



<http://tntswimming.org>  
**Newsletter for Monday, Jan. 25, 2010**

**Practice Plans**

*Frankfort:* This week – Regular practice schedule. That schedule is Monday through Friday evenings starting at 7:30 P.M. and on Saturday afternoon starting at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Thursday at 7:30 to 8:15 P.M.

Next week – Regular practice schedule. That schedule is Monday through Friday evenings starting at 7:30 P.M. and Saturday afternoon starting at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Thursday at 7:30 to 8:15 P.M.

*Versailles:* This week – Regular practice schedule. Practice schedule is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at Noon.

Next week – No practice on Friday, Feb 5<sup>th</sup> or on Saturday, Feb. 6<sup>th</sup> due to the Region 3 High School Championship meet being held at Falling Springs. Practice for this week will be limited to Monday, Tuesday, and Thursday afternoons starting at 3:45 P.M.

**Excel Aquatics' Mardi Gras Invitational / Jan. 30 – Feb. 1, 2010 / Brentwood, TN**

This is a timed-final meet at the Williamson Co. Indoor Sports Complex (920 Heritage Way; Brentwood, TN 37027). This facility has an additional warm-up/cool-down pool. Swimmers can be entered into as many as five individual events per day. Fees are \$4.50 per individual event plus a \$6.00 per swimmer surcharge (\$3.00 per swimmer to Southeastern Swimming and \$3.00 Excel Aquatics surcharge).

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Saturday morning (8 & under 50 free, 100 IM, 25 breast, 50 fly, 25 back; 10 & under 100 free, 100 IM, 50 breast, 100 fly, 50 back, and 500 free)	7:00 A.M.	8:00 A.M.
Saturday afternoon (200 IM, 50 breast, 100 free, 100 breast, 100 fly, 200 back, 50 fly, and 500 free for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:00 P.M.
Sunday morning (8 & under 25 free, 50 breast, 25 fly, 50 back; 10 & under 50 free, 100 breast, 50 fly, 100 back, and 200 IM)	7:00 A.M.	8:00 A.M.
Sunday afternoon (200 free, 100 back, 200 fly, 50 free, 200 breast, 50 back, and 400 IM for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:15 P.M.

Motel info:	AmeriSuites; 202 Summit View Drive; Brentwood, TN37027	615-373-9477
	Baymont; 108 Westpark Drive; Brentwood, TN 37027	615-376-4666
	Brentwood Suites; 622 Church Street; Brentwood, TN 37027	615-277-4000
	Courtyard by Marriott; 103 Eastpark Drive; Brentwood, TN 37027	615-371-9200
	Hampton Inn; 5630 Franklin Pike Circle; Brentwood, TN 37027	615-373-2212
	Holiday Inn – Brentwood; 760 Old Hickory Blvd.; Brentwood, TN 37027	615-373-2600
	Red Roof Inn; 8097 Moores Lane; Brentwood, TN 37027	615-309-8860
	Residence Inn; 206 Ward Circle; Brentwood, TN 37027	615-371-0100
	Sleep Inn; 1611 Service Merchandise Dr.; Brentwood, TN 37027	615-376-2122
	Steepchase Inn; 5581 Franklin Pike Circle; Brentwood, TN 37027	615-373-8585

Meet entry reports with a map to the pool are printed and can be found in the swimmer's folders at swim practice.

**Triton 12 & under Super Sprint / Sunday, Jan. 31, 2010 / Louisville, KY**

This is a 12 & under timed-final swim meet at the University of Louisville/Ralph Wright Natatorium located on the Northwest corner of S. Floyd St. and E. Warnock St. The meet is a timed-final format featuring

single age age-groups for 7, 8, 9, 10, 11, and 12 year-old swimmers as well as a 6 & under age-group. All the single age age-groups will compete in 50 yard events in each of the strokes and the 6 & under age-group will feature 25 yard events in each of the strokes. There will be free and medley relays for 9 & unders and a 10 to 12 age-grouping. Costs are \$4.25 per individual event entry plus a \$4.50 per swimmer surcharge (\$1.50 due to Kentucky Swimming and an additional \$3.00 to Triton Swimming). Spectator admission is \$6.00 for the meet and the heat sheet is included in the admission price.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Sunday Morning	9:00 A.M.	10:00 A.M.
	(25 fly, back, breast and free for 6 & under age-group; 50 fly, 50 back, 50 breast, and 50 free for 7, 8, and 9 year-old age groups)		
	Sunday Afternoon	To Be Announced	To Be Announced
	(50 fly, 50 back, 50 breast, and 50 free for 10, 11, and 12 year-old age-groups) (estimated to be possibly 1:15 P.M.)		

Meet entry reports with directions to the pool are printed and available in the swimmers' folders at swim practice.

**Riverside Aquatic Club Winter Inv. / Feb. 12 – 14, 2010 / Georgetown, IN**

This meet is hosted by the Riverside Aquatic Club at the newly remodeled 8 – lane Highland Hills Middle School pool at 3492 Edwardsville – Galena Road in Georgetown, IN 47122 (not at the New Albany HS where the November meet was held). Swimmers can be entered into as many as five (5) individual events per day and the costs are \$3.00 per individual event and \$1.50 per swimmer Indiana Swimming surcharge.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening	5:00 P.M.	6:00 P.M.
	(Open 1650, 400 IM, and 500 free; 10 & under 200 IM and 200 yard free; and 11-12 200 IM)		
	Saturday morning	7:00 A.M.	8:00 A.M.
	(11-12 100 breast, 50 back, 50 free, 100 fly, and 200 free; open 100 breast, 200 back, 50 free, 100 fly, and 200 free)		
	Saturday afternoon	Not before Noon	Not before 1:15 P.M.
	(8 & under 25 free, 50 breast, 25 back, 50 fly, and 100 IM; 10 & under 100 free, 50 breast, 100 back, and 50 fly)		
	Sunday morning	7:00 A.M.	8:00 A.M.
	(11-12 100 free, 50 breast, 100 back, and 50 fly; open 200 IM, 100 free, 200 breast, 100 back, and 200 fly)		
	Sunday afternoon	Not before Noon	Not before 1:15 P.M.
	(8 & under 25 breast, 50 free, 25 fly, 50 back, and 100 free; 10 & under 100 breast, 50 free, 100 fly, and 50 back)		

This meet is close enough to be commuting. However, a couple of motels on the New Albany side of the Ohio River:

Holiday Inn Express	Hampton Inn
411 W. Spring St. in New Albany, IN	506 W. Spring St. in New Albany, IN
(812) 945-2771	(812) 944-4600

The proofreading version of the individual meet entry reports are printed and can be found in the swimmer's folders at swim practice. Please contact me promptly if you have any questions or concerns. Thank you!

**Remaining 2009 - 2010 Short Course Meet Schedule**

<i>Date</i>	<i>Event</i>	<i>Location</i>
Feb. 26 - 28	Valentine Classic	Shelbyville, KY / Shelby Sharks
Mar. 5 - 8	Eastern Sectional of the Southern Zone <i>[must achieve qualifying times]</i>	Nashville, TN / Excel Aquatics & USA Swimming
Mar. 12 - 14	KY Swimming 13 & over Championships <i>[ages 13 &amp; over who have achieved State Championship qualifying time(s)]</i>	Lexington, KY / Wildcat Aquatics
Mar. 20 - 22	KY Swimming 12 & under Championships <i>[ages 9 to 12 who have achieved State Championship qualifying time(s)]</i>	Louisville, KY / Lakeside