

FAST “B/C” – NT Division 1
Sanction # NT019-10

Date: May 1 – 2, 2010

Location: *Mansfield ISD Aquatic Center*. 1001 N, Holland Road, Mansfield, TX 76063

Facility: The natatorium is a 50 meter indoor facility, divided into a 25 yard, 10 lane competition pool with consistent depth of 8 feet and a 25 yard, 10 lane warm up pool. Daktronics timing equipment will be used. There is ample bleacher space. Showers and locker rooms are provided. There is ample parking.

| Schedule: | Warm Up | Meet Starts |
|-----------------------------|-------------------|--------------------|
| Session I: Saturday, May 1 | 8:00 – 8:30am | 8:45am |
| Session II, Saturday, May 1 | 11:30am – 12:15pm | 12.30pm |
| Session III, Sunday, May 2 | 8:00 – 8:45 am | 9:00am |

Please check the FAST website (www.fastswimming.org) for any updates to warm ups. Warm up time may be adjusted based on the number of entries. Warm up for Session II may be delayed at the discretion of the meet referee based on finish time of Session I.

Warm Up: The first 20 minutes of Session I and the first 30 minutes of Session II & III will be general warm up in all lanes. No sprinting or pace work is allowed during this period. NO DIVING is allowed from the blocks or edge of the pool. Swimmers must enter the water feet first in a cautious manner. During the last 10 minutes of warm up for Session I and the last 15 minutes of warm up for Session II & III the following procedures will be in effect:

| | |
|-------------------|--|
| Lanes 1 & 8 | Push starts. Pace. Circle swimming only. NO DIVING |
| Lanes 2, 3, 6 & 7 | Racing starts, exit opposite end of the pool. |
| Lanes 4 & 5 | General warm up lanes. Circle swimming only. NO DIVING |

RULES:

Current USA Swimming (USAS) rules and regulations apply. North Texas Swimming, Inc. (NTSI) safety guidelines and warm up procedures will be in effect. No glass containers are allowed in the facility. **No food may be brought into the facility.** There will be an assigned area for swimmers to store coolers. Water is allowed in the pool area and bleachers. Strollers and playpens will not be allowed in order to comply with the fire code and the Safety Marshals have the authority to enforce the Mansfield fire code, in addition to USAS rules & regulations. **In order to meet safety regulations, the pool decks is limited to swimmers, coaches, officials and meet personnel only.** No standing along the front railing will be allowed.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., # **NT019-10**

“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, FORT WORTH AREA SWIM TEAM, MANSFIELD ISD AQUATIC CENTER, THE MANSFIELD ISD AND ITS EMPLOYEES SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZAITONS, 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 Operations: Positive check in is required for all events.

Eligibility: No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet shall be a member of USA Swimming, Inc. The USA Swimming ID number must be placed on the consolidated entry form. For other eligibility requirements, see North Texas Policies & Procedures, Sections 3 & 4. **The swimmer's age as of May 1, 2010 shall determine their age for the meet.**

Special Note: Swim suits must comply with 2010 USA Swimming Rules and Regulations Article 102.9. See further "Letter regarding "FINA List of Approved Suits for 2010"" dated January 25, 2010, available on www.USASwimming.org .

Entry Limit: Swimmers may participate in a maximum of five (5) individual events plus one (1) relay event each day.

Entry Fees: Entry fees are \$3.25/individual event, \$6.50/relay event. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted until 30 minutes prior to the start of each session at \$9.75/individual event, per NT-LSC guidelines. Athletes who wish to late enter must present their current registration card or facsimile and a current print out of their times from the SWIMS database.

Email team entries are preferred, and 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 the "meet entries fee" report. Include the name, phone number and email address of the person who prepared the entries. Email entries must be received by the deadline and payment must be postmarked by that day. Emailed entries will be confirmed as received within 24 hours. Individual entries must be on the consolidated entry form and received by the deadline with payment.

Entry Deadline: Entries must be received no later than 6:00PM, Tuesday, April 20, 2010.

Entries: When submitting entries, include the name, email address and phone number of the person preparing team entries. **Make checks payable to FAST.** Send entries and payment to:

Graham Ayers
RE: Meet Entries
4613 Fieldcrest
Fort Worth, TX 76109

Email entries to:
graham.ayers@sprint.com

NO DECK REGISTRATIONS WILL BE ACCEPTED

Seeding: All events shall be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, NT (No Time) should be entered.

Check-In: Check-In & Scratch procedures for the seeding of the meet is as follows:

| | |
|----------------|--|
| <u> V </u> | Indicates swimmer is present and wants to swim the event |
| <u> SCR </u> | Indicates swimmer does not want to swim the event |
| <u> </u> | Indicates swimmer is not swimming for unknown reasons |

The Check-In deadline for each event is 30 minutes prior to the schedules start of the event.

Psyche Sheets: Psyche sheets for both days will be available at a one-time charge of \$5.00.

Final Results: Final results will be posted to the North Texas website within 10 days.

Awards: First through eight places for each individual event and first through third places for each relay event will receive ribbons. Awards shall be available for individuals to pick up during the meet. Awards that are not picked up will be distributed at the next LSC meet.

Scoring: Individual events will be scored: 9, 7, 6, 5, 4, 3, 2, 1. Relay events will be scored 18, 14, 12, 10, 8, 6, 4, 2.

Concessions & Hospitality: Concessions will be available. However, food and drinks will not be allowed on the pool deck. Hospitality will be available for coaches and officials only.

Questions: Contact Graham Ayers at 817-926-1006

List of Officials:

Meet Director: Graham Ayers
 Meet Referee: Robert Steffner
 Starter: Phil Lakota
 Stroke and Turn Judges: Jeff Mucher, Steve Plamondon
 Head Safety Marshal: David Dena
 Clerk of Course: Mary Richey

Session I – Saturday Morning

| Girls | | Event Description | | Boys |
|-------|--|-------------------------------|--|------|
| 1 | | 8&U 100 Free Relay | | 2 |
| 3 | | 8&U 25 Free | | 4 |
| 5 | | 8&U 25 Back | | 6 |
| 7 | | 8&U 25 Breast | | 8 |
| 9 | | 8&U 25 Fly | | 10 |
| 11 | | 8&U 100 IM | | 12 |

Session II – Saturday Afternoon

| Girls | Slower Than "BB" | Event Description | Slower Than "BB" | Boys |
|-------|------------------|---|------------------|------|
| 13 | | 12&U 200 Free | | 14 |
| | 2:58.29 | 10&U | 2:50.89 | |
| | 2:31.49 | 11-12 | 2:27.49 | |
| 15 | | 10&U 200 Free Relay 11-12 200 Free Relay | | 16 |
| 17 | | 12&U 50 Back | | 18 |
| | 43.49 | 10&U | 43.69 | |
| | 36.79 | 11-12 | 36.49 | |
| 19 | | 12&U 100 Breast | | 20 |
| | 1:46.69 | 10&U | 1:43.69 | |
| | 1:29.29 | 11-12 | 1:27.79 | |
| 21 | | 12&U 100 IM | | 22 |
| | 1:33.79 | 10&U | 1:31.19 | |
| | 1:20.09 | 11-12 | 1:17.59 | |
| 23 | | 12&U 50 Free | | 24 |
| | 35.99 | 10&U | 35.19 | |
| | 31.89 | 11-12 | 30.99 | |
| 25 | | 12&U 100 Fly | | 26 |
| | 1:42.09 | 10&U | 1:40.39 | |
| | 1:20.19 | 11-12 | 1:18.69 | |

Session III – Sunday Morning

| Girls | Slower Than "BB" | Event Description | Slower Than "BB" | Boys |
|--------------|-------------------------|---|-------------------------|-------------|
| 27 | | 12&U 50 Fly | | 28 |
| | 42.99 | 10&U | 41.99 | |
| | 35.09 | 11-12 | 35.19 | |
| 29 | | 10&U 200 Medley Relay 11-12 200 Medley Relay | | 30 |
| 31 | | 12&U 100 Free | | 32 |
| | 1:21.59 | 10&U | 1:19.99 | |
| | 1:08.29 | 11-12 | 1:07.89 | |
| 33 | | 12&U 200 IM | | 34 |
| | 3:19.39 | 10&U | 3:18.09 | |
| | 2:50.69 | 11-12 | 2:49.39 | |
| 35 | | 12&U 100 Back | | 36 |
| | 1:33.99 | 10&U | 1:32.09 | |
| | 1:21.09 | 11-12 | 1:19.09 | |
| 37 | | 12&U 50 Breast | | 38 |
| | 47.79 | 10&U | 47.89 | |
| | 40.89 | 11-12 | 40.79 | |