



<http://tntswimming.org>

Newsletter for Monday, April 26, 2010



Happy birthday wishes to: Daniel Churchman and Kennedy Sayre!!!

Practice Plans

Frankfort: This week – Regular practice schedule which is Monday through Friday evenings starting at 7:30 P.M. and on Saturday at 3:00 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M.

Next week – Regular practice schedule.

Versailles: This week – Regular practice schedule which is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at 12:15 P.M.

Next week – Regular practice schedule.

Wildcat Derby Classic / May 14 – 16, 2010 / Lexington, KY

This meet will be a timed-final format at the indoor 8-lane Lancaster Aquatic Center on the University of Kentucky campus located at the corner of University Drive and Complex Drive (Lexington, KY 40506-0219). Fees for their November, 2009 meet were \$4.00 per event entry plus a \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge plus \$3.50 Wildcat Aquatic surcharge) and swimmers were allowed to be entered into as many as 4 individual events per day. A \$1.00 per person per session admission will be charged for ages 7 & older and a heat sheet for the entire meet will be available for \$10.00

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday afternoon (400 IM and 200 free for open; 200 IM and 200 free for 11-12 and 9-10 age-groups)	4:00 P.M.	5:00 P.M.
	Saturday morning (200 fly, 100 free, 200 breast, and 100 back for combined 13-14 and open multi-age-group event plus the 800 free for females and the 400 free for males)	7:00 A.M.	8:00 A.M.
	Saturday afternoon (50 fly, 100 free, 50 back, and 100 breast for 10 & under and 11-12 age-groups plus for 400 free for 11-12)	To Be Announced.	To Be Announced.
	Sunday morning (200 IM, 100 breast, 50 free, 200 back, and 100 fly for combined 13-14 and open multi-age-group events plus 400 free for females and 800 free for males)	7:00 A.M.	8:00 A.M.
	Sunday afternoon (100 back, 50 free, 100 fly, and 50 breast for 11-12 and 9-10 age-groups and 50 back, 50 free, 50 fly, and 50 breast for 8 & unders)	To Be Announced.	To Be Announced.

I am anticipating that our first two meets (the Wildcat Derby Classic and the Cardinal Throw-down) are of an either/or nature. That is, if you sign-up for one, you skip participating in the other. We tend to have lots of conflicts with school schedules in May, so I wanted to have additional opportunity by having both meets on our May schedule.

Please contact me at swimmarv@windstream.net by today - Monday, April 26th to sign-up to swim at this meet. Thank you!

Cardinal Aquatics Summer Throw-down / May 21 - 23, 2010 / Louisville, KY

This is a timed-final meet to be held at U of L's Ralph Wright Natatorium (2216 S. Floyd St.; Louisville, KY 40208). Swimmers may be entered into as many as five individual events per day plus relays. Costs for the swimmers are \$4.50 per individual event and the \$4.50 per swimmer surcharge (\$1.50 Kentucky Swimming surcharge plus \$3.00 Cardinal Aquatics surcharge). U of L charges for parking at the Floyd Street parking garages and this fee is listed at \$5.00 per day and Cardinal Aquatics intends to charge a spectator admission at \$3.00 per spectator that is age 10 or older.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening (13-14 and open 400 free and 400 IM plus 400 free for 11-12)	4:00 P.M.	5:00 P.M.
	Saturday morning session (13-14 and open 200 breast, 100 free, 100 fly, 100 back, 200 IM plus 800 free for females and 1500 for males)	6:30 A.M.	8:00 A.M.
	Saturday afternoon session (11-12 and 10 & under 100 free, 50 breast, 100 fly, 50 back, and 200 free)	Not before Noon	Not before 1:00 P.M.
	Sunday morning session (13-14 and open 200 free, 200 fly, 100 breast, 200 back, and 50 free)	6:30 A.M.	8:00 A.M.
	Sunday afternoon session (11-12 and 10 & under 100 breast, 50 free, 100 back, 50 fly, and 200 IM)	Not before Noon	Not before 1:00 P.M.

I also ended up with a quick turn-around to make entries to this meet as well. Please contact me at swimmarv@windstream.net by *this Friday, May 1st* to sign-up to compete at this meet. Thank you!

E-town Summer Classic / June 11 - 13, 2010 / Elizabethtown, KY

This is a timed-final meet held at the E-town Swim and Fitness Center at 3026 Ring Rd. (Elizabethtown, 42701) - just off Mulberry Street after you pass under the railroad bridge. Mulberry St. is US 62. Swimmers may compete in as many as 4 individual events per day and costs are \$4.00 per individual event and \$1.50 per swimmer KY Swimming surcharge. A \$2.00 per day spectator admission will be charged for ages 11 & overs. Heat sheets will be sold for \$6.00 that contains the entire meet.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday afternoon (400 IM for 13 & over; 400 free for 11-12; and 800 free for 13 & over)	4:00 P.M.	5:00 P.M.
	Saturday morning (13-14 and 15 & over 200 free, 100 breast, 200 back, 50 free, 100 fly, and 1500 free)	7:00 A.M.	8:00 A.M.
	Saturday afternoon (11-12 and 10 & under 200 free, 100 breast, 50 back, 100 fly, and 50 free)	not before Noon.	not before 1:00 P.M.
	Sunday morning (13-14 and 15 & over 200 IM, 100 back, 200 breast, 100 free, 200 fly, and 400 free)	7:00 A.M.	8:00 A.M.
	Sunday afternoon (11-12 and 10 & under 200 IM, 50 breast, 100 back, 50 fly, and 100 free)	not before Noon.	not before 1:00 P.M.

Motels: The following motels are located on or just off Mulberry St. and are very close to the pool:

Baymont Inn (270)769-9616	Best Western (270)769-3030	Comfort Inn (270)765-4166
Country Hearth Inn (270)769-2344	Days Inn (270)769-5522	Fairfield Inn (270)769-1440
Hampton Inn (270)765-6663	Holiday Inn Express (270)769-1334	
Howard Johnson (270)769-9616	LaQuinta Inn (270)765-4747	Motel 6 (270)769-3102
Ramada Ltd. (270)769-9683	Super 8 (270)737-1088	

Please contact me at swimmarv@windstream.net by *Friday, May 14th* to sign-up to participate in this meet. Thank you!

Remaining 2010 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location / Host</i>
June 24 – 27	FAST Summer Jam	Fishers (Indy), IN / Fishers Area Swim Team
July 9 - 11	Frankfort Invitational	Frankfort, KY / FAST
July 15 - 18	Speedo Sectional Championship <i>(must achieve Eastern Sectional qualifying time)</i>	Athens, GA / USA Swimming
July 16 - 18	B meet and 8 & under Championship <i>(age 9 & over swimmers can only be entered into events that they have not achieved an “A” championship qualifying time during the current eligibility time frame)</i>	Louisville, KY / KY Swimming
July 22 - 25	State A Championship meet <i>(age 9 & overs who have achieve “A” championship qualifying times)</i>	Elizabethtown, KY / E-town Swim Team