

“A” Champs  
Hosted by North Texas Nadadores  
February 24 to 26, 2012  
Sanction # NT 004-12

**Revised due date for new A times earned at BB Champs only, on 2/14/12**

LOCATION: CISD Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX.

POOL: Competition pool is an 8 Lane 50 meter pool with non-turbulent lane lines. Pool can be divided into two 8 lane 25 yard pools for competition and warm-up and warm-down. "Fully automatic Colorado Timing Systems will be used." 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 Rules. 202.3.6. For the north course the minimum water depth, in accordance with Article 103.2.3, is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 8 feet measured from 1 meter to 5 meters on the turning end of the course. For the south course the minimum water depth is 7 feet measured from 1 meter to 5 meters on the starting end of the course and 4 meet measured from 1 meter to 5 meters on the turning end of the course.

<u>SCHEDULE:</u>	<u>Warm-up</u>		<u>Meet Start</u>
Session 1 – Friday	Group 1	4:15 to 4:45 PM	
	Group 2	4:45-5:15 PM	5:45 PM
	Start/Pace Lanes	5:15 to 5:30 PM	
Session 2- Saturday Prelims	Group 1	7:30-8:00 AM	
	Group 2	8:00 to 8:30 AM	9:00 AM
	Start/Pace Lanes	8:30 to 8:45 AM	
Session 3-Saturday Finals	All Teams	4:30 to 5:15 PM	5:30 PM
Session 4- Sunday Prelims	Group 2	7:30-8:00 AM	
	Group 1	8:00 to 8:30 AM	9:00 AM
	Start/Pace Lanes	8:30 to 8:45 AM	
Session 5-Sunday Finals		4:30 to 5:15 PM	5:30 PM

\*\*Group warm-up assignments will be posted on [www.ntswwim.org](http://www.ntswwim.org) on Monday, February 20<sup>th</sup>.

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 & 8 Push swims, NO DIVING. Swimmers will start from a push from the starting end, Circle swimming only.

Lanes 2, 7 Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.

Lanes 3,4,5,6 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. The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

Unattached/Unaccompanied Athletes: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc., # NT 004-12. **“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, NORTH TEXAS NADADORES, CARROLL ISD, AND ITS EMPLOYEES 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.”** 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:** A swimmer may enter any event for which they are eligible to compete at the “A” level. **Bonus Rule:** A Swimmer with one or more “A” times may enter up to 2 non-“A” events. A swimmer with 3 or more “A” times may enter any event and distance up to daily limit, provided they have entered at least one event with the qualifying time. Bonus swims must be marked as bonus swims on the entry file. 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. Swimmer’s age as of 2/24/11 shall determine their age for the entire meet. **NO DECK Registrations will be accepted.**

**ENTRY FEES and LIMIT:** Each swimmer may participate in three individual events per day. Entry fees are \$3.75 per individual event and \$7.50 per relay. ***There is also a \$3.00 athlete surcharge for each athlete entered (relay only included).*** Late entries will be accepted up until 30 minutes before the start of each session at \$11.25 per individual event. Late entries, for pre-seeded events, will only be accepted on space available. No new heats will be created for pre-seeded events. ***All late entries must be accompanied by the swimmers USA Swimming ID card or a reasonable facsimile thereof and most current proof of time from the USA Swimming site (SWIMS).***

**ENTRY DEADLINE:** Entries must be received by Thursday, February 16th, 6pm. ***For swimmers that qualify for “A” Champs at 2012 SC “BB” champs may e-mail new qualifying times by Tuesday, February 21st at 6:00 pm. These entries will be cost the same as normal entry and will be payable at the meet.*** The complete USA registration number must be placed on each entry form. **Checks should be made payable to CISD.** Entries must be submitted by E-mail with an attached file of the meet entries report by name and a meet entry fee report. Include the name, phone number and email address of the person who prepared the entries. E-mailed entries must be received by the deadline and payment must be postmarked the following Thursday. All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to CISD. Individual entries must be on the consolidated entry form and received by the deadline with payment.

**MAIL CHECKS AND ENTRIES TO:**

CISD Attn; Aquatic Center  
1501 W. Southlake Blvd.  
Southlake, TX 76092  
817-949-8200  
e-mail: [bill.christensen@southlakecarroll.edu](mailto:bill.christensen@southlakecarroll.edu)

**SEEDING:** All individual events 200 yards and shorter will be deck-seeded and prelim/final. Top 8 return for 10 & unders and 11-12. Top 16 will return for 13-14, and 15 & overs. All relays and individual events 400 yards and longer will be deck seeded and in prelims. Relays can be entered at the meet. 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.

**CHECK IN:** For Prelims, positive check-in is required for all individual events. The check in deadline is 30 minutes prior to the scheduled start of the event. There is no penalty for missing a prelim event. There are three check options:

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

**For FINALS, positive check-in is required** of all individual events. Final Check-in sheets will be posted in the lobby, on the Trophy Case Glass. Deadline to check-in for Finals will be 30 minutes after the completion of that day’s prelim session. Failure to show for a final swim (after positive check-in) will result in the swimmer being scratched from the rest of the meet.

- There are three check options:
- v   Indicates swimmer will swim the event
  - scr Indicates swimmer will not swim the event
  - Indicates swimmer will not swim the event

**HEAT SHEETS:** will be available for prelim and timed final sessions at a one-time charge. Final heat sheets will be free for paid prelim heat sheet and a one-time charge for those without a prelim heat sheet.

**AWARDING AND SCORING:** Medal will be awarded for individual events for places 1-3. Ribbons will be awarded for individual places from 4-8, and for relays, places 1-3. Points will be awarded through 16<sup>th</sup> place: 10 & Under and 11-12 Events that have Finals for top 8 will have extended scoring into prelims for place 9 to 16.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2  
 Individual events will be scored by age group.

Meet Referee: Karen Rourke  
 Admin Referee: Mike Gentry Admin Official: Malcolm Brown  
 Starter: Jason Johnson  
 Stroke and Turn Officials: Wit Ittiruck and Traci Johnson  
 Meet Director: Joy Roberts  
 Safety Marshall: Kim Faloona

Order of Events  
 Session 1 – Friday, February 24th  
 Meet Starts at 5:45 PM

Girls Event	Faster Than	Event	Faster Than	Boys Event
1		13 & Over 800 Free Relay		2
		13-14		
		15 & Over		
3	5:36.09	11-12 400 IM	5:28.89	4
5		13 & Over 400 IM		6
	5:17.79	13-14	5:00.49	
	5:09.89	15 & Over	4:47.79	
*7		12 & Under 500 Free		8*
	6:48.39	10 & Under	6:44.59	
	6:09.29	11-12	6:04.69	
*9	12:51.69	11-12 1000 Free	12:42.89	10*
*11		13 & Over 1000 Free		12*
	12:07.59	13-14	11:36.39	
	11:55.89	15 & Over	11:12.19	

\*Event 7 to 12 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

Session 2 – Saturday, February 25th  
Prelim starts at 9:00 am

Girls Event	Faster Than	Event	Faster Than	Boys Event
13	2:38.59	11-12 200 Fly	2:35.29	14
15		13 & Over 200 Fly		16
	2:28.59	13-14	2:20.29	
	2:24.49	15 & Over	2:13.39	
17		10 & Under 200 Free Relay		18
19		11-12 200 Free Relay		20
21		13 & Over 200 Free Relay		22
		13-14		
		15 & Over		
23		12 & Under 100 Free		24
	1:11.89	10 & Under	1:10.79	
	1:03.09	11-12	1:02.69	
25		13 & Over 100 Free		26
	1:02.19	13-14	57.39	
	1:00.79	15 & Over	55.19	
27		12 & Under 50 Back		28
	38.09	10 & Under	38.29	
	33.89	11-12	33.49	
29		12 & Under 100 Breast		30
	1:33.39	10 & Under	1:31.79	
	1:22.19	11-12	1:20.49	
31		13 & Over 100 Breast		32
	1:17.59	13-14	1:12.09	
	1:15.69	15 & Over	1:08.89	
33		12 & Under 200 IM		34
	2:55.99	10 & Under	2:55.29	
	2:37.59	11-12	2:35.59	
35		13 & Over 200 IM		36
	2:30.49	13-14	2:20.29	
	2:26.99	15 & Over	2:15.09	
37		12 & Under 50 Fly		38
	37.29	10 & Under	36.69	
	32.39	11-12	32.09	
39		10 & Under 400 Medley Relay		40
41		11-12 400 Medley Relay		42
43		13 & Over 400 Medley Relay		44
		13-14		
		15 & Over		
45	2:35.89	11-12 200 Back	2:32.89	46
47		13 & Over 200 Back		48
	2:27.29	13-14	2:18.19	
	2:23.89	15 & Over	2:12.39	
*49		13 & Over 500 Free		50*
	5:52.99	13-14	5:35.19	
	5:47.39	15 & Over	5:24.29	

\*#49 & 50 – Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

Session 3 - Sunday, February 26th  
Prelim starts at 9:00 am

Girls Event	Faster Than	Event	Faster Than	Boys Event
51	2:56.89	11-12 200 Breast	2:52.89	52
53		13 & Over 200 Breast		54
	2:46.79	13-14	2:36.29	
	2:42.79	15 & Over	2:30.09	
55		10 & Under 200 Medley Relay		56
57		11-12 200 Medley Relay		58
59		13 & Over 200 Medley Relay		60
		13-14		
		15 & Over		
61		12 & Under 200 Free		62
	2:36.39	10 & Under	2:31.89	
	2:19.89	11-12	2:16.19	
63		13 & Over 200 Free		64
	2:13.79	13-14	2:05.29	
	2:10.39	15 & Over	2:00.09	
65		12 & Under 100 Back		66
	1:22.19	10 & Under	1:21.29	
	1:14.19	11-12	1:12.29	
67		13 & Over 100 Back		68
	1:08.49	13-14	1:04.19	
	1:06.59	15 & Over	1:01.09	
69		12 & Under 100 IM		70
	1:22.59	10 & Under	1:21.09	
	1:13.99	11-12	1:11.49	
71		12 & Under 50 Free		72
	32.19	10 & Under	31.59	
	29.49	11-12	28.59	
73		13 & Over 50 Free		74
	28.69	13-14	26.29	
	27.99	15 & Over	25.29	
75		12 & Under 100 Fly		76
	1:26.69	10 & Under	1:25.59	
	1:13.19	11-12	1:11.69	
77		13 & Over 100 Fly		78
	1:07.79	13-14	1:02.89	
	1:06.29	15 & Over	1:00.09	
79		12 & Under 50 Breast		80
	41.99	10 & Under	42.19	
	37.79	11-12	37.29	
81		10 & Under 400 Free Relay		82
83		11-12 400 Free Relay		84
85		13 & Over 400 Free Relay		86
		13-14		
		15 & Over		
*87	21:39.59	11-12 1650 Free	21:23.59	88*
*89		13 & Over 1650 Free		90*
	20:12.19	13-14	19:15.69	
	19:58.89	15 & Over	18:47.99	

\*#87 to 90– Will be swum fastest to slowest, alternating girls then boys. Swimmers must also provide his or her own timer and counter.

# Carroll ISD Aquatics Center

## Rules, Regulations, Prohibitions, and Deck Access

- District personnel are empowered to enforce any and all regulations that have been established by District Board of Trustees Minutes and/or Natatorium Policies.
- Folding Chairs are not allowed in the Spectator area. The walkway must stay clear at all times.
- During USA Swimming meets, spectators are required to remain in the spectator area located upstairs. Spectators on deck during competition is not permitted.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. No other banners, posters, or other decorations are permitted.
- Glass containers of any sort and chewing gum are not permitted anywhere within the Aquatic Center.
- Spectators may not bring food and/or drink into the Aquatics Center from outside sources. Athletes ARE permitted to bring food and drink on deck.
- The use of tobacco products and the possession or consumption of alcoholic beverages is prohibited everywhere on Carroll ISD School District Property by direction of the Board of Trustees.
- Shaving is not permitted anywhere within the entire Aquatic Complex.
- Artificial noisemakers and laser pointing devices of any sort are not permitted anywhere within the Aquatics Center in accordance with Federation and USA Swimming Rules and District Policies.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire Aquatics Center.
- Only authorized personnel are permitted access to the filter, circulation, and chemistry areas.
- Use of the elevator by unsupervised children who are not physically disabled is prohibited.
- The use of flash cameras at the start of any race is prohibited.
- Access to the deck of the Carroll ISD Aquatics Center is restricted to the following: Athletes from competing teams Administrative support personnel, Coaches of competing teams, Facility/District Staff Officials working the meet.