

2009 USA SWIMMING  
TSA ALL-STAR  
POOL OPEN WATER CHAMPIONSHIPS  
NOVEMBER 15, 2009



**SPONSORED BY:** USA Swimming/North Texas Swimming

- SANCTIONED BY:** Held under the sanction of USA Swimming issued by North Texas, Sanction #
- CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- HOST:** North Texas Natadores and North Texas Swimming
- FACILITY:** CISD Aquatic Center, 1501 W. Southlake Blvd, Southlake, Texas 76092 (817-949-8200)
- COMPETITION:** The competition will consist of multiple races at various distances determined by age group and gender. Each heat will consist of 8-15 swimmers competing in a single-elimination bracket. Depending on entries, approximately half of each heat's competitors, determined by finish place, will advance to the next round. The final race in each bracket will consist of eight swimmers who will place and score for their LSC. The competition will be set in the 50-meter pool with turn buoys positioned in each corner. The start will be in the water. Lap counters will be used to count laps. Bell lap will be signaled when the lead swimmer begins final loop. The race will be run in a counter-clockwise direction.

**MEET SCHEDULE:**

Event #	Age Group	Distance	Registration	Warm-up	Pre-Race Briefing	Start
1	13-14 Boys	600m	-	1:30-2:00pm	2:00pm	2:15pm
2	13-14 Girls	600m	*	*	*	*
3	11-12 Boys	300m	*	*	*	*
4	11-12 Girls	300m	*	*	*	*

\*Registration, Warm-ups, Pre-Race Briefing and Race Start Times will be published once all entries have been seeded. See **SEEDING** for more information.

**RULES:** The current USA Swimming Open Water Rules will govern the conduct of the meet. 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. **SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #XX-XXX. "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, MID-CITIES ARLINGTON SWIMMING, MANSFIELD AQUATIC CLUB, AND MANSFIELD 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, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET."**

**Special Note on New North Texas LSC ruling for 14 & under swimsuits:**  
**Effective January 1, 2009 at all North Texas Swimming, age-group defined, sanctioned meets:**

**1. Swimsuits worn by females for all 14 & Under defined competitions shall not cover the neck, extend past the shoulder, nor past the hip.**

**2. Swimsuits worn by males for all 14 & Under defined competitions shall not extend above the hips nor below the knees.**

**AGE:** As of November 14, 2009

**ELIGIBILITY:** The Open Water meet is open to all athletes in the 2009 TSA All-Star AG Championships. No other entries will be accepted.

**ENTRY:** Each LSC must enter its All – Star Open Water competitors at the same time as its Pool competitors.

**LATE ENTRIES:** No Late Entries - No Substitutions.

**ENTRY FEES:** **Every athlete entered in the 2009 TSA All Star Age Group Championship is automatically entered in the POW event.**

All entry fees for pool and open water competition are to be hand delivered and paid in full to the Meet Director by November 14, 2009.

**POSITIVE CHECK-IN:** All competitors must check-in at the Registration Desk prior to swimming their open water event. Race number marking and fingernail/toenail check will be done at that time. Registration is located near the athlete entrance to the pool.

**PRE-RACE BRIEFING:** **An informational POW briefing will take place (approximately 45 minutes after the conclusion of the preliminary session on the Bleachers of main pool). POW set-up, rules, and bracket entries will be explained at that time.**

A mandatory pre-race briefing for swimmers and coaches will be held 15 minutes prior to the start of each race. The race start, course navigation, race finish, open water rules, and safety issues will be addressed.

**SEEDING:** Each heat will be seeded by age, gender and distance as a single (800 time) event. Event #1, 13-14 Boys will begin the competition and swim all heats in the first round. Event #2, 13-14 Girls will start immediately following the boys. Event #3, 11-12 Boys will start immediately following the 15-18 Girls. Event #4, 11-12 Girls will start immediately following the boys.. The second round will begin with Event #1 immediately following the last race of the 11-12 girls. The rotation of events/heats will continue in such order until the final race of each event is determined.

**Each competitor must enter the event with an achieved seed time for the established distance in the first round. These times will only be used for seeding in the first round. All heats in the first round will be circle seeded, allowing for the fastest possible open water/distance competitors to advance to the finals.**

**SCRATCHES:** Any swimmer, who has checked in for an event and later chooses to scratch, must notify the registration desk as soon as possible to provide an exact start and finish count.

**MEET MANAGEMENT:** Meet Director: Joy Roberts/Bill Christensen  
Meet Referees: Scott May

**AWARDS:** Zone Team Open water participants will be scored separately by age group and gender.  
And not included in the final score of the All-Star Competition

**INFORMATION CONTACTS:** Shannon Gillespy – 214 – 697-4145  
Bill Christensen – 817-949-8200

### **WARM UP SCHEDULE**

- Pool Opens at ( )am. Competition pool is open for warm up prior to meet start.
- Continuous warm-up and cool-down will be available in the adjacent diving well.
- Lanes closest to the competition pool are reserved for upcoming open water competitors.

### **EVENT ENTRY & SCHEDULE**

EVENT	AGE GROUP/GENDER	DISTANCE*	LOOPS	DISTANCE TIMES FOR ENTRY & SEEDING
1	13-14 MEN	600m	4	800m
2	13-14 WOMEN	600m	4	800m
3	11-12 MEN	300m	2	400m
4	11-12 WOMEN	300m	2	400m