

# **2011 Short Course Texas Age Group Swimming Championships**

**Hosted By  
City of Plano Swimmers  
March 10-13, 2011**

**Sanction # NT 006-11 (TAGS Meet)  
Sanction # NT 007-11 (Time Trials)**

**Entry deadline – 6:00 PM, Tuesday, March 1, 2011**

**LOCATION:** Alfred J. Loos Swimming Center, 3815 Spring Valley Road, Addison, Texas 75244.

**DIRECTIONS:** The natatorium is located north of I-635 and east of I-35 East between Marsh and Midway on Spring Valley Road. All parking at the facility is free.

**LIABILITY:** USA Swimming Inc., North Texas Swimming, Inc., Dallas Independent School District, City of Plano Swimmers and all meet officials accept no responsibility for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. In granting this sanction it is understood that the above named parties shall be free from any and all liabilities or 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. 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.

**Meet Updates:** Pertinent information about meet details: lodging, restaurants, warm-up times, etc will be posted on the City of Plano Swimmers website---  
[www.planoswimming.org](http://www.planoswimming.org).

**MEET REFEREE:** Mike Eubanks                      [mike.eubanks@tx.rr.com](mailto:mike.eubanks@tx.rr.com)

**OFFICIALS:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so he can plan accordingly. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website.

**MEET DIRECTORS:** Beth Bell                      [tervenfamilytree@yahoo.com](mailto:tervenfamilytree@yahoo.com)  
Sammie Krepp

**SAFETY MARSHAL:** Mehran Mobasseri

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up procedures.

**GENERAL MEETING:** All swimmers must be represented at a pre-meet general meeting that will be held on Thursday. The meeting will be held immediately after the conclusion of Thursday's events (location within the Loos Natatorium to be announced). Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

**OPENING CEREMONIES:** There will be a short opening ceremony on Friday, March 11, 2011 at 9:00 AM before the start of the preliminaries session to introduce and recognize each team. Team representatives may carry team banners or flags. The opening ceremony will be followed promptly by the meet events. Team pep rallies and demonstrations may be held BEFORE the playing of the National Anthem and AFTER the start of the first event at each session, but not between the two.

**ELIGIBILITY:** All swimmers, age 14 and younger, must be registered as athletes for 2011 with USA Swimming Inc. by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). All swimmers must also meet the time standards established for each event he or she enters and must have achieved those times between January 1, 2010 and March 1, 2011. Swimmers who achieve a qualifying standard for the first time from Wednesday, March 2, 2011 through Sunday, March 6, 2011 may submit entries by email (see ENTRIES section). Swimmers with a Senior National cut may not swim that event or a relay leg of that stroke. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.10.5. Competitors must indicate their USA Swimming number and their age, as of March 10, 2011. Entries with "applied for" or "pending" registration will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition.

Swimmers may compete with a team that is registered with any of the five Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) to compete for team points and awards. A swimmer may swim "unattached" if he/she is a member of an unregistered team or is ineligible to represent a team with whom they swim. Unattached swimmers must be registered with USA Swimming in one of the Texas LSCs (North Texas, Border, West Texas, Gulf, or South Texas). Unregistered teams may not enter relays in the meet. Unattached swimmers may not earn team points. All teams must comply with all TSA entry requirements. Should a team be delinquent with TSA dues and/or fines at the start of the meet, all team members will swim unattached for the duration of the meet.

**RULES AND SANCTIONS:** The meet will be held under the sanction of USA Swimming, Inc and North Texas Swimming, Inc. The 2010-2011 USA Swimming Rules and Regulations will govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

**DECK PASSES AND REGISTRATION:** Deck passes must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued deck passes. Registration cards must be presented to receive deck passes. No team photographers will receive deck

passes. Deck passes for media personnel must be arranged with the meet director. Deck passes must be picked up at the registration desk. Replacement of a lost deck pass will cost \$10.

**UNACCOMPANIED SWIMMERS:** 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.

**POOL DECK RESTRICTIONS:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all North Texas Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA registration card; however, due to limited deck space if you are not working at the meet, you will be asked to leave the deck area. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least two weeks in advance of the meet to reserve proper equipment.

**MEET FORMAT:** This is a prelim-finals meet for all age groups with the exception of relays, 1000/1650 Freestyle events, and the 500 Freestyle event for 12 & under, which will be timed finals. Preliminaries will swim in either the two pools or only in the deep pool. This decision will be made after all entries are received by the meet host and time lines can be established for running an efficient, yet functional meet. That decision will be posted on the City of Plano Swimmers website, [planoswimming.org](http://planoswimming.org) on Thursday, March 3, 2011. Finals will swim in one pool with the exception of the 1650 Freestyle event, which will be conducted in the same course as the swimmers from that event swam in the morning session.

**SCRATCH RULE:** Scratching for all final events is required as outlined in the current USA Swimming rules 207.12.6D and 207.12.6E. **Scratching for ALL PRELIMINARIES is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven events for the meet.

**CHECK IN / SCRATCH DEADLINES:**

Day/Event	Deadline
1000 Freestyle – Positive Check-in 500 Freestyle 12& U – Positive Check-in 800 Freestyle Relay – Relay Cards Due	Thursday by 4:00 PM
Friday's Relay Events – Relay Cards Due / Declare AM or PM Friday's Individual Events - Scratch From Prelims	Thursday by 6:00 PM
Saturday's Relay Events - Relay Cards Due / Declare AM or PM Saturday's Individual Events – Scratch From Prelims	Friday by 6:00 PM
1650 Freestyle – Positive Check-in / Declare AM or PM Sunday's Relay Events – Relay Cards Due / Declare AM or PM Sunday's Individual Events – Scratch From Prelims	Saturday by 6:00 PM

**RELAYS:** Relays will be swum as timed final events. The 800 Freestyle relays will be swum fastest to slowest. All other relays will have the fastest heat swim in finals, with slower heats swum in preliminaries. Relay cards are due to the Clerk of Course according to the schedule above under "Check-in." Relay cards not turned in on time will be considered scratched. Each team must declare their desire for their relays to swim either in the preliminary session or the finals session. The fastest 8 relays, that declare a preference to swim in the final's session, will be seeded to swim in finals. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7 USA Swimming Rules and Regulations. Relay only swimmers must be pre-entered in the meet to be eligible to swim relays or time trials according to TSA rules. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or by aggregate, must be eligible to swim that event for this meet.

**DISTANCE EVENTS:** The 10 and under/11-12 500 Freestyle, 1000 Freestyle, 1650 Freestyle, and all relays will be timed finals events.

The 1650 Freestyle check-in will include the option to swim during either prelims or finals. The fastest 8 girls and fastest 8 boys who check-in to swim in finals will swim during Sunday's finals. All other heats will be swum fastest to slowest as the final event in Sunday's preliminaries. There will be a 10 minute break between the last relay event and the first 1650 Freestyle heat. See ENTRIES section regarding the option to swim the 1650 Freestyle event if qualified in the 1000 Freestyle event.

The 1000 Freestyle event will be swum fastest to slowest as a Timed Final, seeded by qualification times. See ENTRIES section regarding the option to swim the 1000 Freestyle event if qualified in the 1650 Free.

**ENTRIES:** Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay per day, except on Saturday when two are offered. Swimmers may participate in more than one (1) relay on that day.

Time trial events will count as one of the three events allowed per day, but not for one of the seven (7) meet events. Please note that you must scratch the events you don't want to swim by the deadline specified in the check-in section. Failure to scratch an event counts as one of your seven allowed events for the meet. Penalty for no-show counts as a disqualification and one of the seven (7) allowable swims. A no-show for a finals qualifier will result in that swimmer being barred from the remainder of the meet.

All seed times should be submitted in 100ths.

Swimmers qualifying with a "non-conforming" time (short course meters or long course meters) shall enter such event using the short course yards qualifying time for that event. For all such entries, each team's entry person must supply by email the proof time by the entry deadline (email: [jim@planoswimming.org](mailto:jim@planoswimming.org)). The email must contain the swimmer's name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

A swimmer that has the qualifying time for the 1650 Freestyle also qualifies for the 1000 Freestyle. Conversely, a swimmer who qualifies for the 1000 Free qualifies for the 1650 Free. If entering the 1000 Freestyle with the 1650

Freestyle qualification, the swimmer must enter at the 1000 Freestyle qualifying time and must provide proof of time for the 1650 Freestyle qualifying time. If entering the 1650 Freestyle with the 1000 Freestyle qualification, the swimmer must enter at the 1650 Freestyle qualifying time and must provide proof of time for the 1000 Freestyle qualifying time.

A 13-14 Medley Relay that has a qualifying time for the 400 Medley Relay also qualifies for the 200 Medley Relay. If entering the 200 Medley Relay with the 400 Medley Relay qualification, the relay must be entered at the 200 Medley Relay qualifying time standard. All 12 & under relays (10 & under and 11-12) must meet the qualifying standard.

**ENTRY FEES:** Individual events \$10.00 per event and relays \$15.00 per relay event.  
A \$3.00 per swimmer surcharge will be charged per North Texas Inc. LSC's Policies and Procedures.  
Time trials are \$15.00 per event  
Late entries individual/relay events are \$25.00

**ENTRY PROCESS:** All teams entering 10 or more swimmers MUST submit their entries electronically via email, using Hy-Tek Team Manager/Meet Manager computer software, along with a mailed hard copies of the entry file and the entry fee report. Teams without Hy-Tek should submit their entries on the North Texas Consolidated entry form available at [ntswim.org](http://ntswim.org). A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form (without sending Hy-Tek files). Include relays and relay only swimmers on your completed entry form of Hy-Tek form.

**ENTRY DEADLINE:** Tuesday, March 1, 2011 @ 6:00 p.m. All files should be emailed to [jim@planoswimming.org](mailto:jim@planoswimming.org). Hard copies of each file and team checks should be sent to:

City of Plano Swimmers  
Attn: Jim Smith  
2925 W. 15<sup>th</sup> Street  
Plano, Texas 75075

972 398-7946 (COPS office)

Checks from individual swimmers, who are attached to a team, will not be accepted. Each team should submit one check for the total amount of the entry fees due from that team.

Entries for newly achieved times established after the entry deadline will be accepted up to 11:59 PM, Sunday, March 6, 2011. Only email entries will be accepted. Payment (\$25/event) will be due by the beginning of the meet and will be paid at the coaches' check-in. Email entries to: [jim@planoswimming.org](mailto:jim@planoswimming.org). Entries sent to any other email will not be accepted. Improved times of already entered events will not be accepted.

**ON DECK ENTRIES:** On-deck entries will be accepted no later than 30 minutes prior to the scheduled start of each session. Swimmers who on-deck enter must pre-prove their time with the Clerk of Course, be entered at the cut off time, and swim in the open lanes in the first heat. A zero heat will be added if necessary, but there will be no standbys for open lanes. The late entry fee is \$25.00 per event. On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS

database. Electronic verification of USA Swimming SWIMS database will be accepted. NO DECK REGISTRATIONS WILL BE ACCEPTED.

**TIME TRIALS:** Time Trials will be held, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 11 and Saturday, March 12. Time Trials entries will be accepted from 10:00 – 11:30 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$15 per event. A swimmer may swim only one time trial per day. The 1000 yard Freestyle event will only be offered for Time Trial on Friday and the 1650 Freestyle event will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of events as outlined in the Entries section. Time Trial results will be published with the Final results, however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee.

**PROOF OF TIME:** For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches are requested to refer to the TSA handbook. This is a pre-prove meet: all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including aggregate relay times, must be proven, with supporting documentation supplied with the entry packet.

Swimmers qualifying with a "non-conforming" time (short course meters or long course meters) shall enter such event using the short course yards qualifying time for that event. For all such entries, each team's entry person must supply by email the proof of time by the entry deadline ( email: [jim@planoswimming.org](mailto:jim@planoswimming.org)). The email must contain the swimmer's name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

**AWARDS:**

**Individual Events:** Medals 1<sup>st</sup> through 8<sup>th</sup>  
**Relay Events:** Medals 1<sup>st</sup> through 3<sup>rd</sup>, Ribbons 4<sup>th</sup> through 8<sup>th</sup>  
**Teams:** TAGS flags will be awarded to teams that finish in 1<sup>st</sup> through 10<sup>th</sup> places. The first place team will receive the Leo Cancellare Award, the TAGS traveling trophy.  
**High Point Award:** A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points earned in individual events during the meet.  
**Team Age Group Award:** A white flag with red printing 3' x 2' in size will be given to the first place girls' and boys' teams in the following age groups using individual and relay events only: 10 & under, 11-12, and 13-14.

**SCORING:** All events will be scored by age groups.

Individual Events: 1<sup>st</sup> through 8<sup>th</sup> : 9-7-6-5-4-3-2-1  
Relays Events: 1<sup>st</sup> through 8<sup>th</sup>: 18-14-12-10-8-6-4-2

Team points will not be awarded for a performance that does not meet or better the minimum time standard for that event. However, the swimmer is entitled to the individual award if the swimmer can prove that he/she has met the qualifying time.

**TIMERS:** Each team entered in the meet will be requested to provide timers. Team timing requests will be made on a pro-rata basis. Each team will be requested

to provide 1 timer for every 10 swimmers entered in the meet. Team timing requests will be posted on line 3 days before the meet at [planoswimming.org](http://planoswimming.org) and printed in the heat sheet. Timer sign up sheets will be posted in the concourse. Swimmers in the 500 Freestyle event and the 1000 Freestyle event must provide two timers and may provide one lap counter if desired. Swimmers in the 1650 Freestyle event must provide one timer and may provide one counter if desired.

**POOL:** The facility has two indoor 25 yard eight lane pools. The minimum water depth in accordance with article 103.2.3 is 4-1/2 feet measured from 1 meter to 5 meters at the starting end of the shallow course and 8 feet measured from 1 meter to 5 meters at the turning end of the shallow course; and 10 feet measured from 1 meter to 5 meters at the starting end of the deep course and 18 feet from 1 meter to 5 meters at the turning end of the deep course.

**POOL MEASUREMENT:** The competition course has not been certified in accordance with Article 104.2.2C(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 Rule 202.3.6.

**TIMING SYSTEM:** Colorado electronic timing with an 8-lane electronic scoreboard will be used in the deep end of the pool. The shallow end of the pool will use Colorado electronic timing with a single line scoreboard.

**SPECTATOR SEATING:** The first row of seating on either side will be reserved for handicap. Please no coolers or wet swimmers in the stands. NO SAVING OF SEATS or reserving of seats for the next session of the meet will be allowed.

**CONCESSIONS:** Food will be sold at the Natatorium.

**HOSPITALITY:** A hospitality room and complimentary heat sheets will be provided for coaches and officials.

**MEET RESULTS:** Meet results will be posted on the North Texas Web Page [www.ntswwim.org](http://www.ntswwim.org) within three days after the conclusion of the meet.

Live results will be available at [planoswimming.org](http://planoswimming.org).

**MERCHANDISE:** D&J Sports will be at the meet selling swim apparel and swim gear.

Meet programs and meet shirts will be sold on the days of the meet.

**ATTACHMENTS:** Safety Guidelines and Warm up Procedures

**SCHEDULE:** The following schedule will be used as a guideline for all activities.

**THURSDAY, MARCH 10**

3:00 to 9:00 p.m.	Pool open for warm-up.
3:30 to 4:45 p.m.	Warm-up for 1000 & 500 Freestyle
4:00 p.m.	Check-in due for 1000 & 500 Freestyle
4:00 p.m.	Relay cards due to Clerk of Course for today's session
5:00 p.m.	Timed Finals for today's event
6:00 p.m.	Positive check-in/scratches for ALL Friday events and Friday relay cards are due.

15 minutes after end of session Pre-TAGS General Meeting

**FRIDAY, MARCH 11**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Opening Ceremonies
after the parade	Prelim Session starts
10:00 to 11:30 a.m.	Friday Time Trial entries accepted
End of Prelims	All Star Committee meeting
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events
6:00 p.m.	Positive check-in/scratch for ALL Saturday events and Saturday relay cards are due

**SATURDAY, MARCH 12**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
10:00 to 11:30 a.m.	Saturday Time Trial entries accepted
End of Prelims	TAGS Committee meeting
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events
6:00 p.m.	Positive check-in/scratch for ALL Sunday events and Sunday relay cards are due.

**SUNDAY, MARCH 13**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events

\*There will be a minimum two-hour break between the end of the Preliminaries Session and the start of warm-ups for the Finals Session. The Finals Session



warm-up will start no earlier than 4:30 PM but may start later, based on the end of the Preliminaries Session.

# **WARM-UP SCHEDULE\*\***

	<u><b>DAY 1</b></u>	<u><b>DAY 2</b></u>	<u><b>DAY 3</b></u>
<b>7:00 to 7:30</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
<b>7:30 to 8:00</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 1</b>
<b>8:00 to 8:30</b>	<b>Group 3</b>	<b>Group 1</b>	<b>Group 2</b>
<b>8:30 to 8:45</b>	<b>Dive/Sprint Pace for all athletes</b>		

## **Group 1**

West Texas  
Gulf ( except Woodlands)

## **Group 2**

South Texas  
The Woodlands

## **Group 3**

North Texas  
Border

\*\*Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups. Teams mandated to move will be notified by email and any changes will be posted on the City of Plano Swimmers (planoswimming.org) website by Monday, March 7, 2011.

# **Order of Events for Short Course TAGS**

**Thursday, March 10, 2011**

## **Timed Finals**

<b>Girls Event</b>	<b>SCY Qual Time</b>	<b>Event Description</b>	<b>SCY Qual Time</b>	<b>Boys Event</b>
1**	10:53.99	13-14 1000 Free	10:20.39	2**
3*	6:13.89	10 & Under 500 Free	6:16.39	4*
5*	5:35.99	11-12 500 Free	5:30.99	6*
7**	8:14.09	13-14 800 Free Relay	7:59.99	8**

\* Timed Finals

\*\* Timed Finals –will be swum fastest to slowest

500 Freestyle swimmers must provide their own counters

1000 Freestyle swimmers must provide two timers and a counter

## Friday, March 11, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
9	2:29.19	11-12 200 Fly	2:29.09	10
11	1:01.19	13-14 100 Fly	57.39	12
13	1:25.89	10 & Under 100 Breast	1:26.79	14
15	1:15.29	11-12 100 Breast	1:15.49	16
17	1:11.49	13-14 100 Breast	1:05.59	18
19	2:20.99	10 & Under 200 Free	2:21.99	20
21	2:06.59	11-12 200 Free	2:05.59	22
23	1:58.79	13-14 200 Free	1:51.99	24
25	35.09	10 & Under 50 Back	35.19	26
27	30.89	11-12 50 Back	30.69	28
29	1:01.99	13-14 100 Back	58.99	30
31	1:15.19	10 & Under 100 IM	1:15.69	32
33	1:07.19	11-12 100 IM	1:06.89	34
35	4:46.49	13-14 400 IM	4:29.79	36
37*	4:40.89	10 & Under 400 Free Relay	4:43.99	38*
39*	4:02.09	11-12 400 Free Relay	4:03.79	40*
41*	3:47.09	13-14 400 Free Relay	3:36.69	42*

\* Timed finals –fastest heat to be swum during finals.

## Saturday, March 12, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
43*	1:58.39	13-14 200 Medley Relay	1:50.89	44*
45*	2:04.69	11-12 200 Medley Relay	2:05.49	46*
47	1:16.09	10 & Under 100 Fly	1:16.79	48
49	2:17.89	13-14 200 Fly	2:08.99	50
51	1:05.89	11-12 100 Back	1:05.79	52
53	2:41.19	10 & Under 200 IM	2:43.39	54
55	2:23.89	11-12 200 IM	2:23.39	56
57	25.59	13-14 50 Free	23.79	58
59	29.69	10 & Under 50 Free	29.79	60
61	26.99	11-12 50 Free	26.49	62
63	2:34.29	13-14 200 Breast	2:23.19	64
65	39.79	10 & Under 50 Breast	40.59	66
67	2:44.69	11-12 200 Breast	2:44.29	68
69	5:15.69	13-14 500 Free	5:00.49	70
71	1:05.69	11-12 100 Fly	1:06.49	72
73*	2:05.59	10 & Under 200 Free Relay	2:07.79	74*
75*	1:44.99	13-14 200 Free Relay	1:40.09	76*
77*	1:51.59	11-12 200 Free Relay	1:50.89	78*

\*Timed finals- fastest heat to be swum during finals.

## Sunday, March 13, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
79	35.39	11-12 50 Breast	34.59	80
81**	18:23.99	13-14 1650 Free	17:38.09	82**
83	1:15.09	10 & Under 100 Back	1:15.59	84
85	2:21.49	11-12 200 Back	2:21.99	86
87	2:13.29	13-14 200 Back	2:06.09	88
89	1:05.99	10 & Under 100 Free	1:05.19	90
91	58.19	11-12 100 Free	57.59	92
93	55.39	13-14 100 Free	51.89	94
95	33.29	10 & Under 50 Fly	33.49	96
97	2:16.19	13-14 200 IM	2:07.89	98
99	29.69	11-12 50 Fly	29.49	100
101*	2:22.79	10 & Under 200 Medley Relay	2:27.99	102*
103*	4:17.09	13-14 400 Medley Relay	4:02.19	104*
105*	4:35.49	11-12 400 Medley Relay	4:34.69	106*

\*\*Timed finals. Fastest heat to be swum during finals in event order. All other heats will be swum **at the end of Prelims** (after event 106). One lap counters and one timer must be provided by the swimmer.

## **SAFETY GUIDELINES AND WARM-UP PROCEDURES**

### **WARM-UP PROCEDURES**

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool.  
Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### **SAFETY GUIDELINES**

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.

6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
4. The Natatorium and school grounds is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed on the grounds of USA Swimming Meets.
5. No glass containers are allowed anywhere in the Natatorium.
6. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer if unattached, or the offending swimmers club, if attached, to be held accountable for repairs and may result in expulsion from the meet. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
7. Only swimmers, coaches, officials, and timers are allowed on deck or in the locker rooms. All others must sit in the bleachers.
8. Do **NOT** park along the red fire curb in front of the Natatorium. This is a designated fire lane and **cars parking there will be ticketed and or towed** by the Police Department.
9. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!**
10. No Shaving at the pool facility---pool deck, restrooms, locker rooms.
11. No cameras or use of cell phones in the restrooms or locker rooms.

# **Texas Age-Group Swimming Championship**

## **HOTEL RATES**

**March 10 - 13, 2011**

**Loos Natatorium, Addison, Texas**

## **HOST HOTEL**

### **Crowne Plaza Dallas Near the Galleria**

14315 Midway Road, Addison, TX 75001

**Phone:** 972-980-8877

<http://cpgalleria-nr.crowneplaza.com>

**Option 1:** \$95.00 per night

**Option 2:** \$105.00 per night which includes breakfast buffet in McArthur's Restaurant for two (2).

**Parking:** Complimentary

**Breakfast:** Each additional attendee in the room over two people will have the option to purchase the breakfast buffet at a discounted price of \$10

**Miles to Loos Natatorium:** 1.2 miles

**Reservations:** Call 972-980-8877 and reference the **City of Plano Swimmers** to receive the discounted group rates. All reservations need to be made by February 25, 2011 to receive the discounted rate. Reservations made after this date will be honored on a space and rate availability basis.

## **AUXILLARY HOTELS**

### **Embassy Suites Dallas- Near the Galleria**

14021 Noel Road, Dallas, TX 75240

**Phone:** 972-364-3640

[http://embassysuites.hilton.com/en/es/groups/personalized/D/DALESES-CPT-20110309/index.jhtml?WT.mc\\_id=POG](http://embassysuites.hilton.com/en/es/groups/personalized/D/DALESES-CPT-20110309/index.jhtml?WT.mc_id=POG)

**Rate :** \$99.00 per night

**Parking:** Complimentary

**Breakfast:** "Cooked-to-Order" Full breakfast in Ethan's Restaurant included and complimentary manager's reception.

**Miles to Loos Natatorium:** 2 miles

**Reservations:** Call 972-364-3640 and reference **TX Age Group Swimming Championship** to receive the discounted group rates. All reservations need to be made by February 7, 2011 to receive the discounted rate. Reservations made after this date will be honored on a space and rate availability basis

## Intercontinental Dallas

15201 Dallas Parkway, Dallas, TX 75001

**Phone:** 972-386-6000

<http://www.ichotelsgroup.com/intercontinental/en/gb/locations/overview/dfwha>

**Rate:** \$89.00 per night

**Parking:** Complimentary

**Miles to Loos Natatorium:** 3.3 miles

**Reservations:** Call 1-800-245-3304 and reference **Texas Age Group Swimming Championship** to receive the discounted group rates. All reservations need to be made by February 16, 2011 to receive the discounted rate. Reservations made after this date will be honored on a space and rate availability basis.

## Omni Dallas Park West

1590 LBJ Freeway, Dallas, TX 75234

**Phone:** 972-869-4300

<http://www.omnihotels.com/FindAHotel/DallasParkWest.aspx>

**Rate:** \$99.00 per night

**Miles to Loos Natatorium:** 5 miles

**Reservations:** Call 972-869-4300 and reference **Texas Age Group Swimming Championship** to receive the discounted group rates. All reservations need to be made by February 23, 2011 to receive the discounted rate. Reservations made after this date will be honored on a space and rate availability basis.

## Sheraton Dallas North

4801 Lyndon B. Johnson Freeway · Dallas, TX 75244

**Phone:** 1-800-245-3304

<http://www.sheratondallasnorth.com/>

**Rate:** \$95.00 per night

**Parking:** Complimentary.

**Miles to Loos Natatorium:** 2.6 miles

**Reservations:** Call 972-661-3600 and reference The City of Plano Swimmers to receive the discounted group rates.

## Hampton Inn

11069 Composite Drive

Dallas, Texas 75229

**Phone:** 972-243-6486

**Miles from Loos Natatorium:** 6 miles

**Rate:** \$79 per night

**Reservation:** Call 972-243-6486 and reference confirmation #83822245. Reservations need to be made by February 16, 2011

