



<http://tntswimming.org>

Newsletter for Monday, May 3, 2010



Happy birthday wishes to: Haley Harrod!!!

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.

Meet entries have been sent and the individual meet entry report (proofreading version) has been printed and can be found in the swimmers folders at swim practice. Please contact me promptly with any questions or concerns. 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.

Individual meet entry reports (proofreading version) are printed and can be found in the mail folders. Please contact me promptly with any questions or concerns. 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