SWAT BB/B/C MEET (FORMAT 2004 A)
HOSTED BY SOUTHWEST AQUATICS OF TEXAS
JANUARY 19-21, 2007
SANCTION NT 005-07

LOCATION: Duncanville High School Natatorium, 700 N. Cedar Ridge Rd., Duncanville, Tx. – Pool is south of I-20 just north of the soccer field and football stadium. Eight lanes, 25 yard pool with Colorado Timing System.

SCHEDULE	Warm-Up	Meet Starts
Session I – Friday	5:45-6:30pm	6:45pm
Session II – Saturday	8:00-8:30am	8:45am
Session III – Saturday	11:00-11:45pm	12:00pm
Session IV – Sunday	8:00-8:45am	9:00am
Session V – Sunday	Warm-up 15 minutes after Session IV	

General warm-up will last for the first 30 minutes – NO DIVING. The last 15 minutes of each warm-up shall consist of the following:

Lanes 1 and 8	Push swims – No Diving
Lanes 2,3,6 and 7	Racing starts, One way only
Lanes 4 and 5	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.

SANCTION AND LIABILITY
This meet is held under the sanction of USA Swimming, Inc. In granting this sanction it is understood and agreed that USA Swimming Inc., North Texas Swimming, all meet officials, Southwest Aquatics of Texas, Inc. and the Duncanville 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 the 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 a North Texas Swimming sanctioned meet must be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer's age as of 1-9-07 shall determine their age for the entire meet.

ENTRY LIMIT
Each swimmer may participate in 4 individual events and 1 relay event per day. PLEASE NOTE: 8 and U swimmers may only swim in one 50 free event during this meet.

ENTRY FEES
Entry fees are $2.25 per individual event and $4.50 per relay. Late entries will be accepted 30 minutes prior to the scheduled start of each session at $4.50 per individual event.

ENTRY DEADLINE

Teams may email an entries file received by 6:00pm on Tuesday, January 9, 2007 as an attachment to an email, along with an individual meet entries report by name and a meet entries fee report. Entry fees must be postmarked by the deadline. The email must include the name, phone number and email address of the person preparing the entries. Teams may mail a meet entries file with a printout and payment to be received by the entries deadline. Individuals may mail an entry form and payment. The complete USA registration number must be placed on each entry. Make checks payable to: SWAT.

ENTRIES SHOULD BE MAILED TO:

Brooke Mann email: brookenmann@yahoo.com
1214 Plateau
Duncanville, Texas 75116

SEEDING

The meet will be deck seeded and conducted as timed finals. The 500, 1000 and 1650 freestyle will be swum from fastest to slowest, alternating heats of women and men. Swimmers need to provide their own timers and lap counters for these events.

CHECK IN PROCEDURE

Positive check in is required – indicated by a check mark next to the swimmer's name. The check-in deadline is 30 minutes prior to the scheduled start of each event. Scratch or no check mark indicates the swimmer will not be swimming that event.

AWARDS AND SCORING

Ribbons will be awarded for individual events places 1-8 and for relays, places 1-3. Best time ribbons will be awarded to 8 & under in individual events swum faster than their seed time. Team points will be calculated but no team awards will be given. Final team scores will be printed in the final results.

CONCESSIONS

Concessions will be available for the general public and swimmers. Hospitality will be available for coaches and officials only. Swimmers are not allowed in the hospitality area. Psyche sheets will be available to purchase throughout the meet at concessions for $5.00.

DIVISION III - BB/B/C MEET – (FORMAT 2004 A)
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JANUARY 19-21, 2007

SESSION I – FRIDAY PM
WARM-UP 5:45PM MEET STARTS 6:45PM

GIRLS	SLOWER THAN	EVENT	AGE GROUP	SLOWER THAN	BOYS
1	2:37.09	200 BACK	11-12	2;33.79	2
	2:27.29		13-14	2:19.49	
	2:25.89		15 & OV	2:12.69	
3	2:55.99	200 IM	10 &U	2:55.29	4
5	5:38.09	400 IM	11-12	5:31.99	6
	5:19.59		13-14	5:02.39	
	5:14.09		15 & OV	4:49.09	
7	1:33.39	100 BREAST	10 & U	1:32.69	8
	1:22.19		11-12	1:21.09	
	1:17.99		13-14	1:12.29	
	1:16.39		15 & OV	1:09.19	
9	6:48.39	500 FREE	10 & U	6:44.59	10
	6:09.29		11-12	6:04.69	
	5:52.99		13-14	5:39.39	
	5:48.39		15 & OV	5:25.29	

*The 500 freestyle will be swum fastest to slowest alternating women and men. Swimmers need to provide their own timers and lap counters for this events.

SESSION II – SATURDAY AM
WARM-UP 8:00-8:30AM - MEET STARTS 8:45AM

GIRLS	SLOWER THAN	EVENT	AGE GROUP	SLOWER THAN	BOYS
11		100 FREE RELAY	8 & U		12
13		25 FREE	8 & U		14
15		25 BACK	8 & U		16
17		25 BREAST	8 & U		18
19		25 FLY	8 & U		20
21		50 FREE	8 & U		22

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SESSION III – SATURDAY PM
WARM-UP 11:00AM-11:45PM - MEET STARTS 12:00PM

GIRLS	SLOWER THAN	EVENT	AGE GROUP	SLOWER THAN	BOYS
23		200 MEDLEY RELAY	10 & U		24
25		200 MEDLEY RELAY	11-12		26
27		200 MEDLEY RELAY	13&OV		28
29	43.49	50 BACK	10 & U	43.89	30
	37.09		11-12	36.79	
31	1:26.69	100 FLY	10 & U	1:25.69	32
	1:13.59		11-12	1:12.19	
	1:08.09		13-14	1:03.39	
	1:06.89		15 & OV	1:00.49	
33	2:36.39	200 FREE	10 & U	2:31.89	34
	2:20.19		11-12	2:16.59	
	2:14.19		13-14	2:05.79	
	2:11.49		15 & OV	2:00.79	
35	2:57.69	200 BREAST	11-12	2:52.99	36
	2:47.99		13-14	2:36.29	
	2:44.69		15 & OV	2:30.09	
37	32.39	50 FREE	10&U	31.89	38
	29.79		11-12	28.59	
	28.69		13-14	26.59	
	28.19		15 & OV	25.39	
39	2:38.59	200 IM	11-12	2:35.89	40
	2:31.29		13-14	2:21.89	
	2:28.39		15 & OV	2:15.69	
41	12:52.99	1000 FREE	11-12	12:48.89	42
	12:07.59		13-14	11:41.49	
	11:55.89		15 & OV	11:12.19	

* The 1000 freestyle will be swum fastest to slowest alternating women and men. Swimmers need to provide their own timers and lap counters for this event.

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SESSION IV – SUNDAY AM
WARM-UP 8:00-8:45AM MEET STARTS 9:00AM

GIRLS	SLOWER THAN	EVENT	AGE GROUP	SLOWER THAN	BOYS
43		200 FREE RELAY	10 & U		44
45		200 FREE RELAY	11-12		46
47		200 FREE RELAY	13&OV		48
49	42.99 35.39	50 FLY	10 & U 11-12	41.99 35.49	50
51	2:39.69 2:28.59 2:26.59	200 FLY	11-12 13-14 15 & OV	2:38.29 2:20.79 2:14.39	52
53	1:12.29 1:03.09 1:02.19 1:01.09	100 FREE	10 & U 11-12 13-14 15 & OV	1:10.79 1:02.89 57.99 55.39	54
55	41.99 37.99	50 BREAST	10 & U 11-12	42.49 37.59	56
57	1:22.19 1:14.89 1:08.69 1:07.69	100 BACK	10 & U 11-12 13-14 15 & OV	1:21.69 1:12.29 1:04.89 1:01.29	58
59	1:23.19 1:14.09	100 IM	10 & U 11-12	1:21.29 1:12.19	60

SESSION V – SUNDAY WARM-UP 15 MINUTES AFTER SESSION IV

61	21:41.69 20:12.19 19:58.89	1650 FREE	11-12 13-14 15 & OV	21:35.89 19.29.49 18:47.99	62

* The 1650 freestyle will be swum fastest to slowest alternating women and men. Swimmers need to provide their own timers and lap counters for this event.