

TEXAS SENIOR CIRCUIT LONG COURSE MEET #1

Hosted by

The Dallas Mustangs

Sponsored by

The Beck Group

Sanction # 016-09

May 8-10, 2009

WELCOME: The Dallas Mustangs Swim Team invites you to join us at Southern Methodist University to compete in the long course timed finals TEXAS SENIOR CIRCUIT #1. As always, Texas Senior Circuit Swimming provides exciting competition for the Nation's elite swimmers.

LOCATION: Southern Methodist University in Dallas, Texas is located five miles north of downtown. From 75 (Central) Expressway, exit Mockingbird Lane. Head west on Mockingbird to Bishop; north on Bishop to Binkley; east on Binkley; outdoor pool is on the right.

FACILITY: The A. R. Red Barr Pool is an eight Lane 50 meter outdoor pool and has a separate diving well which will be available for warm-up and warm-down through out the meet. Colorado timing system will be used.

SCHEDULE: Friday, May 8	Warm-up 3:00 PM	Meet 4:30 PM
Saturday, May 9	Warm-up 7:30 AM	Meet 9:00 AM
Saturday, May 9	Warm-up 4:00 PM	Meet 5:00 PM
Sunday, May 10	Warm-up 7:30 AM	Meet 9:00 AM

***Please note that meet participants will not be allowed into the pool area until above warm-up times.**

SANCTION: This meet is held under sanction # 016-09 of United States Swimming, Inc. Current USA Swimming rules will apply and no entries will be accepted unless the entrant is currently registered with USA Swimming. All rules and regulations of USA Swimming and North Texas Swimming shall be complied with and enforced.

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, the Dallas Mustangs, and Southern Methodist University 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 the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmers club, if attached, to be held accountable for repairs.**

FORMAT & CHECK-IN: All events will be timed finals and will be seeded fastest to slowest. All competitors must check-in for each event 30 minutes prior to the start of that event. The 400 IM, 400, 800, & 1500 Freestyle events will be swum fastest to slowest, alternating women's and men's heats. The 800 & 1500 swum as follows: fastest heat of women's 800, fastest heat of men's 800, fastest heat of women's 1500, fastest heat of men's 1500, second fastest heat of women's 800... Additionally, swimmers in the 800 & 1500 free

must provide their own timers and lap counters. These events may be swum two swimmers per lane, at the referee's discretion. A swimmer may swim the 800 or 1500, **not both**.

The Meet Management may adapt the starting procedures and timeline to accommodate unusually large, or small, meets.

SEEDING: This meet will be deck seeded.

ENTRIES: All entries must be received by 6:00pm on Tuesday, April 28, 2009. Please submit entries on disk (HY-TEK Meet Manager format) if possible, along with a hard copy print out. Hy-Tek format files can be submitted electronically (preferred) to Lsa.weeks@verizon.net, but a hard copy and payment must be submitted by mail.

Mail entries to: Amy Weeks 972-491-3571
2516 Chadbourne Dr.
Plano, TX 75023
Lsa.weeks@verizon.net

Make checks payable to Dallas Mustangs. Complete USA #'s are required for all entries. No entries will be accepted unless the entrant is registered with USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet must be a member of USA Swimming, Inc. No phone or fax entries will be accepted.

Late entries accepted on deck only. All late entries must be accompanied by the swimmer's valid USA Swimming ID card and a copy of the swimmer's best times report from USA Swimming's Swims database. **NO DECK REGISTRATIONS WILL BE ALLOWED, NO EXCEPTIONS.**

All teams must be current members of the Texas Senior Circuit. If your team is not registered for the 2009 season, please fill out the Team Membership Application (attached) along with a check for \$50 made out to TEXAS SENIOR CIRCUIT and submit with entries.

All swimmers and teams must be registered with USA Swimming, Inc. **To participate in this meet, swimmers must meet 2009 Texas Senior Circuit Sectional long course qualifying times in at least one event entered (exception: must have 800 & 1500 free qualifying times to swim that event).** Swimmers with no long course times should enter with non-conforming times. **Enter "bonus" events at actual times, not at time standards.**

FEES: \$ 4.50 per individual event entry
\$ 13.50 per late individual event entry
Make checks payable to the Dallas Mustangs

AWARDS & SCORING: **There will be no awards given and no team points kept.**

MEET REFEREE: Gloria Schuldt

MEET DIRECTOR: Jay Brandt 214-912-7034
jaybrandt@sbcglobal.net

ENTRY CHAIRMAN: Amy Weeks 972-491-3571
Lsa.weeks@verizon.net

TIMERS: Each team is responsible for one timer for every 10 swimmers entered, and every team is responsible for at least one timer.

WARM-UP PROCEDURES:

- General warm-up for the first hour of each warm-up session
- Last 30 minutes of each warm-up session:
- Lanes 1 & 8 push pace (1 or 2 lengths)
- Lanes 2 & 7 starts (one way, from blocks)
- Lanes 3, 4, 5, & 6 general warm-up
- (25-Y indoor pool and diving well will also be available for warm-up and warm-down)

NORTH TEXAS SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEEDURES WILL BE IN EFFECT AT THIS MEET

Area Hotels: Radisson Inn Central 214-750-6060
6060 N. Central Expressway, Dallas, TX 75206 (intersection of Hwy 75 and Mockingbird)

Hotel Palomar 214-520-7969
5300 East Mockingbird Lane, Dallas, Texas 75205

**2009 Senior Circuit Long Course #1
ORDER OF EVENTS**

WOMEN'S EVENTS

MEN'S EVENTS

QUALIFYING TIMES			QUALIFYING TIMES			
Long Course	Short Course		Short Course	Long Course		
FRIDAY - SESSION #1						
1	2:54.79	2:29.99	200m Breast	2:20.89	2:40.59	2
3	1:08.09	59.59	100m Fly	54.19	1:01.09	4
5	4:42.69	5:13.59	400m Free	4:54.39	4:25.49	6
SATURDAY - SESSION #2						
7	2:13.39	1:56.49	200m Free	1:47.49	2:02.89	8
9	1:11.69	1:01.29	100m Back	56.39	1:05.29	10
11	5:25.69	4:40.79	400m IM	4:24.19	5:01.69	12
SATURDAY - SESSION #3						
13	1:20.89	1:09.99	100m Breast	1:03.79	1:12.69	14
15	2:33.19	2:11.19	200m Back	2:02.39	2:21.59	16
17	28.69	25.19	50m Free	22.49	25.59	18
SUNDAY - SESSION #4						
19	2:35.19	2:11.99	200m Fly	2:02.79	2:21.19	20
21	1:01.69	54.09	100m Free	48.99	55.69	22
23	2:32.89	2:12.09	200m IM	2:02.29	2:21.19	24
25	9:30.49	10:48.19	800m Free	10:09.09	9:00.99	26
27	18:23.29	18:21.59	1500m Free	17:13.59	17:05.59	28

*ENTER WITH LONG COURSE TIMES ONLY!

**NOTE THAT USA SWIMMING RULES ALLOW A MAXIMUM OF FIVE INDIVIDUAL EVENTS PER DAY
THE TOTAL # OF INDIVIDUAL EVENTS ENTERED FOR SESSIONS 2 & 3 MAY NOT EXCEED FIVE.

**TEXAS SENIOR CIRCUIT
2009 TEAM MEMBERSHIP APPLICATION**

TEAM NAME: _____

TEAM CODE: _____ **LSC:** _____

DATE OF APPLICATION: _____ **FOR THE YEAR** ____ **SWIM SEASON**

MAILING ADDRESS: _____

PHONE: _____ **EMAIL:** _____

COACH'S NAME: _____

The TEXAS SENIOR CIRCUIT team membership is \$50 per year, payable prior to competing in the first meet of the season. The membership ensures the team receiving meet information to each of the Senior Circuit meets.

*Please make checks payable to: TEXAS SENIOR CIRCUIT

Mail application with payment to:

Chris MacCurdy, ATAC
TSC Treasurer
PO Box 802312
Dallas TX 75380
cmaccurdy@verizon.net

2009 TEXAS SENIOR CIRCUIT SCHEDULE

March 5-9, 2009:	SC Sectional Championships, Texas A&M University
May 8-10, 2009:	TSC Long Course Meet # 1, Southern Methodist University
May 22-24, 2009:	TSC Long Course Meet # 2, Texas A&M University
June 11-14, 2009:	TSC Long Course Meet # 3, University of Texas
June 27-28, 2009:	TSC Long Course Meet # 4, The Woodlands
July 2009:	Long Course Sectional Championships, University of Houston