<b>50 Fly</b> 10&Under 11-12	36.69 32.09	8
9	2:35.89 2:27.29 2:23.89	<b>200 Back</b> 11-12 13-14 <b>15&amp;Over</b>	2:32.89 2:18.19 2:12.39	10
11	2:55.99 2:37.59 2:30.49 2:26.99	<b>200 IM</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	2:55.29 2:35.59 2:20.29 2:15.09	12
13	1:33.39 1:22.19 1:17.59 1:15.69	<b>100 Breast</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	1:31.79 1:20.49 1:12.09 1:08.89	14
15	2:38.59 2:28.59 2:24.49	<b>200 Fly</b> 11-12 13-14 <b>15&amp;Over</b>	2:35.29 2:20.29 2:13.39	16
17	1:11.89 1:03.09 1:02.19 1:00.79	<b>100 Free</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	1:10.79 1:02.69 57.39 55.19	18
19	38.09 33.89	<b>50 Back</b> 10&Under 11-12	38.29 33.49	20
21		<b>200 Medley Relay</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>		22
23	12:51.69 12:07.59 11:55.89	<b>**1000 Free</b> 11-12 13-14 <b>15&amp;Over</b>	12:42.89 11:36.39 11:12.19	24

\*\*Will be sum fastest to slowest alternating women and men. All swimmers must provide their own timer

### Session 3 – Sunday, January 15

Women	“A” or faster	Event	“A” or faster	Men
25	2:56.89 2:46.79 2:42.79	<b>200 Breast</b> 11-12 13-14 <b>15&amp;Over</b>	2:52.89 2:36.29 2:30.09	26
27	1:26.69 1:13.19 1:07.79 1:06.29	<b>100 Fly</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	1:25.59 1:11.69 1:02.89 1:00.09	28
29	41.99 37.79	<b>50 Breast</b> 10&Under 11-12	42.19 37.29	30
31	1:22.19 1:14.19 1:08.49 1:06.59	<b>100 Back</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	1:21.29 1:12.29 1:04.19 1:01.09	32
33	2:36.39 2:19.89 2:13.79 2:10.39	<b>200 Free</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>	2:31.89 2:16.19 2:05.29 2:00.09	34
35	1:22.59 1:13.99	<b>100 IM</b> 10&Under 11-12	1:21.09 1:11.49	36
37		<b>200 Free Relay</b> 10&Under 11-12 13-14 <b>15&amp;Over</b>		38
39	21:39.59 20:12.19 19:58.89	<b>**1650 Free</b> 11-12 13-14 <b>15&amp;Over</b>	21:23.59 19:15.69 18:47.99	40

\*\*Will be swum fastest to slowest alternating women and men. All swimmers must provide their own timer and lap counter.