

Texas RiverSharks B/C Meet Champs

July 23-25, 2010

Sanction # NT042-10

LOCATION: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yards indoors pool with Colorado Timing System. The competition will be held in lanes 1-10. The competition course has not been certified in accordance with 104.2.2C (4). The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet, 8 inches at the start end and 4 feet, 8 inches at the turn end.

SCHEDULE:		Warm-up	Meet Start
Session 1- Friday :	#1	4:45-5:15 PM	6:00 PM
	#2	5:15-5:45 PM	
Session 2- Saturday :	#1	7:30-8:00 AM	8:40 AM
	#2	8:00-8:30 AM	
Session 3- Saturday :	#1	11:30-12:00 PM	12:40 PM
	#2	12:00-12:30 PM	
Session 4- Sunday :	#1	7:30-8:00 AM	8:40 AM
	#2	8:00-8:30 AM	
Session 5- Sunday :	#1	11:30-12:00 PM	12:40 PM
	#2	12:00-12:30 PM	

Warm Up assignments will be posted by Monday, July 19, on the Texas RiverShark website: www.trsswimming.com

WARM UP: Warm up will be general warm up in all lanes. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. During the last 15 minutes of warm up, the following procedures will be in effect:

Lanes 1 & 10	Push swims, NO DIVING. Swimmers will start from a push from the starting end. Circle swimming only.
Lanes 2,9	Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.
Lanes 3,4,5,6,7,8	General warm up, NO DIVING

RULES: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. **ALL SPECTATORS MUST REMAIN IN THE SEATING AREA. NO BABY STROLLERS ALLOWED IN FACILITY.**

SANCTION AND LIABILITY: “IN GRANTING THIS SANCTION AND BY ANY PERSON’S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, TEXAS RIVERSHARKS, AND GRAPEVINE COLLEYVILLE INDEPENDENT SCHOOL DISTRICT SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.” This meet is held under the sanction of USA Swimming, Inc. Sanction number is 042-10. Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer’s club, if attached, to be held accountable for repairs.

ELIGIBILITY: No entries will be accepted unless the entrant is a registered athlete member with USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. The complete USA

Swimming registration numbers must be on the consolidated swimmer entry form. All swimmers must be registered in North Texas Swimming to compete in the B/C Championship meet. Swimmer's age as of **7/23/10** shall determine their age for the entire meet. Swimmers with 2 or less "BB" times may enter those events as exhibition; swimmers with more than 2 "BB" times may not swim any events as exhibition.

Unattached/Unaccompanied Athletes: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY FEES and LIMIT: Each swimmer may participate in five individual events per day.

Entry fees are \$3.25 per individual event and \$6.50 per relay. Late entries will be accepted up until 30 minutes before the start of each session at \$9.75 per individual event. Any athlete late entering the meet must provide proof of registration and a current print out of best times from SWIMS. NO USA Swimming registration will be accepted at the meet.

ENTRY DEADLINE: Entries must be received by 6:00 PM on **Tuesday, July 13, 2010**. The complete USA registration number must be placed on each entry form. *Relay only swimmers not included in the entry file must bring proof of registration to clerk of course.* Checks should be made payable to TRS. *Emailed **team** entries will be accepted as an attachment to an email message (attach the meet entries file) along with an attached file of the meet entries report by name and an attached file of meet entries fee report. Include the name, phone number and email address of the person who prepared the entries. Emailed entries must be received by the deadline and payment must be postmarked that day.* **Individual** entries must be mailed on the consolidated entry form and received by the deadline with payment.

MAIL ENTRIES TO:

Karen Rourke
1105 Normandy Dr.
Southlake, TX 76092
(817) 421-2151
email: karen@trsswimming.com

SEEDING: All events except the 8&U session shall be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered. The 8&U session shall be pre-seeded with no check in required and with late entries accepted to fill empty lanes. All 8&U relays must be submitted with meet entries.

CHECK IN: Positive check in is required except for the 8&U session. The check in deadline is 30 minutes prior to the scheduled start of the event. There are three check in options:

- Indicates swimmer will swim the event
- scr Indicates swimmer will not swim the event
- Indicates swimmer will not swim the event

PSYCHE SHEETS: Psyche sheets will be available for all sessions at a one-time charge.

AWARDING AND SCORING: Ribbons will be awarded for individual events for places 1-8 and ribbons and ribbons awarded for relays, places 1-3. Points will be awarded as follows:

Individual events: 11-9-8-7-6-5-4-3-2-1
Relay Events: 22-18-16-14-12-10-8-6-4-2

The 400 IM, 500, 1000 and 1650 freestyle will be swum fastest to slowest. All swimmers in these events must provide their own timer and counter.

Session 1				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
1		8 & Under 100 Free Relay		2
3		8 & Under 25 Free		4
5		8 & Under 25 Back		6
7		8 & Under 25 Breast		8
9		8 & Under 25 Fly		10
11		8 & Under 100 IM		12
13		8 & Under 50 Free		14
15		8 & Under 100 Free		16
Session 2				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
17		10 & Under 200 Free Relay		18
19	43.50	10 & Under 50 Back	43.70	20
21	1:46.70	10 & Under 100 Breast	1:43.70	22
23	36.00	10 & Under 50 Free	35.20	24
25	1:33.80	10 & Under 100 IM	1:31.20	26
27	43.00	10 & Under 50 Fly	42.00	28
29	7:39.50	10 & Under 500 Free*	7:35.20	30
Session 3				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
31	2:48.90	11-12 200 Back	2:45.60	32
33		11-12 200 Free Relay		34
35	36.80	11-12 50 Back	36.50	36
37	1:29.30	11-12 100 Breast	1:27.80	38
39	31.90	11-12 50 Free	31.00	40
41	1:20.10	11-12 100 IM	1:17.60	42
43	35.10	11-12 50 Fly	35.20	44
45	3:11.70	11-12 200 Breast	3:07.30	46
47	6:04.20	11-12 400 IM*	5:56.30	48
49	6:40.10	11-12 500 Free*	6:35.10	50

Session 4				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
51		10 & Under 200 Med Relay		52
53	1:21.60	10 & Under 100 Free	1:20.00	54
55	47.80	10 & Under 50 Breast	47.90	56
57	1:42.10	10 & Under 100 Fly	1:40.40	58
59	2:58.30	10 & Under 200 Free	2:50.90	60
61	1:34.00	10 & Under 100 Back	1:32.10	62
63	3:19.40	10 & Under 200 IM	3:18.10	64
Session 5				
Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
65	2:51.80	11-12 200 Fly	2:48.30	66
67		11-12 200 Med Relay		68
69	1:08.30	11-12 100 Free	1:07.90	70
71	40.90	11-12 50 Breast	40.80	72
73	1:20.20	11-12 100 Fly	1:18.70	74
75	2:31.50	11-12 200 Free	2:27.50	76
77	1:21.10	11-12 100 Back	1:19.10	78
79	2:50.70	11-12 200 IM	2:49.40	80
81	13:56.00	11-12 1000 Free*	13:46.50	82
83	23:27.90	11-12 1650 Free*	23:10.50	84