

**FAST "A"**  
**LONG COURSE INVITATIONAL**  
**Sanction #019-08**

**Date:** May 16 - 18, 2008

**Location:** CISD Aquatic Center, 1501 W. Southlake Blvd. Southlake, TX

**Facility:** The natatorium is a 50 meter indoor facility. Colorado timing equipment will be used. There is ample bleacher space. Showers and locker rooms are provided. There is ample parking.

<b><u>Schedule:</u></b>	<b><u>Warm up</u></b>	<b><u>Meet starts</u></b>
Session I: Friday, May 16	Groups A&B – 5:15 - 6:00 pm	6:15 pm
Session II: Saturday, May 17	Group A – 7:30 – 8:15 am Group B – 8:15 – 9:00 am	9:15 am
Session III: Saturday, May 17	Group A – 1:00 - 1:45 pm Group B – 1:45 - 2:30pm	2:45 pm
Session IV: Sunday, May 18	Group B – 7:30 - 8:15am Group A – 8:15 - 9:00am	9:15 am
Session V: Sunday, May 18	Group B – 1:00 - 1:45 pm Group A – 1:45 - 2:30pm	2:45 pm

Note: Warm-up assignments will be posted by May 14th at [www.ntswwim.org](http://www.ntswwim.org)

**Warm Up:** The first 30 minutes for each session 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 the edge of the pool. Swimmers must enter the water feet first in a cautious manner. During the last 15 minutes of warm up for each session, 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.

**Sanction and Liability:** The sanction number is 019-08 held under the sanction of USA-Swimming, Inc. (USA-S).

**In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming, Inc. (USA-S), North Texas Swimming, Inc. (NTSI), all meet officials, Fort Worth Area Swim Team, North Texas Nadadores, and Carroll Independent School District shall be free from any 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.**

**Rules:** Current USA-S Rules and Regulations apply. NTSI safety guidelines and warm up procedures will be in effect. No glass containers are allowed in the facility. Strollers and playpens will not be allowed in order to comply with the fire code and the Safety marshals have authority to enforce the USAS rules & regulations. **To meet safety regulations, the pool deck is limited to swimmers, coaches, officials and meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool. No food and drinks are allowed in the pool area. There will be an assigned area for swimmers to store coolers.**

**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 P&P Sections 3&4. **The swimmer's age as of May 16th, 2008 shall determine their age for the entire meet.**

**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 \$3.50/individual event, \$7.00/relay event. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted until 30 minutes before the start of each session at \$10.50/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 SWIMS.

E-mail team entries are preferred, and will be accepted as an attachment to an e-mail 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 e-mail address of the person who prepared the entries. E-mail entries must be received by the deadline and payment must be postmarked that day. E-mailed 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 6:00 PM Thursday, May 8, 2008.

**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  
Ft. Worth, TX 76109

Email entries to:  
[graham.ayers@sprint.com](mailto: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>    X    </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 scheduled 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 eighth 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**

Head Referee:	Karen Rourke
Starter(s):	Mike Eubanks
Stroke and Turn Judges	Jeff Mucher, Steve Plamondon

**Session I – Friday Evening**

<b>Girls</b>	<b>Faster Than</b>	<b>Event Description</b>	<b>Faster Than</b>	<b>Boys</b>
1	<b>12&amp;U 200 IM</b>			2
	3:20:59	10&U	3:18:89	
	3:00.19	11-12	2:58.09	
3	<b>13&amp;O 200 IM</b>			4
	2:52.39	13-14	2:42:79	
	2:48.09	15&O	2:37.09	
5	<b>11-12 200 Fly</b>			6
	3:02.59	11-12	3:00.89	
7	<b>12&amp;U 400 Free</b>			8
	6:09.69	13-14	6:06.79	
	5:32.39	15&O	5:29.19	
9	<b>13&amp;O 400 Free</b>			10
	5:16.59	13-14	5:05.59	
	5:12.19	15&O	4:53.29	

\* We will swim events 7 – 10 (400 Free) fastest to slowest, alternating heats of girls and boys.

**Session II - Saturday Morning**

<b>Girls</b>	<b>Faster Than</b>	<b>Event Description</b>	<b>Faster Than</b>	<b>Boys</b>
11		<b>400 Free Relay</b> <b>10&amp;U</b> <b>11-12</b>		12
13	<b>12&amp;U 50 Free</b>			14
	36.49	10&U	36.19	
	33.69	11-12	32.99	
15	<b>12&amp;U 50 Breast</b>			16
	48.29	10&U	48.49	
	42.09	11-12	43.09	
17	<b>12&amp;U 100 Back</b>			18
	1:35.29	10&U	1:33.69	
	1:26.29	11-12	1:23.59	
19	<b>12&amp;U 50 Fly</b>			20
	42.09	10&U	40.99	
	36.59	11-12	36.59	
21	<b>11-12 200 Breast</b>			22
	3:23.69	11-12	3:21.19	
23	<b>12&amp;U 200 Free</b>			24
	2:58.69	10&U	2:52.39	
	2:39.19	11-12	2:35.69	

**Session III – Saturday Afternoon**

<b>Girls</b>	<b>Faster Than</b>	<b>Event Description</b>	<b>Faster Than</b>	<b>Boys</b>
25		<b>400 Free Relay 13-14 15&amp;O</b>		26
27		<b>13&amp;O 50 Free</b>		28
	32.79	13-14	30.59	
	32.29	15&O	29.39	
29		<b>13&amp;O 100 Breast</b>		30
	1:29.09	13-14	1:23.59	
	1:27.69	15&O	1:20.59	
31		<b>13&amp;O 200 Back</b>		32
	2:51.39	13-14	2:41.59	
	2:47.29	15&O	2:34.29	
33		<b>13&amp;O 100 Fly</b>		34
	1:17.29	13-14	1:11.99	
	1:15.89	15&O	1:09.09	
35		<b>13&amp;O 200 Free</b>		36
	2:32.59	13-14	2:24.99	
	2:29.39	15&O	2:18.99	

**Session IV - Sunday Morning**

<b>Girls</b>	<b>Faster Than</b>	<b>Event Description</b>	<b>Faster Than</b>	<b>Boys</b>
37		<b>400 Medley Relay 10&amp;U 11-12</b>		38
39		<b>12&amp;U 100 Free</b>		40
	1:21.89	10&U	1:20.59	
	1:14.09	11-12	1:11.59	
41		<b>12&amp;U 100 Breast</b>		42
	1:47.09	10&U	1:45.99	
	1:33.79	11-12	1:33.59	
43		<b>12&amp;U 50 Back</b>		44
	43.69	10&U	44.19	
	39.19	11-12	38.79	
45		<b>12&amp;U 100 Fly</b>		46
	1:38.69	10&U	1:37.19	
	1:22.89	11-12	1:22.09	
47		<b>11-12 200 Back</b>		48
	3:00.69	11-12	3:00.29	
49		<b>11-12 400 IM</b>		50
	6:27.59	11-12	6:24.29	

\* We will swim events 49 & 50 (400 IM) fastest to slowest, alternating heats of girls and boys.

**Session V – Sunday Afternoon**

<b>Girls</b>	<b>Faster Than</b>	<b>Event Description</b>	<b>Faster Than</b>	<b>Boys</b>
51		<b>400 Medley Relay</b> 13-14 15&O		52
53		<b>13&amp;O 100 Free</b>		54
	1:11.09	13-14	1:06.59	
	1:09.59	15&O	1:04.09	
55		<b>13&amp;O 200 Breast</b>		56
	3:11.99	13-14	3:02.39	
	3:08.49	15&O	2:54.29	
57		<b>13&amp;O 100 Back</b>		58
	1:20.09	13-14	1:15.09	
	1:18.29	15&O	1:11.69	
59		<b>13&amp;O 200 Fly</b>		60
	2:49.49	13-14	2:39.89	
	2:44.69	15&O	2:32.19	
61		<b>13&amp;O 400 IM</b>		62
	6:02.29	13-14	5:46.19	
	5:56.59	15&O	5:29.99	

\* We will swim events 61 & 62 (400 IM) fastest to slowest, alternating heats of girls and boys.

# **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.