GCAT B/C Meet
Division A & B
January 5-7, 2001
Hosted by Grapevine Colleyville Aquatic Team

LOCATION: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yard indoors pool with Colorado Timing System. The competition will be held in lanes 1-10.

SCHEDULE:	Warm-up	Meet Start
Session 1-Friday **ALL DIVISIONS**	5:00-5:30 PM	5:45 PM
Session 2-Saturday **DIVISION B**	7:30-8:15 AM	8:30 AM
Session 3-Saturday **DIVISION A**	12:30-1:15 PM	1:30 PM
Session 4-Sunday **DIVISION A**	7:30-8:15 AM	8:30 AM
Session 5-Sunday **DIVISION B**	12:30-1:15 PM	1:30 PM

WARM UP: Warm up will be general warm up in all lanes. 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. During the last 15 minutes of warm up, the following procedures will be in effect:

Lanes 1 & 11	Push swims, NO DIVING. Swimmers will start from a Push from the starting end. Circle swimming only.
Lanes 2,3,4,8,9, & 10	Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.
Lanes 5,6, & 7	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. **COOLERS, GLASS CONTAINERS, AND FOOD ITEMS** are not allowed in the pool area. Climbing over the railings is prohibited. According to Paragraph 102.12 of the USA Swimming Rules and Regulations, this meet will observe the following:

1. "No Recall" on false starts
2. "Whistle" commands (short series of whistles- for heat preparation- followed by long whistle for step up or step in)

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc. The sanction number is 001-01. In granting this sanction, it is understood, it is understood and agreed that USA Swimming Inc., North Texas Swimming Inc., all meet officials, Grapevine-Colleyville Aquatic Team, and Grapevine-Colleyville Independent School District shall be free

from any liabilities or claims for damages 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 registered 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. A swimmer may enter any event in which the swimmer has not achieved the "BB" time standard. Swimmer's age as of 1/05/01 shall determine their age for the entire meet.

ENTRY LIMIT: Each swimmer may participate in five individual events and 1 relay per day.

Entry Fees: Entry fees are $2.25 per individual event and $4.50 per relay. Late entries will be accepted up until 30 minutes before the start of each session at $4.50 per individual event.

ENTRY DEADLINE: Entries must be received by 6:00 PM on Tuesday, December 26, 2001. HY-TEK COMMLINLK II FORMAT ON DISKETTE IS HIGHY PREFERRED. ONLY TEAMS WHO SUBMIT ENTRIES ON DISKETTE WILL RECEIVE MEET RESULTS ON DISKETTE. If entries are not on diskette, please make one copy of the enclosed consolidated entry form for each swimmer entered in the meet. The complete USA registration number must be placed on each entry form. Entry fees must accompany entries. Checks should be made payable to G-CAT.

ENTRIES SHOULD BE MAILED TO:
Karen Rourke
1105 Normandy Dr.
Southlake, TX 76092
(817) 488-7244

MEET DIRECTOR:
Dee Londrigan
2958 Moreau Ct.
Ft. Worth, TX 76118
(817) 589-1035

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 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

FINAL RESULTS: A copy of the final results will be mailed to all participating teams within ten days. Additional copies may be ordered for $5.00 each.

CONCESSIONS: Chez G-CAT Café will be available for purchase for swimmers and spectators.

HOSPITALITY: Hospitality will be available for coaches and officials.

TIMERS: All teams must provide one timer for every 10 swimmers entered in the meet.

QUESTIONS: Contact Coach Patrick Henry at (817) 540-4727

REFEREE: KAREN ROURKE
STARTER: RON LONON
STROKE & TURN: RICK BALL
CHIEF TIMER: TOM MCDONALD
MEET MARSHALL: KEVIN LONDRIGAN
TIMING OPERATOR: ROBIN MANLEY

SESSION 1: ALL DIVISIONS
FRIDAY, JANUARY 5, 2001
WARM UPS: 5:00-5:30 PM
MEET STARTS: 5:45 PM

GIRLS EVENT #	AGE	EVENT	AGE	BOYS EVENT #
1	**8&U**	**100 F. R.**	**8&U**	**2**
3	**8&U**	**25 FREE**	**8&U**	**4**
5	**8&U**	**25 BACK**	**8&U**	**6**
7	**8&U**	**25 BREAST**	**8&U**	**8**
9	**8&U**	**25 FLY**	**8&U**	**10**
11	**8&U**	**100 I.M.**	**8&U**	**12**

SESSION 2: DIVISION B
SATURDAY, JANUARY 6, 2001
WARM UPS: 7:30-8:15 AM
MEET STARTS: 8:30 AM

GIRLS EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	BOYS EVENT #
13		**10&U**	**200 M.R.**		**14**
15		**11-12**	**200 M.R.**		**16**
17	**36.19**	**10&U**	**50 FREE**	**35.59**	**18**
19	**32.29**	**11-12**	**50 FREE**	**31.29**	**20**
21		**12&U**	**100 FLY***		**22**
	1:42.09 (10&U) **1:21.09 (11-12)**			**1:40.59 (10&U)** **1:19.69 (11-12)**	
23		**12&U**	**50 BACK***		**24**
	43.49 (10&U) **37.19 (11-12)**			**43.99 (10&U)** **37.09 (11-12)**	
25	**2:59.59**	**11-12**	**200 BACK+**	**2:46.59**	**26**
27	**2:58.29**	**10&U**	**200 FREE**	**2:50.89**	**28**
29	**2:31.79**	**11-12**	**200 FREE**	**2:28.29**	**30**
31		**12&U**	**50 BREAST***		**32**
	47.79 (10&U) **41.09 (11-12)**			**48.19 (10&U)** **41.09 (11-12)**	
33	**3:21.69**	**11-12**	**200 BREAST+**	**3:07.39**	**34**
35		**12&U**	**100 I.M.**		**36**
	1:34.39 (10&U) **1:20.79 (11-12)**			**1:31.59 (10&U)** **1:18.99 (11-12)**	
37		**9-12**	**500 FREE**		**38**
	7:39.49 (10&U) **6:40.09 (11-12)**			**7:35.19 (10&U)** **6:36.49 (11-12)**	

*** 12&U EVENTS WILL BE SWUM TOGETHER AND SCORED SEPARATELY**
+ SWIMMERS 11-12 MAY ONLY SWIM 1 DISTANCE OF THE FLY, BACK, BREAST, AND I.M. PER DAY

SESSION 3: DIVISION A
SATURDAY, JANUARY 6, 2001
WARM UPS: 12:30-1:15 PM
MEET STARTS: 1:30 PM

GIRLS EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	BOYS EVENT #
39		**10&U**	**200 M.R.**		**40**
41		**11-12**	**200 M.R.**		**42**
43	**36.19**	**10&U**	**50 FREE**	**35.59**	**44**
45	**32.29**	**11-12**	**50 FREE**	**31.29**	**46**
47		**12&U**	**100 FLY***		**48**
	1:42.09 (10&U) **1:21.09 (11-12)**			**1:40.59 (10&U)** **1:19.69 (11-12)**	
49		**12&U**	**50 BACK***		**50**
	43.49 (10&U) **37.19 (11-12)**			**43.99 (10&U)** **37.09 (11-12)**	
51	**2:59.59**	**11-12**	**200 BACK+**	**2:46.59**	**52**
53	**2:58.29**	**10&U**	**200 FREE**	**2:50.89**	**54**
55	**2:31.79**	**11-12**	**200 FREE**	**2:28.29**	**56**
57		**12&U**	**50 BREAST***		**58**
	47.79 (10&U) **41.09 (11-12)**			**48.19 (10&U)** **41.09 (11-12)**	
59	**3:21.69**	**11-12**	**200 BREAST+**	**3:07.39**	**60**
61		**12&U**	**100 I.M.**		**62**
	1:34.39 (10&U) **1:20.79 (11-12)**			**1:31.59 (10&U)** **1:18.99 (11-12)**	
63		**9-12**	**500 FREE**		**64**
	7:39.49 (10&U) **6:40.09 (11-12)**			**7:35.19 (10&U)** **6:36.49 (11-12)**	

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SESSION 4: DIVISION A
SUNDAY, JANUARY 7, 2001
WARM UPS: 7:30-8:15 AM
MEET STARTS: 8:30 AM

GIRLS EVENT#	SLOWER THAN	AGE	EVENT	SLOWER THAN	BOYS EVENT#
65		**10&U**	**200 F.R.**		**66**
67		**11-12**	**200 F.R.**		**68**
69	**1:22.19**	**10&U**	**100 FREE**	**1:19.99**	**70**
71	**1:10.59**	**11-12**	**100 FREE**	**1:08.49**	**72**
73		**12&U**	**50 FLY***		**74**
	42.99(10&U) **35.39 (11-12)**			**41.99(10&U)** **35.49 (11-12)**	
75	**2:58.39**	**11-12**	**200 FLY+**	**2:51.49**	**76**
77		**12&U**	**100 BACK***		**78**
	1:33.99(10&U) **1:21.89 (11-12)**			**1:32.49(10&U)** **1:19.89 (11-12)**	
79		**12&U**	**100 BREAST***		**80**
	1:46.69(10&U) **1:29.29 (11-12)**			**1:45.19(10&U)** **1:28.59 (11-12)**	
81		**12&U**	**200 I.M.***		**82**
	3:19.39(10&U) **2:52.69 (11-12)**			**3:18.09 (10&U)** **2:50.49 (11-12)**	
83	**6:24.19**	**11-12**	**400 I.M.+**	**6:04.69**	**84**
85	**24:14.89**	**11-12**	**1650 FREE**	**23:36.49**	**86**

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SESSION 5: DIVISION B
SUNDAY, JANUARY 7, 2001
WARM UPS: 12:30-1:15 PM
MEET STARTS: 1:30 PM

GIRLS EVENT#	SLOWER THAN	AGE	EVENT	SLOWER THAN	BOYS EVENT#
87		**10&U**	**200 F.R.**		**88**
89		**11-12**	**200 F.R.**		**90**
91	**1:22.19**	**10&U**	**100 FREE**	**1:19.99**	**92**
93	**1:10.59**	**11-12**	**100 FREE**	**1:08.49**	**94**
95		**12&U**	**50 FLY***		**96**
	42.99(10&U) **35.39 (11-12)**			**41.99(10&U)** **35.49 (11-12)**	
97	**2:58.39**	**11-12**	**200 FLY+**	**2:51.49**	**98**
99		**12&U**	**100 BACK***		**100**
	1:33.99(10&U) **1:21.89 (11-12)**			**1:32.49(10&U)** **1:19.89 (11-12)**	
101		**12&U**	**100 BREAST***		**102**
	1:46.69(10&U) **1:29.29 (11-12)**			**1:45.19(10&U)** **1:28.59 (11-12)**	
103		**12&U**	**200 I.M.***		**104**
	3:19.39(10&U) **2:52.69 (11-12)**			**3:18.09(10&U)** **2:50.49 (11-12)**	
105	**6:24.19**	**11-12**	**400 I.M.+**	**6:04.69**	**106**
107	**24:14.89**	**11-12**	**1650 FREE**	**23:36.49**	**108**

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