BB/B/C Division I
Hosted by North Texas Nadadores
January 21 to 23, 2011
Sanction # NT001-11

LOCATION: CISD Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX.

POOL: Competition pool is an 8 Lane 50 meter pool with non-turbulent lane lines. Pool can be divided into two 8 lane 25 yard pools for competition and warm-up and warm-down. "Fully automatic Colorado Timing Systems will be used." The competition course has not been certified in accordance with Article104.2.2C(4). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rules. 202.3.6. The minimum water depth, in accordance with Article 103.2.3, is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 8 feet measured from 1 meter to 5 meters on the turning end of the course.

SCHEDULE:	Warm-up	Meet Start
Session 1 – Friday	5:15-6:00 PM	6:15 PM
Session 2- Saturday	8:00-8:30 AM	8:45 AM
Session 3-Saturday	10:30-11:15 AM	11:30 AM
Session 4- Sunday	8:00-8:45 AM	9:00 AM

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 & 8 Push swims, NO DIVING. Swimmers will start from a push from the starting end, Circle swimming only.
Lanes 2, 7 Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.
Lanes 3,4,5,6 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., # NT001-11. **"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, NORTH TEXAS NADADORES, CARROLL ISD, AND ITS EMPLOYEES 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."**

ELIGIBILITY: A swimmer may enter any event for which they are eligible to compete at the "BB" or "B/C" level. Times listed in the event schedule is the fastest time allowed. A swimmer may not enter any event in which he/she has achieved an "A" time. **No Exceptions**.

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 1/21/11 shall determine their age for the entire meet.
NO DECK Registrations will be accepted.

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. There is also a $3.00 surcharge per athlete entered in the meet. Late entries will be accepted up until 30 minutes before the start of each session at $9.75 per individual event. ***All late entries must be accompanied by the swimmers USA Swimming ID card or a reasonable facsimile thereof and most current proof of time from the USA Swimming site (SWIMS).***

ENTRY DEADLINE: Entries must be received by Tuesday, January 11th. The complete USA registration number must be placed on each entry form. Fees, including entry fees and athlete surcharge fees, shall be mailed and postmarked by the entry date. **Checks should be made payable to CISD**. E-mailed, team entries will be accepted as an attachment to an email message (attach the meet entries file and meet entry fee 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 the following Thursday. Individual entries must be on the consolidated entry form and received by the deadline with payment.

MAIL CHECKS AND ENTRIES TO:
CISD Attn; Aquatic Center
1501 W. Southlake Blvd.
Southlake, TX 76092
817-949-8200
e-mail: bill.christensen@southlakecarroll.edu and/or billchr@sbcglobal.net

SEEDING: The 8 & Under Session will be pre-seeded, except 8 & Under relays will be deck seeded. All other 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 options:
__v__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
Individual events will be scored by age group.

Meet Referee: Karen Rourke
Starter: Jason Johnson
Stroke and Turn Officials: Wit Ittiruck and Traci Johnson
Meet Director: Joy Roberts
Safety Marshall: Julie Zobrist

Order of Events
BB/B/C – Division I

Session 1 – Friday, January 21st

Warm-up 5:15-6:00 PM Meet Starts at 6:15 PM

Girls Event	Slower Than	Event	Slower Than	Boys Event
1		12 & Under 200 IM		2
	2:55.99	10 & Under	2:55.29	
	2:37.59	11-12	2:35.59	
3		11 and Over 400 IM		4
	5:36.09	11-12	5:28.89	
	5:17.79	13-14	5:00.49	
	5:09.89	15 & Over	4:47.99	
5		12 & Under 500 Free		5
	6:48.39	10 & Under	6:44.59	
	6:09.29	11-12	6:04.69	
7		11 and Over 1650 Free		8
	21:39.59	11-12	21:23.59	
	20:12.19	13-14	19:15.69	
	19:58.89	15 & Over	18:47.99	

Session 2 – Saturday, January 22nd

Warm-up 8:00 to 8:30 am Meet Starts at 8:45 am

Girls	Event Description	Boys
9	8 & Under 100 Free Relay	10
11	8 & Under 25 Free	12
13	8 & Under 25 Back	14
15	8 & Under 25 Breast	16
17	8 & Under 25 Fly	18
19	8 & Under 50 Free	20

Session 3 - Saturday, January 22nd

Warm-up 10:30 to 11:15 am Meet Starts at 11:30 am

Girls Event	Slower Than	Event	Slower Than	Boys Event
21		11 and Over 200 Fly		22
	2:38.59	11-12	2:35.29	
	2:28.59	13-14	2:20.29	
	2:24.49	15 & Over	2:13.39	
23		10 & Under 200 Free Relay		24
25		11-12 200 Free Relay		26
27		13 & Over 200 Free Relay		28
29		12 & Under 50 Back		30
	38.09	10 & Under	38.29	
	33.89	11-12	33.49	
31		12 & Under 100 Breast		32
	1:33.39	10 & Under	1:31.79	
	1:22.19	11-12	1:20.49	
33		13 & Over 100 Breast		34
	1:17.59	13-14	1:12.09	
	1:15.69	15 & Over	1:08.89	
35		12 & Under 50 Free		36
	32.19	10 & Under	31.59	
	29.49	11-12	28.59	
37		13 & Over 50 Free		38
	28.69	13-14	26.29	
	27.99	15 & Over	25.29	
39		11 & Over 200 Back		40
	2:35.89	11-12	2:32.89	

	2:27.29	13-14		2:18.19	
	2:23.89	15 & Over		2:12.39	
41		13 & Over 200 IM			42
	2:30.49	13-14	2:20.29		
	2:26.99	15 & Over	2:15.09		
43		12 & Under 50 Fly			44
	37.29	10 & Under		36.69	
	32.39	11-12		32.09	
45		13 & Over 500 Free			46
	5:52.99	13-14		5:35.19	
	5:47.39	15 & Over		5:24.29	

*#45 & 46 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

Session 4 - Sunday, January 23rd
Warm-ups 8:00 to 8:45 am Meet Starts at 9:00 am

Girls Event	Slower Than	Event	Slower Than	Boys Event
47		11 & Over 200 Breast		48
	2:56.89	11-12	2:52.89	
	2:46.79	13-14	2:36.29	
	2:42.79	15 & Over	2:36.29	
49		10 & Under 200 Medley Relay		50
51		11-12 200 Medley Relay		52
53		13 & Over 200 Medley Relay		54
55		12 & Under 100 Free		56
	1:11.89	10 & Under	1:10.79	
	1:03.09	11-12	1:02.69	
57		13 & Over 100 Free		58
	1:02.19	13-14	57.39	
	1:00.79	15 & Over	55.19	
59		12 & Under 100 Back		60
	1:22.19	10 & Under	1:21.29	
	1:14.19	11-12	1:12.29	
61		13 & Over 100 Back		62
	1:08.49	13-14	1:04.19	
	1:06.59	15 & Over	1:01.09	

63		12 & Under 100 IM		64
	1:22.59	10 & Under	1:21.09	
	1:13.99	11-12	1:11.49	
65		12 & Under 200 Free		66
	2:36.39	10 & Under	2:31.89	
	2:19.89	11-12	2:16.19	
67		13 & Over 200 Free		68
	2:13.79	13-14	2:05.29	
	2:10.39	15 & Over	2:00.09	
69		12 & Under 100 Fly		70
	1:26.69	10 & Under	1:25.59	
	1:13.19	11-12	1:11.69	
71		13 & Over 100 Fly		72
	1:07.79	13-14	1:02.89	
	1:06.29	15 & Over	1:00.09	
73		12 & Under 50 Breast		74
	41.99	10 & Under	42.19	
	37.79	11-12	37.29	
75		11 & Over 1000 Free		76
	12:51.69	11-12	12:42.89	
	12:12.19	13-14	11:36.39	
	11:55.89	15 & Over	11:12.19	

*#75 & 76– Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

Carroll ISD Aquatics Center

Rules, Regulations, Prohibitions, and Deck Access

- District personnel are empowered to enforce any and all regulations that have been established by District Board of Trustees Minutes and/or Natatorium Policies.
- Folding Chairs are not allowed in the Spectator area. The walkway must stay clear at all times.
- During USA Swimming meets, spectators are required to remain in the spectator area located upstairs. Spectators on deck during competition is not permitted.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. No other banners, posters, or other decorations are permitted.
- Glass containers of any sort and chewing gum are not permitted anywhere within the Aquatic Center.
- Spectators may not bring food and/or drink into the Aquatics Center from outside sources. Athletes ARE permitted to bring food and drink on deck.
- The use of tobacco products and the possession or consumption of alcoholic beverages is prohibited everywhere on Carroll ISD School District Property by direction of the Board of Trustees.
- Shaving is not permitted anywhere within the entire Aquatic Complex.
- Artificial noisemakers and laser pointing devices of any sort are not permitted anywhere within the Aquatics Center in accordance with Federation and USA Swimming Rules and District Policies.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire Aquatics Center.
- Only authorized personnel are permitted access to the filter, circulation, and chemistry areas.
- Use of the elevator by unsupervised children who are not physically disabled is prohibited.
- The use of flash cameras at the start of any race is prohibited.
- Access to the deck of the Carroll ISD Aquatics Center is restricted to the following: Athletes from competing teams Administrative support personnel, Coaches of competing teams, Facility/District Staff Officials working the meet.