



<http://tntswimming.org>
Newsletter for Monday, Feb. 22, 2010



Happy birthday wishes to: Abbi Tonges!!!

Practice Plans

Frankfort:

This 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.

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.

Versailles:

This 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.

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

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 (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)	4:00 P.M.	5:30 P.M.
	Saturday morning (400 IM, 100 free, 200 back, 100 breast, and 200 fly for 13-14 and 15 & over age-groups)	6:45 A.M.	8:15 A.M.
	Saturday midday (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)	not before 11:00 A.M.	not before Noon
	Saturday afternoon (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)	not before 2:00 P.M.	not before 3:00 P.M.
	Sunday morning (200 free, 200 breast, 100 back, 100 fly, and 50 free for 13-14 and 15 & over age-groups)	6:45 A.M.	8:15 A.M.
	Sunday midday (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)	not before 11:00 A.M.	not before Noon

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.
Saturday finals (200 free relay timed finals for 9-10 and 11-12 plus top 16 qualifiers from prelims)	4:00 P.M.	5:00 P.M.
Sunday morning prelims (100 breast, 50 free, 100 back, 50 fly for 11-12 and 9-10 plus 200 free for 11-12)	8:00 A.M.	9:00 A.M.
Sunday midday (50 back, 50 fly, and 100 free for 7-8; 25 back and 25 fly for 6 & under; plus 200 free relay)	Noon	1:00 P.M.
Sunday finals (200 medley relay timed finals for 9-10 and 11-12 plus 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