

Time Trial February 6, 2010

- SANCTIONED BY:** USA Swimming through Arkansas Swimming, Inc. **SANCTION #:** 10AR0206t
- SPONSORED BY:** Arkansas Dolphin-Laser Swim Team
- LOCATION:** University of Arkansas at Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204
- FACILITY:** Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an 8-lane scoreboard. Warm up and warm down area is available.
- ELIGIBILITY:** Open to all USA Swimming registered athletes who are trying to make State or Sectional cuts.
- ENTRIES:** Include all USA Swimming registration numbers and dates of birth on the entry form.
- ENTRY LIMIT:** Swimmers may swim a maximum of three (3) events.
- RULES:** 2009 USA Swimming and Arkansas Swimming, Inc. will govern the trials. Any swimmer who does not enter feet first during warm up and warm down periods will be disqualified from his or her next individual event. Camera and camera phones are not allowed in the locker rooms or dressing areas.
- STARTING TIMES:** Warm up: 8:00am, time trial start 9:00am.
- ENTRY FEES:** \$5.00 for each individual event
- ENTRY DEADLINE:** Wed. February 3rd.
- TOBACCO AND ALCOHOL:** Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 102.25, 102.26)
- CLOSED DECK:** Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed in the closed portions of the deck, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

| Girls | Order of Events Event | Boys |
|-------|--------------------------|------|
| 1 | Senior 100 Breast | 2 |
| 3 | Senior 200 Free | 4 |
| 5 | Senior 100 Fly | 6 |
| 7 | 12 & Under 100 IM | 7 |
| 8 | Senior 200 IM | 8 |
| 9 | Senior 1000 Free | 10 |
| 11 | Senior 400 IM | 12 |
| 13 | 12 & Under 50 Breast | 14 |
| 15 | Senior 50 Free | 16 |
| 17 | Senior 200 Breast | 18 |
| 19 | Senior 100 Back | 20 |
| 21 | 12 & Under 50 Back | 22 |
| 23 | Senior 500 Free | 24 |
| 25 | Senior 200 Back | 26 |
| 27 | Senior 100 Free | 28 |
| 29 | 12 & Under 50 Fly | 30 |
| 31 | Senior 200 Fly | 32 |
| 33 | Senior 1650 Free | 34 |