



<http://tntswimming.org>
Newsletter for Monday, Feb. 15, 2010



Happy birthday wishes to: Abraham Al-Hamdani!!!

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 – No practice on Friday, Feb. 26 or on Saturday, Feb. 27 due to our participation in the Shelbyville swim meet. Our schedule will be Monday through Thursday evenings starting at 7:30 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. That 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. 26th or on Saturday, Feb. 27th due to our participation in the Shelbyville swim meet. Practice for this week will be Monday, Tuesday, and Thursday afternoons starting at 3:45 P.M.

Riverside Aquatic Club Winter Inv. / Feb. 12 – 14, 2010 / New Albany, IN

Our performances at this meet were wonderful! We achieved a very solid 63.6% best times by accumulating 131 best times out of 206 swims.

Kirsten Nitz achieved her third Junior National ‘A’ cut in the 100 yard butterfly -- swimming the event in :57.19 seconds. This swim also cut 1.9 seconds off her previous team record for 15-16 females in the 100 yard butterfly. Kirsten placed first in the 15 & over females for this event and also won the 50 yard freestyle at the meet and placed second in the 100 yard breaststroke.

Other event winners are: Emma Bryan winning the 13-14 year-old females 1650 yard freestyle and 100 yard backstroke events; Mark Bryan won the 10 & under males 500 yard freestyle setting a team record with his swim; Nicholas Crowe won the 7-8 males 100 yard freestyle; Jodie Llanora won the 11-12 females 50 back, 100 back, and 50 breast along with the 12 & under females 200 individual medley; Kent Llanora won the 15 & over males 100 back, 100 breast, and 200 individual medley; and Alexis Stiens won the 15 & over females 500 yard freestyle and 200 yard butterfly.

Swimmers who achieved second or third place finishes are: Ben Bryan with second place in the 11-12 males 50 back; Emma Bryan with second places in the 13-14 females 500 free and 200 back and a third in the 200 free; Mark Bryan with second places in the 9-10 males 50 back, 100 back, and 200 individual medley along with third places in the 50 breast, 100 breast, and 50 fly; Catherine Cadwallader with third place in the 7-8 females 100 yard breaststroke; Katherine Caldwell with a second place in the 12 & under females 200 yard individual medley; Nicholas Crowe with second place finishes in the 7-8 males 50 back, 100 back, 100 breast, or 100 individual medley and a third place in the 50 breast; Dove DeNigris with third place in the 200 individual medley; Jodie Llanora with a second place in the 11-12 females 100 breast; Kent Llanora with a second place in the 15 & over 100 free; John Meador with second place finishes in the 15 & over males 100 back and 200 back; Genna Ringler with a second place finish in the 7-8 females 100 breast and third place in the 100 fly; Alexis Stiens with second place finishes in the 15 & over females 100 free and 200 breast and third place finishes in the 100 breast and 200 individual medley; and Becky Tonges with third place finish in the 15 & over females 200 yard backstroke.

TNT swimmers whose swims were faster than the qualifying time for state championships are: Ben Bryan in the 11-12 males 50, 100, 200, and 500 frees, 50 and 100 back, 50 and 100 breast, 50 and 100 fly, and 200 individual medley; Emma Bryan in the 13-14 females 50, 100, 200, 500, and 1650 frees, 100 and 200 back, 100 fly, and 200 individual medley; Mark Bryan in the 9-10 males 50 and 100 free, 50 and 100 back, 50 and 100 breast, 50 fly, and 200 individual medley; Katherine Caldwell in the 11-12 females 50 and 200 free, 50 and 100 back, 50 and 100 fly, and 200 individual medley; Nicholas Crowe in the 7-8 males 100 free and 100 individual medley; Dove DeNigris in the 11-12 females 50 and 100 breast; Haley Harrod in the 11-12 females 50 and 100 breast; Jodie Llanora in the 11-12 females 50, 100, and 200 free, 50 and 100 back, 50 and 100 breast, 50 and 100 fly, and 200

individual medley; Kent Llanora in the open males 200 yard breaststroke; Kirsten Nitz in the open females 50 free, 100 fly, and 100 breast; Genna Ringler in the 7-8 females 100 free and 100 individual medley; Alexis Stiens in the open females 100 breast; Kendall Stiens in the 11-12 females 50 and 100 free, 50 and 100 back, and 50 and 100 breast; Ben Tonges in the 11-12 males 100 free and 100 back; Isaac Tonges in the 9-10 males 50 back; and Hannah Webber in the 11-12 females 50 and 100 breast.

Congratulations to our swimmers on their outstanding and successful swims!

Valentine's Classic / Feb. 26 - 28, 2010 / Shelbyville, KY

The last of our short-course regular season swim meets will be held at the 8-lane Clear Creek Family Activities Center pool in Shelbyville (717 Burks Branch Road; 40065). This meet will be the 2 and ½ day format with timed-final competition with 6 & under, single-year age groups for 7, 8, 9, 10, 11, and 12 year-olds, a 13-14 age-group, and an open age grouping. Swimmers may be entered into as many as 4 individual events per day with the possibility of limiting competition in all individual medley events, the 200 and the 500 freestyle events. Costs are \$4.50 per individual event plus a \$4.00 per swimmer surcharge (Kentucky Swimming fee is \$1.50 and the Shelby Sharks are assessing an additional \$2.50 per swimmer). Spectators will be charge \$3.00 per day for admission and a meet program that has the heat and lane assignment for the pre-seeded events (longer events will be deck seeded) will be available for an undisclosed price.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening	4:00 P.M.	5:30 P.M.
	(200 IM and 500 free for 13 & over; 200 IM and 500 free for 11-12; and 200 IM and 200 free for 9-10)		
	Saturday morning	6:45 A.M.	8:15 A.M.
	(400 IM, 100 free, 200 back, 100 breast, and 200 fly for 13-14 and 15 & over age-groups)		
	Saturday midday	not before 11:00 A.M.	not before Noon
	(25 free, 25 back, 25 breast, and 25 fly for 6 & unders; 50 free, 50 back, 25 breast, and 50 fly for 7 year-olds; 50 free, 100 back, 50 breast, and 100 fly for 8 year-old and 9 year-old single-age age-groups)		
	Saturday afternoon	not before 2:00 P.M.	not before 3:00 P.M.
	(50 free, 100 back, 50 breast, 100 fly, and 200 free for 12 year-old and 11 year-old age-groupings; 50 free, 100 back, 50 breast, and 100 fly for 10 year-olds)		
	Sunday morning	6:45 A.M.	8:15 A.M.
	(200 free, 200 breast, 100 back, 100 fly, and 50 free for 13-14 and 15 & over age-groups)		
	Sunday midday	not before 11:00 A.M.	not before Noon
	(25 back, 100 free, 25 fly, 50 breast for 7 year-olds; 50 back, 100 free, 25 fly, and 50 breast for 8 year-olds; 50 back, 100 free, 50 fly, and 100 breast for 9 year-olds; plus an 8 & under 100 IM)		
	Sunday afternoon	not before 2:00 P.M.	not before 3:00 P.M.
	(50 back, 100 free, 50 fly, and 100 breast for 12 year-old, 11 year-old, and 10 year-old single-age age groups)		

This meet is close enough for us to drive back and forth. However, the Ramada Shelbyville (251 Brighton Circle) 502-633-9933 is listed as the "Hotel Recommendation" in the meet info if you are interested in staying overnight. The report is that if you mention "Shelby Sharks" to receive a special room rate at this motel.

Meet entries have been sent and individual meet entry reports (proofreading version) are printed and available in the swimmer's folders at practice. Contact me promptly with any questions or concerns. Thank you!

2010 KY Swimming 13 & Over Short Course Championships / Mar. 12 – 14, 2010 / Lexington, KY

The first half of this season's Short Course Championships will be the 13 & over prelim-finals hosted at the University of Kentucky's Lancaster Aquatic Center (corner of University Drive and Complex Ave.; Lexington, KY 40506-0219). Swimmers may compete in as many as 3 individual events per day and costs are \$5.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Wildcat Aquatic surcharge).

Special notes: Only 500 tickets per session will be sold to the balcony area of the pool with no "pass-outs" (if you leave the balcony area for any reason, you will be required to purchase a new ticket to gain re-admission). An unspecified amount will be charged for each session for spectator admission. Once 500 tickets have been sold at a session, no additional tickets will be sold until someone leaves the balcony area. The meet information states that the balcony area will be restricted to only spectators and that only swimmers, coaches, and meet workers are permitted on the pool deck. No one is allowed to loiter in the stair well area. The meet information states that heat

sheets will be made available to the spectators for the prelim and finals sessions but does not indicate any pricing information.

Parking: UK will be on spring break during the swim meet. Free parking is available before Noon on Friday, March 12 at the UK Football Stadium on University Drive. Parking after Noon on Friday, March 12 and all day Saturday and Sunday will be available in any E, C, or R lot. Parking will also be allowed after Noon on Friday, March 12 and all day Saturday and Sunday on Complex Drive, Sport Center Drive, Parking Structure #1 at the corner of University and Cooper Drives (the medical center staff parking structure). The meet info appears to read that the Parking Structure at the end of Complex Drive is also available at this time for free. However, this Parking Structure has been a pay to park in the past and I am a little wary about whether it is actually free for this weekend.

<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
Friday A.M. prelims (400 IM, 200 free, 100 breast, 200 back, and 1000 free for 13-14 and Open plus the 400 free relays that are not entered with the fastest 8 entry times)	8:00 A.M.	9:30 A.M.

Finals on Friday evening (The fastest 8 of the entry times for the 400 free relay timed finals for 13-14 and Senior plus the top 16 qualifiers from A.M. prelims)	4:30 P.M.	5:30 P.M.
--	-----------	-----------

Saturday A.M. prelims (100 fly, 50 free, 200 breast, and 500 free for 13-14 and Open plus the 400 medley relays that are not entered with the fastest 8 entry times)	8:00 A.M.	9:30 A.M.
---	-----------	-----------

Finals on Saturday evening (The fastest 8 of the entry times for the 400 medley relay timed finals for 13-14 and Senior plus the top 16 qualifiers from A.M. prelims)	4:30 P.M.	5:30 P.M.
--	-----------	-----------

Sunday A.M. prelims (200 free relay, 200 IM, 100 free, 200 fly, 100 back, and 200 medley relay, plus those in the 1650 free for 13-14 and Senior whose entry time is not among the fastest 8)	8:00 A.M.	9:30 A.M.
--	-----------	-----------

Finals on Sunday evening (The fastest 8 entry times for the females and the males 1650 freestyle plus the top 16 qualifiers from prelims)	4:00 P.M.	5:00 P.M.
--	-----------	-----------

Our general expectation is to enter every TNT swimmer who has achieved a KY "A" qualifying time during the qualification period. If you have questions regarding this policy or this meet, please contact me at swimmarv@windstream.net

2010 KY Swimming 12 & Under Short Course Championships / Mar. 19 – 21, 2010 / Louisville, KY

The second half of this season's short course championships will be hosted at the Mary T. Meagher Natatorium located at the corner of Reservoir and Zorn Avenues in Louisville (40207). Swimmers ages 9-10 and 11-12 will compete in a Friday evening timed final session and morning prelim sessions on Saturday and Sunday. These swimmers may compete in as many as 3 individual events per day and costs are \$5.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Lakeside Swim Team surcharge). 8 & under swimmers may be entered into every event each day that they are eligible to enter (each day only offers 3 individual events) and the costs for the 8 & under swimmer is \$4.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Lakeside Swim Team surcharge). The meet information states that there will be an admission fee for all competition (prelims and finals) and that heat sheets will be available for purchase. However, the price of admission and heat sheets are unspecified in the meet info.

<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
Time Final events on Friday (200 I.M. for 9-10 and 11-12 then 200 free for 9-10 and 500 free for 11-12)	5:00 P.M.	6:00 P.M.
Saturday morning prelims (50 back, 100 fly, 50 breast, and 100 free for 9-10 and 11-12)	8:00 A.M.	9:00 A.M.
Saturday midday (50 free, 50 breast, and 100 IM for 7-8; 25 free, 25 breast, and 50 free for 6 & under; plus the 8 & under 200 medley relay)	Noon	1:00 P.M.

