LAC Time Trial for Nationals and Junior Nationals
November 24, 2013
NT-Sanction

Location:
Keller ISD Natatorium
1000 Bear Creek Pkwy
Keller, Texas 76248
(817) 744-1350

Facility: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized. 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, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool and 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for the other competition pool.

Meet Schedule:

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>Session Starts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday November 24, 2013 10:00-10:45am</td>
<td>11:00am</td>
</tr>
</tbody>
</table>

Teams: Lakeside Aquatic Club

Warm-up:
General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes will allow diving, as noted below. The diving period shall be as follows:
Lanes 1 and 8 – push swims from the starting end, NO DIVING
Lanes 2 and 7 – racing starts, one way only from the blocks
Lanes 3, 4, 5 and 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. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for “stadium seats”. No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck. 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. The use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, rest rooms or locker rooms. No athlete registration will be allowed at the meet. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., # NT 044-13. “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, LAKESIDE AQUATIC CLUB, AND KELLER ISD 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, A RISING 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.

Changing:
Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Eligibility:
Swimmers must be 13 years old or older. Swimmers must be members of Lakeside Aquatic Club.

Unattached/Unaccompanied Swimmers: 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.

Entry Limit:
Each swimmer may participate in two (2) individual events.

Entry Fees:
$8.00 per event

Entry Deadline:
Entries must be received by Sunday, November 17, 2013.

Check-In:
Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of each event. There are three check-in options:

√ indicates the swimmer will swim the event
_scr_ indicates the swimmer will not swim the event
_____ indicates the swimmer will not swim the event

Psych Sheets:
Psych Sheets will not be for sale

Seeding:
All events will 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.

Awards:
There will be no awards

Officials:
Meet Referee: Karen Rourke
Starter: Chuck Chinnis
Stroke and Turn Judges: Chelo Buhr and Maureen Cushing
Admin Official: Deb Behrens
Head Safety Marshal: Pam Glynn
Meet Director: Ammie Hauck

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event</th>
<th>Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>200 Back</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>200 Breast</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>1650 Free</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>200 Fly</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>400 IM</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>200 Free</td>
<td>12</td>
</tr>
</tbody>
</table>

All swimmers must provide their own timers.