**Welcome:** SWIM BELTON invites you to join us for the Spring JO’s meet. We look forward to once again hosting this wonderful event and we hope you and your swimmers have a great meet here in Belton.

**Meet Name: 2010 South Texas Junior Olympics (North) Short Course**

Teams eligible to attend this meet are as follows: AQTX, CPS, FHD, NTRO, PFST, SB, TASC, HEAT, TCAC

**Sanction**

**Number: ST-10-16**

**Meet Date(s): March 5 - 7, 2010**

**Venue:** The Roy and Jean Potts Belton Swim Center is located at 600 Lake Rd, Belton, Texas 76513 on the Belton High School Campus.

**Facility:** Indoor, 8-lane, 25-yard pool with a Daktronics Timing System and Hy-Tek Meet Manager software. The pool has 7 foot wide lanes with a 5 foot minimum water depth. This pool opened in October of 2007 and has not been professionally certified.  
  
Telephone numbers: 254.215.2444 (pool office), 254.718.7270, or 254.939.1574  
  
The facility has a separate 3-lane 25 yard pool with depths of 3’6” to 4’9” which will be available for continuous warm-up and cool down. Parking and spectator areas are adequate. Dressing rooms have limited space.

**Concession:** A reasonably priced concession will be available. An event t-shirt will be available for purchase. Lane4 will also be on site selling various swim related items.

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), SWIM BELTON, Belton ISD, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Cell phone**

**Restrictions:**

The presence and / or use of cell phones, and any other equipment capable of producing photographic

or video images, in locker rooms is strictly and specifically prohibited at all times.

There are no exceptions to this prohibition.

Violators are subject to disqualification from the meet and disbarment from the facility.

**Swim suit**

**Restrictions:** Only one suit is permitted during competition. The suits must:

* Be of one piece
* Be constructed of woven / knit material
* Be 100% permeable to air and water
* Not aid buoyancy
* Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
* Not extend below the knee and not cover the neck or shoulders for *women*
* Not extend above the navel or below the knee for *men*

Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied.

**USA Swimming**

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2010) registered with USA Swimming.

All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time.

National and LSC Regulations do not allow for any exceptions to these policies.

**Rules:** The most current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

**Meet Format: ►** Events will be seeded by time and gender. All events will be timed finals. All events will be swum slowest to   
fastest unless otherwise noted.  
► The 400 IM, 500 and 1650 freestyles are age combined, alternating female/male, and swum fastest to slowest.  
► There will be a 10 minute break after the relays.

**Entry Restrictions:** An individual swimmer may enter a maximum of eleven (11) individual events for the entire meet over the course of the meet and may participate in a maximum of five (5) individual and one (1) relay event per day.

**Meet Eligibility:** This meet is open only to South Texas USA Swimming registered athletes age 18 and under. Entries received without a complete USA Swimming Registration number will not be processed. It is strongly recommended that swimmers have their USA Swimming ID card with them.  
  
Each contestant may compete only in the age group for which he/she is eligible. Any swimmer age 9 and over, who is currently eligible to compete in an event at STAGS may NOT compete in that event or that stroke/distance within a relay at Junior Olympics.

**Age up Date: March 5, 2010** – a swimmer’s age on this date will be the age used for the duration of this meet

**Qualifying Times:** 12 & under swimmers may enter any event for which they have NOT achieved or exceeded the minimum qualifying time for the corresponding South Texas Age Group Championship (STAGS) meet (long or short course) event.   
  
13 & over swimmers may enter any event for which they have not achieved or exceeded the minimum qualifying time for the corresponding South Texas Senior Championships Meet (long or short course) event.   
  
8 & under events are unclassified.  
  
The time standard for each event is .01 second slower than the currently published minimum STAGS/Senior Championship time standard. For swimmers that have not swum an event before, please provide a “best estimate” time rather than NT for seeding purposes. NT will not be accepted.  
  
Swimmers age 9 & over may NOT swim an event for which they have a STAGS/Senior Championship or better qualifying time for the age group that swimmer is participating in for the 2009-2010 Short Course Season.  
  
A $25.00 fine will be imposed by South Texas Swimming, Inc. for the first infraction of the above rule and expulsion from the meet will result for a second infraction of this rule.  
  
Relay teams must consist of only officially entered contestants (“relay only” swimmers are not permitted). Swimmers who are not included in the original entry will not be allowed to participate on relay teams

**Deck Entries:** Will be accepted at $14.00 per individual event or $28.00 per relay. You may deck enter for the current session beginning at the start of warm-up. Deck entries will CLOSE 30 minutes prior to the start of each session. You may deck enter for subsequent sessions AFTER deck entries close for the current session. New heats will be created at the discretion of the Meet Referee. Swimmers not previously entered in the meet must present their USA Swimming registration card or provide proof of electronic registration to deck enter, no exceptions.

**General**

**Entry Procedures:** You must submit entries (prior to entry deadline) via email to coachmike@swimbelton.com

If you do not receive an email confirmation, your entries were not received.

No paper, phone or fax entries will be accepted.

Check for entry fees should be made out to SWIM BELTON. If payment is not received by February 26, 2009, your swimmers will be removed from the meet.

Because of limitations in the Meet Manager (MM) software, MM is only able to detect “slower than times” in yards. However, if an athlete has a time faster than a STAGS qualifying time in any course, the swimmer is ineligible to compete in that event. Entry personnel should load the Team Manager Entry file in Team Manager, go to the “Meets” tab and double click the Junior Olympic meet. A Meet maintenance screen will appear. Place a check mark in the box marked “Swimmer must meet slower than Q time in all courses.” Then click OK. This will allow the Team Manager software to search all courses for event eligibility.

All entries must contain the following:

* The name, email address and phone number of the person preparing the entries in case clarification is necessary.
* An attachment of the Hy-tek Team Manager export file.
* An attached PDF file listing the entries (by swimmer).
* An attached PDF file of the meet entry fees report.

**Entry Deadline:** **6:00 p.m. on February 22, 2010**

**Entry Fees: $7.00** per individual event, **$14.00** per relay (this includes the S. TX splash fee)

Checks payable to SWIM BELTON

**Heat Sheets:**  Will be available until sold out. Cost will be $5.00

**Administration: Head Coach:**  **Meet Director/Entries Chair:** **Meet Referee:**

Mike Burt Lenore Burt Susan Nickel

7267 Woodlake Circle 7267 Woodlake Circle 4904 Ascot Pkwy

Belton, TX 76513 Belton, TX 76513 Temple, TX 76502

254.718.7270 254.939.1574 254-774-8643

coachmike@swimbelton.com coachmike@swimbelton.com anickel@hot.rr.com

**Warm-ups:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI and AAAA Web Sites.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| 6:30 Sat / 7:00 Sun | TBD | TBD | TBD | TBD | TBD | TBD | TBD | TBD |
| 7:00 Sat / 7:30 Sun | TBD | TBD | TBD | TBD | TBD | TBD | TBD | TBD |
| 7:30 Sat / 6:30 Sun | TBD | TBD | TBD | TBD | TBD | TBD | TBD | TBD |

**Scratch Rules:** There are no penalties for scratching from a pre-seeded timed final event. However, it is always a courtesy to other competitors and the Meet Host to notify the Meet Director of any known scratches in advance. Swimmers that check-in for the 1650 Freestyle, 500 Freestyle, or 400 IM and then subsequently fail to appear for competition will be disqualified from their next scheduled event.

**Awards:** Awards will be presented to single age groups as follows: 8 and under, 9, 10, 11, 12, 13, 14, and 15 -18.

Custom medals for places one through three in individual events. Custom ribbons for places four through eight in individual events. Custom ribbons for places one through three in relay events.

Junior Olympic Flags for places one through three for Team High Point. There will be no awards presentation at the Meet (Clubs are to pick up awards during the meet from the Award Desk area.)

Points are awarded for team scores. Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th place)

Relay Events: 18-14-12-10-8-6-4-2 (1st through 8th place)

**Special Needs:** Please notify the Meet Director in advance of this event with the name and age of any member on your team who needs assistance to enter the building. Our facility staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility. (254-215-2444)

In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105 of the USA Swimming Rules and Regulations.

Daily Schedule: Friday, March 5 6:00 pm Warm-up

7:00 pm Meet starts

Saturday/Sunday, March 6 - 7

6:30 am Warm-ups begin

8:15 am Clear competition pool

8:15 am Coaches’ meeting (Sat only)

8:30 am Sessions begins

10:00 am Check-in deadline for the 400 IM / 500 Free

**Timers:** Each team will be required to provide timers in proportion to the number of swimmers entered into the meet. Lane assignments will be made by club. Swimmers competing in the 1650 Freestyle, 500 Freestyle, and 400 IM must provide their own backup timers and lap counters.

**Officials:** All currently certified and trainee USAS officials are cordially invited to participate. USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official. The wearing of name tags is strongly encouraged. Please check-in with the Meet Referee not later than one hour prior to the start of the meet. Please email the Referee in advance if you intend to help officiate.

**Order of Events**

**2010 South Texas (North) Junior Olympic Short Course Championship**

|  |  |  |
| --- | --- | --- |
| **Friday, March 5, 2009 at 7:00 p.m.** | | |
| **1** | 11-18 1650 Free (Note 1) | **2** |
| **Saturday, March 6, 2009 at 8:30 a.m.** | | |
| **Girls #** |  | **Boys #** |
| **3** | 10 & Under 200 Free Relay | **4** |
| **5** | 11-12 200 Free Relay | **6** |
| **7** | 13-14 400 Free Relay | **8** |
| **9** | 15 -18 400 free Relay | **10** |
| **11** | 18 & under 100 Breast | **12** |
| **13** | 12 & Under 50 Back | **14** |
| **15** | 12 & under 100 IM | **16** |
| **17** | 11-18 200 Back | **18** |
| **19** | 18 & Under 50 Free | **20** |
| **21** | 11-18 200 Breast | **22** |
| **23** | 18 & Under 100 Fly | **24** |
| **25** | 18 & Under 200 Free | **26** |
| **27** | 11-18 400 IM (Note 1) | **28** |
|  |  |  |
| **Sunday, March 7, 2009 at 8:30 a.m.** | | |
| **29** | 10 & Under 200 Medley Relay | **30** |
| **31** | 11-12 200 Medley Relay | **32** |
| **33** | 13-14 400 Medley Relay | **34** |
| **35** | 15-18 400 Medley Relay | **36** |
| **37** | 18 & Under 100 Free | **38** |
| **39** | 12 & Under 50 Fly | **40** |
| **41** | 18 & Under 100 Back | **42** |
| **43** | 18 & Under 200 IM | **44** |
| **45** | 12 & Under 50 Breast | **46** |
| **47** | 11-18 200 Fly | **48** |
| **49** | 18 and Under 500 Free (Note 1) | **50** |
|  |  |  |
|  |  |  |
| \*Note 1: These events will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest.** Competitors should expect to provide their own backup timers and lane counters. | | |

**SOUTH TEXAS SWIMMING, Inc.**

**Safety Guidelines and Warm-up Procedures**

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures.

a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.

b. All warm-up activities will be coordinated by the coach(es) supervising that lane

c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

**LANE USE**

|  |  |  |  |
| --- | --- | --- | --- |
| **POOL** | **PUSH/PACE** | **DIVES/SPRINTS** | **GENERAL WARMUP** |
| 8 Lanes | 1 and 8 | 2 and 7 | 3 through 6 |
| 6 Lanes | 1 and 6 | 2 and 5 | 3 and 4 |

a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.

b. Push/Pace Lanes will push off one or two lengths from starting end.

c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated

times. One way only! Dive sprints may only be dome under the direct supervision of the coach.

d. There will be no diving in the general warm-up lanes. Circle swimming only.

e. No kick boards, pull buoys, or hand paddles may be used.

3. Safety Guidelines

a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they

apply to conduct at meets and practices

2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and

all practices.

3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and

visual, throughout the warm-up period.

b. The host team will be responsible for the following.

1) A minimum of four (4) marshals who report to and receive instructions from the Meet

Referee and/or Director shall be on deck during the entire warm-up session(s).

2) Marshals must be members of United States Swimming.

3) Marshals will have authority to remove from the deck for the remainder of a warm-up

session, any swimmer or coach found to be in violation of these Procedures.

4) The host team shall provide signs for each lane at both ends of the pool, indicating

their designated use during warm-ups.

5) Warm-up times and lane assignments will be published in the meet information and

posted at several locations around the pool area. The following statement will appear in the meet information: “South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.”

6) An announcer will be on duty for the entire warm-up session to announce lane and/or

time changes and to assist with the conduct of the warm-up.

7) Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials

will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Backstrokers will ensure that they are not starting as the same time as a swimmer on the blocks.

Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate

warm-up time. The pool is not for visiting or playing during the warm-up session.

4. Warm-up procedures will be enforced for any breaks scheduled during the competition.

5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup

unless approved by the Referee.

***NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or***

***recommended lane assignments depending on pool configuration, number of swimmers,***

***or other considerations; so long as safety considerations are not compromised. Any such***

***changes will be announced and/or prominently posted in the pool area.***

**STSI Safety Guidelines and Warm-up Procedures**

**Revised 29SEP03**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **STAGS 2009-2010 Qualifying Times** | | | | | | | |
| **Girls** | | | |  | **Boys** | | |
| **10 & U** | | **11** | **12** | **SCY** | **12** | **11** | **10 & U** |
| **00:33.29** | **00:31.19** | **00:29.09** | **50 free** | **00:29.89** | **00:31.79** | **00:33.79** |
| **01:12.39** | **01:08.29** | **01:03.69** | **100 free** | **01:05.59** | **01:09.79** | **01:13.09** |
| **02:43.09** | **02:31.69** | **02:19.69** | **200 free** | **02:21.79** | **02:37.29** | **02:42.59** |
| **07:39.49** | **07:04.19** | **06:29.49** | **500 free** | **06:35.09** | **07:05.49** | **07:35.19** |
|  |  | **23:27.89** | **1650 free** | **23:10.49** |  |  |
| **00:39.89** | **00:37.49** | **00:34.79** | **50 back** | **00:36.49** | **00:39.49** | **00:40.49** |
| **01:24.99** | **01:20.49** | **01:14.59** | **100 back** | **01:18.99** | **01:24.19** | **01:27.59** |
|  | **02:55.49** | **02:39.29** | **200 back** | **02:45.59** | **02:58.39** |  |
| **00:44.79** | **00:41.89** | **00:40.19** | **50 breast** | **00:40.79** | **00:44.29** | **00:47.59** |
| **01:36.89** | **01:29.49** | **01:26.39** | **100 breast** | **01:27.79** | **01:35.09** | **01:40.09** |
|  | **03:17.21** | **03:11.69** | **200 breast** | **03:07.29** | **03:21.69** |  |
| **00:37.69** | **00:36.19** | **00:34.19** | **50 fly** | **00:34.79** | **00:38.19** | **00:39.69** |
| **01:35.19** | **01:26.09** | **01:20.19** | **100 fly** | **01:18.69** | **01:25.79** | **01:36.39** |
|  | **03:04.99** | **02:51.79** | **200 fly** | **02:48.29** | **03:01.19** |  |
| **01:25.29** | **01:20.49** | **01:16.89** | **100 IM** | **01:17.59** | **01:22.59** | **01:27.49** |
| **03:07.99** | **02:56.49** | **02:40.29** | **200 IM** | **02:49.39** | **03:03.09** | **03:09.19** |
|  |  | **06:04.19** | **400 IM** | **05:56.29** |  |  |
| **02:13.16** |  | **02:04.76** | **200 FR** | **02:07.16** |  | **02:15.16** |
| **02:35.66** |  | **02:26.76** | **200 MR** | **02:33.76** |  | **02:41.56** |
| **04:49.56** |  | **04:33.16** | **400 FR** | **04:39.16** |  | **04:52.36** |
|  |  | **05:24.36** | **400 MR** | **05:34.86** |  |  |
|  |  |  |  |  |  |  |
| **Girls** | | |  | **Boys** | | |
| **10 & U** | **11** | **12** | **LCM** | **12** | **11** | **10 & U** |
| **00:37.59** | **00:35.79** | **00:32.99** | **50 free** | **00:34.49** | **00:37.69** | **00:38.79** |
| **01:25.79** | **01:19.29** | **01:12.79** | **100 free** | **01:17.29** | **01:21.29** | **01:26.39** |
| **03:04.09** | **02:56.19** | **02:39.79** | **200 free** | **02:47.79** | **02:57.59** | **03:13.99** |
| **06:51.59** | **06:23.99** | **05:41.29** | **400 free** | **05:54.39** | **06:21.69** | **06:52.69** |
|  |  | **12:33.69** | **800 free** | **12:28.59** |  |  |
|  |  | **24:12.39** | **1500 free** | **24:05.39** |  |  |
| **00:45.99** | **00:42.99** | **00:39.59** | **50 back** | **00:42.19** | **00:45.69** | **00:47.59** |
| **01:40.59** | **01:36.39** | **01:25.79** | **100 back** | **01:31.39** | **01:38.09** | **01:44.29** |
|  | **03:22.69** | **03:05.99** | **200 back** | **03:11.09** | **03:25.79** |  |
| **00:52.59** | **00:48.59** | **00:45.59** | **50 breast** | **00:47.09** | **00:51.09** | **00:54.59** |
| **01:52.89** | **01:45.79** | **01:39.79** | **100 breast** | **01:40.89** | **01:49.19** | **01:59.79** |
|  | **03:50.59** | **03:35.79** | **200 breast** | **03:37.49** | **03:54.19** |  |
| **00:45.59** | **00:41.69** | **00:37.59** | **50 fly** | **00:39.59** | **00:42.99** | **00:46.89** |
| **01:48.39** | **01:36.59** | **01:29.09** | **100 fly** | **01:29.49** | **01:37.49** | **01:53.19** |
|  | **03:29.09** | **03:14.19** | **200 fly** | **03:13.39** | **03:28.29** |  |
| **03:32.29** | **03:15.59** | **03:01.09** | **200 IM** | **03:13.89** | **03:25.69** | **03:44.79** |
|  |  | **06:55.89** | **400 IM** | **06:51.79** |  |  |
| **02:30.36** |  | **02:23.16** | **200 FR** | **02:30.76** |  | **02:35.16** |
| **03:01.76** |  | **02:49.06** | **200 MR** | **02:57.46** |  | **03:07.86** |
| **05:43.16** |  | **05:17.16** | **400 FR** | **05:25.16** |  | **05:45.56** |
|  |  | **06:18.06** | **400 MR** | **06:26.06** |  |  |
|  |  |  |  |  |  |  |
| **STAGS 2009-2010 Qualifying Times** | | | | | | |
| **Girls** | | |  | **Boys** | | |
| **10 & U** | **11** | **12** | **SCM** | **12** | **11** | **10 & U** |
| **00:36.99** | **00:34.89** | **00:32.49** | **50 free** | **00:33.39** | **00:35.49** | **00:37.69** |
| **01:20.79** | **01:16.29** | **01:11.09** | **100 free** | **01:13.29** | **01:17.89** | **01:21.59** |
| **03:01.89** | **02:49.39** | **02:35.99** | **200 free** | **02:38.29** | **02:53.59** | **03:01.49** |
| **06:42.09** | **06:11.19** | **05:34.49** | **400 free** | **05:42.79** | **06:09.09** | **06:38.29** |
|  |  | **12:18.69** | **800 free** | **12:03.89** |  |  |
|  |  | **23:23.69** | **1500 free** | **23:17.69** |  |  |
| **00:44.59** | **00:41.89** | **00:38.89** | **50 back** | **00:40.79** | **00:44.09** | **00:45.19** |
| **01:34.89** | **01:29.83** | **01:23.29** | **100 back** | **01:28.19** | **01:33.99** | **01:37.79** |
|  | **03:15.89** | **02:57.79** | **200 back** | **03:04.89** | **03:19.19** |  |
| **00:49.99** | **00:46.79** | **00:44.79** | **50 breast** | **00:45.59** | **00:49.49** | **00:53.09** |
| **01:48.19** | **01:39.89** | **01:36.79** | **100 breast** | **01:37.39** | **01:45.39** | **01:51.79** |
|  | **03:40.19** | **03:31.99** | **200 breast** | **03:29.03** | **03:45.19** |  |
| **00:42.09** | **00:40.39** | **00:36.99** | **50 fly** | **00:38.49** | **00:41.79** | **00:44.39** |
| **01:46.29** | **01:35.99** | **01:28.49** | **100 fly** | **01:27.89** | **01:35.79** | **01:47.59** |
|  | **03:26.49** | **03:11.79** | **200 fly** | **03:07.89** | **03:22.29** |  |
| **01:35.19** | **01:24.89** | **01:25.81** | **100 IM** | **01:26.69** | **01:32.19** | **01:37.69** |
| **03:28.49** | **03:12.09** | **02:57.89** | **200 IM** | **03:07.19** | **03:18.49** | **03:24.39** |
|  |  | **06:46.49** | **400 IM** | **06:37.65** |  |  |
| **02:27.96** |  | **02:19.56** | **200 FR** | **02:21.96** |  | **02:30.76** |
| **05:23.16** |  | **02:43.96** | **200 MR** | **02:50.86** |  | **05:26.36** |
|  |  | **05:05.16** | **400 FR** | **05:11.56** |  |  |
|  |  | **06:02.00** | **400 MR** | **06:13.06** |  |  |
| Approved by the HoD on 10 Oct 09 | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Senior Champs 2009-2010 Qualifying Times** | | | | | | | |
| Girls |  |  | |  | Boys |  |  |
| **13** | **14** | **15 & older** | | **SCY** | **15 & older** | **14** | **13** |
| **00:28.19** | **00:28.09** | **00:27.29** | | **50 free** | **00:24.99** | **00:26.49** | **00:27.09** |
| **01:00.39** | **01:00.29** | **00:58.99** | | **100 free** | **00:52.49** | **00:57.39** | **00:58.99** |
| **02:13.59** | **02:11.99** | **02:07.79** | | **200 free** | **01:56.79** | **02:04.89** | **02:09.49** |
| **06:07.69** | **06:07.59** | **05:53.19** | | **500 free** | **05:51.29** | **06:03.19** | **06:09.69** |
| **23:27.79** | **21:53.19** | **21:38.89** | | **1650 free** | **19:21.99** | **20:51.99** | **22:28.29** |
| **01:09.69** | **01:09.59** | **01:08.59** | | **100 back** | **01:02.79** | **01:08.79** | **01:08.89** |
| **02:31.29** | **02:31.19** | **02:27.39** | | **200 back** | **02:17.09** | **02:29.79** | **02:41.29** |
| **01:21.69** | **01:21.59** | **01:21.49** | | **100 breast** | **01:11.19** | **01:18.09** | **01:21.89** |
| **02:55.49** | **02:55.39** | **02:55.29** | | **200 breast** | **02:42.59** | **02:49.39** | **03:02.19** |
| **01:14.09** | **01:13.49** | **01:09.39** | | **100 fly** | **01:06.69** | **01:08.09** | **01:13.29** |
| **02:51.69** | **02:40.99** | **02:40.89** | | **200 fly** | **02:24.49** | **02:31.99** | **02:43.69** |
| **02:33.59** | **02:33.49** | **02:33.39** | | **200 IM** | **02:19.99** | **02:30.29** | **02:30.79** |
| **05:43.79** | **05:31.49** | **05:31.39** | | **400 IM** | **05:11.79** | **05:25.49** | **05:50.39** |
|  | **01:52.76** | **01:49.16** | | **200 FR** | **01:39.96** | **01:48.36** |  |
|  | **04:01.56** | **03:55.96** | | **400 FR** | **03:29.96** | **03:55.96** |  |
|  | **08:54.36** | **08:31.16** | | **800 FR** | **07:47.16** | **08:37.96** |  |
|  | **04:45.86** | **04:38.46** | | **400 MR** | **04:13.16** | **04:43.06** |  |
|  |  |  | |  |  |  |  |
| **Girls** |  |  | |  | **Boys** |  |  |
| **13** | **14** | **15 & older** | | **LCM** | **15 & older** | **14** | **13** |
| **00:32.19** | **00:31.99** | **00:31.89** | | **50 free** | **00:28.29** | **00:30.09** | **00:31.89** |
| **01:09.79** | **01:09.39** | **01:09.29** | | **100 free** | **01:02.59** | **01:05.49** | **01:09.99** |
| **02:30.99** | **02:30.89** | **02:26.39** | | **200 free** | **02:17.39** | **02:26.09** | **02:30.79** |
| **05:29.99** | **05:29.89** | **05:26.39** | | **400 free** | **05:14.39** | **05:27.99** | **05:53.29** |
| **24:06.39** | **22:23.09** | **22:10.69** | | **1500 free** | **20:49.49** | **21:35.29** | **23:14.99** |
| **01:22.89** | **01:22.69** | **01:22.59** | | **100 back** | **01:14.39** | **01:20.59** | **01:24.89** |
| **02:58.19** | **02:58.09** | **02:57.99** | | **200 back** | **02:43.89** | **02:54.09** | **02:58.39** |
| **01:34.09** | **01:33.99** | **01:33.89** | | **100 breast** | **01:26.39** | **01:28.09** | **01:34.89** |
| **03:26.79** | **03:26.69** | **03:21.19** | | **200 breast** | **03:08.79** | **03:17.19** | **03:32.79** |
| **01:22.49** | **01:22.39** | **01:20.39** | | **100 fly** | **01:13.39** | **01:16.99** | **01:22.89** |
| **03:14.09** | **03:02.29** | **02:56.19** | | **200 fly** | **02:43.19** | **02:51.99** | **03:05.19** |
| **02:55.09** | **02:54.09** | **02:53.99** | | **200 IM** | **02:38.69** | **02:48.29** | **03:00.29** |
| **06:42.39** | **06:31.09** | **06:19.79** | | **400 IM** | **05:54.39** | **06:13.19** | **06:41.89** |
|  | **02:08.76** | **02:07.56** | | **200 FR** | **01:53.16** | **02:07.56** |  |
|  | **04:39.16** | **04:37.16** | | **400 FR** | **04:10.36** | **04:39.96** |  |
|  | **10:03.96** | **09:45.56** | | **800 FR** | **09:09.56** | **10:03.16** |  |
|  | **05:29.26** | **05:26.16** | | **400 MR** | **04:56.76** | **05:32.66** |  |
|  |  |  | |  |  |  |  |
| **Senior Champ 2009-2010 Qualifying Times** | | | | | | | |
| **Girls** |  |  | | **SCM** | **Boys** |  |  |
| **13** | **14** | **15 & older** |  | | **15 & older** | **14** | **13** |
| **00:31.49** | **00:31.39** | **00:30.49** | | **50 free** | **00:27.49** | **00:29.29** | **00:30.29** |
| **01:07.49** | **01:07.29** | **01:05.89** | | **100 free** | **00:58.59** | **01:03.59** | **01:05.89** |
| **02:29.19** | **02:29.09** | **02:22.69** | | **200 free** | **02:10.39** | **02:19.39** | **02:24.59** |
| **05:23.39** | **05:23.29** | **05:09.09** | | **400 free** | **05:04.09** | **05:17.79** | **05:23.49** |
| **23:23.59** | **21:56.29** | **21:35.09** | | **1500 free** | **19:18,89** | **20:48.29** | **22:24.89** |
| **01:17.79** | **01:17.69** | **01:16.59** | | **100 back** | **01:10.09** | **01:16.79** | **01:16.89** |
| **02:48.89** | **02:48.79** | **02:44.59** | | **200 back** | **02:33.09** | **02:47.19** | **03:00.09** |
| **01:31.19** | **01:31.09** | **01:30.99** | | **100 breast** | **01:19.49** | **01:25.09** | **01:31.49** |
| **03:15.89** | **03:15.79** | **03:15.69** | | **200 breast** | **03:01.49** | **03:09.09** | **03:23.39** |
| **01:21.99** | **01:21.89** | **01:17.49** | | **100 fly** | **01:12.59** | **01:16.09** | **01:21.89** |
| **03:11.69** | **02:59.69** | **02:54.99** | | **200 fly** | **02:40.29** | **02:48.89** | **03:01.89** |
| **02:51.49** | **02:50.99** | **02:50.89** | | **200 IM** | **02:33.19** | **02:42.49** | **02:48.29** |
| **06:23.69** | **06:09.99** | **06:09.89** | | **400 IM** | **05:44.11** | **06:02.39** | **06:30.29** |
|  | **02:05.96** | **02:01.96** | | **200 FR** | **01:49.96** | **02:01.16** |  |
|  | **04:29.96** | **04:23.56** | | **400 FR** | **03:54.36** | **04:23.56** |  |
|  | **09:56.76** | **09:30.76** | | **800 FR** | **08:41.56** | **09:38.36** |  |
|  | **05:18.46** | **05:10.96** | | **400 MR** | **04:40.76** | **05:16.16** |  |
|  |  |  | | Approved by the HoD on 10 Oct 09 | | | |

Local Restaurants

Belton

Pizza Hut Domino’s Little Caesar Alvin Ord's Sandwiches

400 Neil St. 323 N. Main 2411 N. Main 2154 Main St.

254-933-3333 254-939-2888 254-933-0321 254-939-7971

Schlotzky's Bush’s Chicken Subway Gatti’s Pizza

1012 E 2nd Ave 111 Lake Rd Inside Walmart 2154 Main St.

254-939-8300 254-939-7945 254-933-7727 254-

Sol De Jalisco China Café Schoepf’s BBQ Clem Mikeska’s BBQ

2100 N. Main 215 Sparta Rd 702 E. Central Ave. 2170 Main St.

254-933-8786 (254) 933-8881 254-939-1151 254-939-3010

Taco Bell Jake's Chinese Buffet Mex Taco Express McDonald’s

2600 N. Main 520 6th Ave 261 Sparta Rd I-35 & 6th St.

(254) 933-7776‎ 254-939-9333 254-939-0639 254-939-7807

Temple

Fazoli's Chipotle Luby's

2416 SW HK Dodgen Loop 3550 S. General Bruce Dr. 39255 General Bruce Dr.

254-791-2133 254-742-1209 254-773-2424

McAlister's Deli Chick–fil–A Chili’s

2102 SW HK Dodgen Loop 114 N. 31st St. 3810 S General Bruce Dr.

254-742-1720 254-771-2020 254-778-4551

IHOP Golden Coral Applebee's

3913 Bell Dr. 2113 SW HK Dodgen Loop 1808 SW HK Dodgen Loop

254-71-2200 254-773-4064 254-771-5991

Olive Garden Dynasty Chinese Buffet Cracker Barrel

3625 S General Bruce Dr 2501 Airport Rd 3687 S General Bruce

254-774-1266 254-778-4434 254-774-7257

Local Hotels

LaQuinta Inn & Suites Holiday Inn Hilton Garden Inn

229 West Loop 121, Belton 5247 S General Bruce Dr 1749 Scott Boulevard

Belton, TX Temple, TX Temple, TX

(254) 939-2772 (254) 778-5511 (254) 773-0200

Hampton Inn Holiday Inn Express Bed & Breakfasts

1414 S.W. H.K. Dodgen Loop 1991 N. Stagecoach Road (many are available

Temple, TX Salado, TX in the Salado area)

(254) 778-6700 (254) 947-4004