



SWIM BELTON

Where swimming fast is fun!



Welcome: SWIM BELTON invites you to join us for the Summer 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) Summer Short Course Championships**

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

Sanction Number: **ST-10-51**

Meet Date(s): **July 16-18, 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 depth of 6 foot at the starting blocks end and a depth of 5 foot at the end opposite the starting blocks. 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.

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 or 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.
- ▶ In order to meet safety requirements of the Roy & Jean Potts Belton Swim Center, we reserve the right to alter the session schedule as necessary.



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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/Sr. Champs may NOT compete in that event or that stroke/distance within a relay at Junior Olympics.

Age up Date: **July 16, 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 July 14, 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.



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Entry Deadline:

6:00 p.m. on July 5, 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:

Mike Burt
7267 Woodlake Circle
Belton, TX 76513
254.718.7270
coachmike@swimbelton.com

Meet Director/Entries Chair:

Lenore Burt
7267 Woodlake Circle
Belton, TX 76513
254.939.1574
coachmike@swimbelton.com

Meet Referee:

Susan Nickel
4904 Ascot Pkwy
Temple, TX 76502
254-774-8643
anickel@hotmail.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, July 16

6:00 pm Warm-up
6:30 pm circle in deadline for 1650
7:00 pm Meet starts

Saturday & Sunday, July 17 & 18

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.



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Order of Events

2010 South Texas (North) Junior Olympic Short Course Championship

Friday, July 16, 2009 at 7:00 p.m.		
1	11-18 1650 Free (Note 1)	2
Saturday, July 17, 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
	10 minute break	
27	11-18 400 IM (Note 1)	28
Sunday, July 18, 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
	10 minute break	
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.



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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 done 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 backstroke 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.



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STSI Safety Guidelines and Warm-up Procedures
Revised 29SEP03



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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



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	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



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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



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	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						



SWIM BELTON

Where swimming fast is fun!



Local Restaurants

Belton

Pizza Hut 400 Neil St. 254-933-3333	Domino's 323 N. Main 254-939-2888	Little Caesar 2411 N. Main 254-933-0321	Alvin Ord's Sandwiches 2154 Main St. 254-939-7971
Schlitzky's 1012 E 2 nd Ave 254-939-8300	Bush's Chicken 111 Lake Rd 254-939-7945	Subway Inside Walmart 254-	Gatti's Pizza 2154 Main St.
Sol De Jalisco China Café 2100 N. Main 254-933-8786	(254) 933-8881	Schoepf's BBQ 702 E. Central Ave. 254-939-1151	Clem Mikeska's BBQ 2170 Main St. 254-939-3010
Taco Bell 2600 N. Main (254) 933-7776	Jake's Chinese Buffet 520 6 th Ave 254-939-9333	Mex Taco Express 261 Sparta Rd 254-939-0639	McDonald's I-35 & 6 th St. 254-939-7807

Temple

Fazoli's 2416 SW HK Dodgen Loop 254-791-2133	Chipotle 3550 S. General Bruce Dr. 254-742-1209	Luby's 39255 General Bruce Dr. 254-773-2424
McAlister's Deli 2102 SW HK Dodgen Loop 254-742-1720	Chick-fil-A 114 N. 31 st St. 254-771-2020	Chili's 3810 S General Bruce Dr. 254-778-4551
IHOP 3913 Bell Dr. 254-71-2200	Golden Coral 2113 SW HK Dodgen Loop 254-773-4064	Applebee's 1808 SW HK Dodgen Loop 254-771-5991
Olive Garden 3625 S General Bruce Dr 254-774-1266	Dynasty Chinese Buffet 2501 Airport Rd 254-778-4434	Cracker Barrel 3687 S General Bruce 254-774-7257

Local Hotels

LaQuinta Inn & Suites 229 West Loop 121, Belton Belton, TX (254) 939-2772	Holiday Inn 5247 S General Bruce Dr Temple, TX (254) 778-5511	Hilton Garden Inn 1749 Scott Boulevard Temple, TX (254) 773-0200
Hampton Inn 1414 S.W. H.K. Dodgen Loop Temple, TX	Holiday Inn Express 1991 N. Stagecoach Road Salado, TX	Bed & Breakfasts (many are available in the Salado area)



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(254) 778-6700

(254) 947-4004

