



<http://tntswimming.org>

## Newsletter for Monday, July 5, 2010



**Happy birthday wishes to:** Ben Gillig and Shelby Mattingly!!!

### Practice Plans

*Frankfort:*

This week – No practice on Friday evening, July 9<sup>th</sup> or on Saturday afternoon, July 10<sup>th</sup> due to our participation in the Frankfort swim meet. Practice schedule is Monday through Thursday evenings at 7:30 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M. Morning practices at the Juniper Hills pool are Monday through Thursday mornings starting at 7:00 A.M.

Next week – No practice on Friday evening, July 16<sup>th</sup> or on Saturday afternoon, July 17<sup>th</sup> due to our participation in the B meet in Louisville. Practice schedule is Monday through Thursday evenings at 7:30 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M. The morning practices at the Juniper Hills pool will be Monday through Thursday mornings starting at 7:00 A.M.

*Versailles:*

This week – No practice on Friday afternoon, July 9<sup>th</sup> or on Saturday, July 10<sup>th</sup> due to our participation in the Frankfort swim meet. Practices will be held on Monday, Tuesday, and Thursday afternoons at 3:45 P.M.

Next week – No practice on Friday afternoon, July 16<sup>th</sup> or on Saturday, July 17<sup>th</sup> due to our participation in the B meet in Louisville. Practices will be held on Monday, Tuesday, and Thursday afternoons at 3:45 P.M.

### Frankfort Classic / July 9 – 11, 2010 / Frankfort, KY

This meet will be a timed-final meet with events for the 10 & under, 9-10, 11-12, 13-14, 15 & over, and Open age-groups at the 50 meter Juniper Hills Pool in Frankfort. Swimmers may be entered into as many as 5 individual events per day and the costs are \$3.50 per individual event plus \$1.50 per swimmer KY Swimming swimmer surcharge and a \$1.00 per swimmer FAST surcharge. The meet information state that there will be a \$5.00 per person admission charge to the spectators and that includes the price of the heat sheet. Heat sheets will be made available after the sign-in sheets have been received by the computer operator and the seeding of each session has been completed.

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Friday Evening, July 10 (13-14 and open 400 free, 100 breast, 200 fly, 10 min break, 100 free, 200 back, 200 IM)	<b>7:00 P.M.</b>	<b>8:00 P.M.</b>
Saturday morning (11-12 and 10 & under 200 free, 50 breast, 100 fly, 50 free, 100 back, and 200 IM)	8:00 A.M.	9:00 A.M.
Saturday afternoon (open 1500 free)	<i>tentatively</i> 3:00 P.M.	<i>tentatively</i> 4:00 P.M.
Saturday evening (13-14 and open 400 IM, 50 free, 200 breast, 100 back, 200 free, and 100 fly)	<b>6:00 P.M.</b>	<b>7:00 P.M.</b>
Sunday morning (12 & under 400 free; 11-12 and 10 & under 100 breast, 50 back, 100 free, and 50 fly)	8:00 A.M.	9:00 A.M.

Individual meet entry reports with directions to the pool are printed and can be found in the swimmer's folders at swim practice. Thank you!

**2010 KY Swimming Long Course B Meet and 8 & under Championships / July 16 - 18, 2010 / Louisville, KY**

This is a timed-final championship meet for swimmers of Kentucky Swimming who have not performed a Kentucky "A" qualifying time during the qualifying time period for this season. It will 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 four individual events per day plus relays. Costs are \$5.00 per individual event and the \$3.50 per swimmer surcharge (\$1.50 Kentucky Swimming surcharge plus \$2.00 Cardinal Aquatics surcharge). Admission to the meet is \$5.00 per adult with that fee including heat sheet for one session and \$1.00 per day for children under 12. Additional heat sheets will be sold for \$2.00 per session for the second session if you are there for a second session in one day. Parking is controlled by the University of Louisville and they were charging \$5.00 per day at the May meet.

<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
Friday afternoon (200 IM for 15 & over, 13-14, 11-12, and 9-10 then 400 free for 15 & over, 13-14, and 11-12)	Noon	1:00 P.M.
Friday evening (the 8 and under State Championship portion of this meet -- <i>all 8 and under events</i> )	4:30 P.M.	5:30 P.M.
Saturday morning (200 fly, 100 free, 200 back, 100 breast, and 400 IM for 13-14 and 15 & overs)	7:30 A.M.	8:30 A.M.
Saturday. Afternoon (200 free, 50 back, 100 breast, 50 free, and 100 fly for 9-10 and 11-12 year-old age-groups)	Not before Noon	Not before 1:00 P.M.
Sunday morning (200 free, 100 back, 200 breast, 50 free, 100 fly, and 800 free for 13-14 and 15 & overs)	7:30 A.M.	8:30 A.M.
Sunday. Afternoon (100 free, 50 breast, 100 back, and 50 fly for 9-10 and 11-12 year-old age-groups)	Not before Noon	Not before 1:00 P.M.

Individual meet entry reports (proofreading version) are printed and can be found in the swimmers' folders at swim practice. Please contact me promptly with any questions or concerns. Thank you!

**2010 KY Swimming Long Course State A Championships / July 22 -25, 2010 / Elizabethtown, KY**

This is a prelim-final meet for those Kentucky swimmers who have achieve State A time standards during this past calendar year. The meet is held at the E-town Swim and Fitness Center at 3026 Ring Rd. (just off Mulberry Street after you pass under the railroad bridge. Mulberry St. is US 62.) Swimmers may compete in as many as 3 individual events per day and costs are \$5.00 per individual event and \$3.50 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$2.00 E-town Swim Team surcharge). Admission is \$5.00 per day for Friday, Saturday, and Sunday (good for all sessions on the day of purchase). Heat sheets will be available for purchased for \$2.00 for both preliminary sessions per day and \$1.00 for the finals session.

<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
Thursday evening (13-14 and Open 800 freestyle and 11-12 400 freestyle)	4:00 P.M.	5:00 P.M.
Fri., Sat., and Sun. A.M. (13-14 and Open prelims : Friday events are 100 breast, 200 free, 100 fly, 400 IM, and 400 free relay with the top 8 seed times of the relay events swimming at finals; Saturday events are 200 fly, 50 free, 200 breast, 100 back, 400 free, and 400 medley relay with the top 8 seed times of the relay events swimming at finals; Sunday events are 200 back, 100 free, 200 IM, 800 free relay, and 1500 free with the top 8 seed times of the 1500 free for both genders swimming at finals)	6:30 A.M.	8:00 A.M.
Fri., Sat., and Sun P.M. (9-10 and 11-12 prelims)	To Be Announced	To Be Announced

*The plan is to start immediately after the conclusion of the morning prelims. A timeline will be run once the entries have been received and (hopefully) projected warm-up times will be published*

Friday events are 200 free relay, 50 breast, 100 free, 50 fly, and 100 back;

Saturday events are 200 medley relay, 200 free, 100 fly, and 50 back;  
Sunday events are 100 breast, 50 free, and 200 IM.

Finals on Fri., Sat., and Sun.           not before 4:00 P.M.           not before 5:00 P.M.  
(The top 16 finishers from prelim events for 13-14 and open age-groups and the top 8 finishers  
from prelims in the 9-10 and 11-12 events in addition to the aforementioned top 8 relay seeds for  
13-14 and open 400 relays and the top 8 1500 meter free seeds.)

Preliminary individual entry reports are printed and can be found in the swimmer's folders at swim  
practice. Please contact me promptly with any questions or concerns! Thank you!

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
Days Inn (270)769-5522	Fairfield Inn (270)769-1440	Hampton Inn (270)765-6663
Holiday Inn Express (270)769-1334	Howard Johnson (270)769-2344	LaQuinta Inn (270)765-4747
Motel 6 (270)769-3102	Ramada Ltd. (270)769-9683	Super 8 (270)737-1088