



<http://tntswimming.org>
Newsletter for Monday, May 10, 2010

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 – No practice on Saturday, May 15 due to our participation in the Wildcat meet. Practice schedule this week is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

Next week – No practice on Saturday, May 22 due to our participation in the Cardinal meet. Practice schedule this week is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

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.

Individual meet entry reports with parking directions for UK are printed and can be found in the swimmer's folders at swim practice.

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.

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 **this Friday, May 14th** to sign-up to participate in this meet. Thank you!

Summer Jam Invitational / June 25-27, 2010 / Fishers (NE Indianapolis), IN

This meet is a prelim-final format meet for 11-12, 13-14, and open age-groups for their Saturday and Sunday events and timed-final format for all 10 & under events and the Friday events for 11-12, 13-14, and open age-groups. The meet is at the recently built 10-lane, 50 meter indoor Fishers High School Aquatic Center located at 13000 Promise Road; Fishers, IN 46038. Swimmers in the 11-12, 13-14, and open age-group may be entered into as many as 3 individual events per day (USA Swimming rules limit) and those swimmers who are age 10 & under may be entered into as many as four events per day. All timed-finals events are \$4.00 per event and those events which are prelim-final events are \$5.00 per event. There is also a Indiana Swimming surcharge of \$1.50 per swimmer. Finals heat sheets will be \$1.00 per session; the full meet timed-finals and prelims heat sheet will be \$5.00; admission to prelim sessions is \$3.00 for ages 11 & over and admission to finals is \$3.00 for ages 11 & over; an 'all sessions' pass is \$12.00.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday afternoon (400 free and 400 IM timed-finals for open and 13-14 then the 1500 free for open)	12:30 P.M.	1:30 P.M.
	Friday evening (400 free and 200 IM timed-finals for 11-12 and 200 free and 200 IM timed finals for 10 & under)	5:00 P.M.	6:00 P.M.
	Saturday morning prelims (open and 13-14 100 fly, 100 breast, 200 back, 50 free, and 200 IM)	6:45 A.M.	8:00 A.M.
	Saturday afternoon (11-12 100 fly, 100 breast, 50 back, 50 free, and 200 free prelim events and 10 & under 100 fly, 100 breast, 50 back, and 50 free timed-final events)	not before Noon.	not before 1:00 P.M.
	Saturday evening finals (top 27 qualifiers for open and the top 18 qualifiers for 13-14 and 11-12 prelim events)	5:00 P.M.	6:00 P.M.
	Sunday morning (open and 13-14 100 free, 200 breast, 200 fly, 100 back, and 200 free)	6:45 A.M.	8:00 A.M.
	Sunday afternoon (11-12 100 free, 50 breast, 50 fly, and 100 back prelim events and 10 & under 100 free, 50 breast, 50 fly, and 100 back timed-final events)	not before Noon.	not before 1:00 P.M.

Motels listed in the meet info:

Cambria Suites; 13500 Tegler Drive in Noblesville; 317-773-4970 (listed as 3.5 miles from the pool)
 Candlewood Suites; 8111 Bash Street in Indianapolis; 317-595-9292 (listed as 7.5 miles from the pool)
 Comfort Inn & Suites; 9760 Crosspoint Blvd. in Fishers; 317-578-1200 (listed as 4.4 miles from the pool)
 Fairfield Inn & Suites; 17960 Foundation Drive in Noblesville; 317-776-9900 (listed as 5.0 miles from the pool)
 Hampton Inn & Suites; 11575 Commercial Drive in Fishers; 317-913-0300 (listed as 2.6 miles from the pool)
 Hampton Inn; 6817 East 82nd Street in Indianapolis; 317-576-0220 (listed as 7.5 miles from the pool)
 Hilton Garden Inn; 9785 North by NE Blvd. in Fishers; 317-577-5900 (listed as 4.4 miles from the pool)
 Hilton Hotel; 8181 N. Shadeland Ave. in Indianapolis; 317-849-6668 (listed as 7.5 miles from the pool)
 Holiday Inn; 9780 North by NE Blvd. in Fishers; 317-578-9000 (listed as 4.4 miles from the pool)
 Holiday Inn Express; 9790 North by NE Blvd. in Fishers; 317-578-2000 (listed as 4.4 miles from the pool)
 Hotel Indigo; 9791 North by NE Blvd. in Fishers; 317-842-1111 (listed as 4.4 miles from the pool)
 Marriott Springhill Suites; 9698 Hague Road in Indianapolis; 317-841-0416 (listed as 4.4 miles from the pool)
 Residence Inn by Marriott; 9765 Crosspoint Blvd. in Indianapolis; 317-842-1111 (listed as 4.4 miles from the pool)
 Staybridge Suites; 9780 Crosspoint Blvd. in Indianapolis; 317-577-9500 (listed as 4.4 miles from the pool)
 Quality Inn & Suites; 16025 Prosperity Drive in Noblesville; 317-770-6772 (listed as 4.0 miles from the pool)

I apologize for needing to have a really quick turn-around on getting this information publish and getting meet entries sent-off. Please contact me at swimmarv@windstream.net *by this Friday, May 14th* to sign-up for this swim meet. Thank you!

Remaining 2010 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location / Host</i>
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