

**Texas Swimming Association  
2005 LSC All-Star Championship Meet  
November 12-13, 2005**

**Hosted by  
North Texas Nadadores and Carroll ISD Aquatic Center  
Short Course Yards Timed Finals Meet  
Sanction #042-05**

**LOCATION:** Carroll ISD Aquatic Center, 1501 W. Southlake Blvd., Southlake TX 76092. Phone: 817-949-8200

**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.

**TIME AND DATE:** This is a timed-finals meet with events for the following age groups: 11, 12, 13, & 14 for each gender. There will be three hours between the end of the first session and the start of the warm-up of the second session on Saturday.

Saturday November 12<sup>th</sup>, 2005

Session I      Warm-up at 7:45 am      Meet starts at 9:00 am  
Lunch for all teams after session

Session II      Warm-up at 3:45 pm      Meet starts at 5:00 pm

Sunday November 13<sup>th</sup>, 2005

Session III      Warm-up at 7:45 am      Meet starts at 9:00 am

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

**RULES:** Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. **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. Please also read the attached Rules and Regulations of the Carroll ISD Aquatics Center that must be observed during the meet.**

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, Inc. The sanction number is 042-05. In granting this sanction, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, North Texas Nadadores, and Carroll Independent School District shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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 all repairs.

**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 sanctioned meet shall be a member of USA Swimming, Inc. Swimmer's age as of November 12, 2005 shall determine their age for the entire meet.

**ENTRY INFORMATION:** Each swimmer who participates in the All-Star meet must have the All-Star Liability and Medical Release signed by a parent or guardian. The Head Coaches must give all Liability and Medical Release forms to the Meet Director prior to the start of Saturday morning warm ups. Swimmers may swim **two individual events and one relay event per session. Each LSC All-Star Team may enter up to four swimmers per individual event**, except in the 500 Free and 400 IM, which are limited to three swimmers per team. Enter all events with previous best times achieved in short course yards. **All teams must submit their entries using the Hy-Tek Team Manager software along with a hard copy printout of the entries.** The complete USA Swimming registration numbers must be included. Include relays on your diskette or electronic submission. Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy printout of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**DEADLINE:** Entries must be in the hands of the Meet Entry Chairperson no later than **6:00 p.m. on Tuesday, November 1st, 2005. No late entries will be accepted.** Early entries gratefully accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail, e-mail or deliver by hand entries to the Meet Entry Chairperson at:

Bill Christensen  
6800 Megan Lane  
North Richland Hills, TX 76180  
[christeb@cisdmail.com](mailto:christeb@cisdmail.com) and/or [billchr@sbcglobal.net](mailto:billchr@sbcglobal.net)

No phone or fax entries will be accepted. **Entries received without complete USA Swimming registration numbers will not be accepted or processed.**

**SEEDING:** All events will be conducted as timed finals and will be pre-seeded. Check-in is **not** required. The 400 yard IM and the 500 yard Free will be swum fastest to slowest. The 400 yard IM and the 500 yard Free will be swum combined age group but scored by single age groups.

**RELAYS:** Each LSC must designate which relays will be the "A" and "B" relay. More relays may swim but only the designated "A" and "B" relays may score. Relay cards are due to the Clerk of Course 45 minutes prior to the start of the session in which the relay occurs. The Mixed 400 yard Relay shall include one male and one female per age group, each person swimming 50 yards, e.g., Age 12 Backstroke, Age 14 Breaststroke, Age 13 Butterfly, Age 11 Freestyle.

**ENTRY FEES: \$30.00 per individual swimmer.** This includes lunch on Saturday. Submit one check per team, with entries payable to **Carroll ISD**.

**SCORING:** 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

**AWARDS:** High Point awards for each gender and age group will be given at the conclusion of the meet. Medals for 1st 2nd and 3rd place individual and relay events will be given. The winning team members will receive a T-shirt from Texas Swimming Association.

**HEAT SHEETS:** Heat Sheets will be available for all sessions for a one time charge.

**TIMING SYSTEM:** A Colorado electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a backup. LSC teams will be required to furnish timers. Timing assignments will be published in the psych sheet.

**POOL DECK RESTRICTION:** 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 Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety. Swimmers are required to remain with their team on pool deck during each session. Spectators, wishing to volunteer as a timer, will receive a pass to access the deck and help for that specific purpose. Coaches and officials must show their current USA Swimming registration card to gain deck entrance. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Referee or Carroll ISD staff. **See complete facility rules attached to this invitation.**

**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 North Texas Swimming equipment (remote strobe). CISD staff will make reasonable accommodations for all swimmers, coaches, or spectators who wish to enter our facility. Swimmers with visual, hearing, mental, or physical disabilities shall be judged in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

**MEET RESULTS:** Final results will be e-mailed to the head coach of each of the five participating Local Swimming Committees. Meet results will be posted on the North Texas Swimming web page ([www.ntswwim.org](http://www.ntswwim.org)) no later than November 16, 2005.

**TEAM COLORS:** Each LSC must adhere to the following color scheme for team caps and t-shirts:  
Border – Green, Gulf – Blue,  
North Texas – Black, South Texas – Red,  
West Texas – Yellow.

**CONCESSIONS AND HOSPITALITY:** Basic concessions will be available for swimmers and spectators. Hospitality will be available for coaches, volunteers, and deck officials only.

**TEAM LUNCH:** Lunch will be served to all athletes, coaches, and officials on Saturday from 12:00 to 2:00 PM, or immediately following the conclusion of Session I. Lunch will be served at the Student Activity Center located in the Senior High School. The Senior High School is adjacent to the Aquatics Center.

**Meet Referee:** Bill Morrison - [bmorrison@harperhouse.com](mailto:bmorrison@harperhouse.com)

**Meet Director:** Cathy Wright – [cathy.wright@verizon.net](mailto:cathy.wright@verizon.net)

**Safety Marshall:** Catherine Singley - [singleonce@charter.net](mailto:singleonce@charter.net)

**QUESTIONS:** Contact Bill Christensen at [christeb@cisdmail.com](mailto:christeb@cisdmail.com) or 817-949-8204.

**LODGING:**

**Dallas Marriott Solana**  
5 Village Circle  
Westlake, TX 76262  
Phone: (817) 430-3848  
Fax: (817) 430-4870

**Comfort Suites – Roanoke**  
801 West Highway 114  
Roanoke Texas, 76262  
Phone: 817-490-1455  
Fax: 817-490-1280

**Comfort Inn – DFW Airport**  
8205 Esters Blvd.  
Irving, Texas 75063  
Phone: 972-929-0066  
Fax: 972-929-5083

## Saturday November 12, 2005

### SESSION 1

Warm-up 7:45 to 8:45 AM

Meet Starts 9:00 AM

Relay cards due 8:45 AM

WOMEN	EVENT	MEN
X	13-14 400 I.M.	2
3	11 – 50 Free	4
5	12 – 50 Free	6
7	13 – 50 Free	8
9	14 – 50 Free	10
11	11 – 100 Breast	12
13	12 – 100 Breast	14
15	13 – 200 Breast	16
17	14 – 200 Breast	18
19	11 – 100 Back	20
21	12 – 100 Back	22
23	13 – 200 Back	24
25	14 – 200 Back	26
-----10 Minute Break-----		
27	11-14 500* Free	X
29	11 – 200 Medley Relay	30
31	12 – 200 Medley Relay	32
33	13 – 200 Medley Relay	34
35	14 – 200 Medley Relay	36

### SESSION 2

Warm-up 3:45 to 4:45 PM

Meet Starts 5:00 PM

Relay cards due 4:45

WOMEN	EVENT	MEN
37	13-14 400 I.M.	X
39	11 – 100 Free	40
40	12 – 100 Free	42
43	13 – 100 Free	44
45	14 – 100 Free	46
47	11 – 200 I.M.	48
49	12 – 200 I.M.	50
-----10 Minute Break-----		
51	11 – 50 Back	52
53	12 – 50 Back	54
55	13 – 100 Back	56
57	14 – 100 Back	58
59	11 – 50 Fly	60
61	12 – 50 Fly	62
63	13 – 100 Fly	64
65	14 – 100 Fly	66
-----10 Minute Break-----		
X	11-14 500* Free	68
69	11-14 Mixed 400 Med. R.	X

\*500 Freestyle will be swum fastest to slowest.

## Sunday November 13, 2005

### SESSION III

Warm-up 7:45 to 8:45 AM

Meet Starts 9:00 AM

Relay cards due 9:45 AM

WOMEN	EVENT	MEN
71	11 – 200 Free	72
73	12 – 200 Free	74
75	13 – 200 Free	76
77	14 – 200 Free	78
79	11 – 100 I.M.	80
81	12 – 100 I.M.	82
83	13 – 200 I.M.	84
85	14 – 200 I.M.	86
87	11 – 50 Breast	88
89	12 – 50 Breast	90
91	13 – 100 Breast	92
93	14 – 100 Breast	94
95	11 – 100 Fly	96
97	12 – 100 Fly	98
99	13 – 200 Fly	100
101	14 – 200 Fly	102
103	11 – 200 Free Relay	104
105	12 – 200 Free Relay	106
107	13 – 200 Free Relay	108
109	14 – 200 Free Relay	110

**Texas Swimming Association  
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**Form to be sent in with entries.**

**LSC COACHING STAFF**

LSC Team \_\_\_\_\_

Head Coach \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

<b>Age Group</b>	<b>Coach Name</b>	<b>Address</b>	<b>Phone</b>
11 Girls	_____	_____	_____
11 Boys	_____	_____	_____
12 Girls	_____	_____	_____
12 Boys	_____	_____	_____
13 Girls	_____	_____	_____
13 Boys	_____	_____	_____
14 Girls	_____	_____	_____
14 Boys	_____	_____	_____

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**ENTRY VERIFICATION**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

**Texas Swimming Association**  
**2005 LSC All-Star Championship Meet**  
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## **North Texas Safety Guidelines and Warm Up Procedure**

### **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.)

- **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
- **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.)

- **RACING STARTS ONLY**, either from blocks or from backstroke starts.
- Lanes are **ONE WAY ONLY**.

### **SAFETY GUIDELINES**

A. Swimmers Responsibilities

- All unattached or unattended swimmers, and/or their coaches, should arrange, prior to their arrival at the meet, for a certified 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

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
- Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
- Coaches shall actively supervise their swimmers throughout the warm-up session.
- Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

C. Safety Marshals

- Appointed Safety Marshals are members of USA Swimming and 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

- Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
- 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.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 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.
- Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
- All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

- Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
- Glass containers are prohibited.
- Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

# 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.

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**Access to the deck of the Carroll ISD Aquatics Center is restricted to the following:**

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| <ul style="list-style-type: none"><li>● Athletes from <u>competing</u> teams</li><li>● Coaches of <u>competing</u> teams</li><li>● Officials working the meet.</li></ul> | <ul style="list-style-type: none"><li>● Administrative support personnel</li><li>● Facility/District Staff</li></ul> |
|--|--|