

# LOST CREEK AQUATICS



## MEET UPDATE

**NOTE: This is a very, very large meet. As a result, all start times have changed to 8:30 AM every day. LCA Warm-Up is at 7:00 AM daily at the UT pool.**

**All swimmers: Please wear the following:  
Thursday: White LCA t-shirt  
Friday: Blue LCA t-shirt  
Saturday: White LCA Grand Prix t-shirt**

**MEET:** Austin Grand Prix

**DATE(S):** March 4-6, 2010 (Thursday – Saturday)

**LOCATION:** The TSC is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**PARKING:** The University of Texas now requires a UT permit for along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. They will be charging for parking in the Trinity and Manor garages.

### SCHEDULE: Tentative Times – For Planning Purposes

	Thursday	Friday	Saturday
Prelim Warm-Ups***	6:30a to 8:20a	6:30a to 8:20a	6:30a to 8:20a
Prelims (before distance)	8:30a to 2:00p	8:30a to 1:45p	8:30a to 12:50p
Time Trials (after distance)	2:00p to 2:30p	1:45p to 2:15p	TBD
Distance – SCY* ---	2:15p to 2:55p**	12:50p to TBD	
Finals Warm-Ups	4:15p to 5:25p	4:15p to 5:25p	4:15p to 5:25p
Finals – AB***	5:30p to 7:15p	5:30p to 6:50p	5:30p to 7:25p
Finals – CDE	7:15p to 8:10p	6:50p to 8:00p	7:25p to 8:30p
Distance – LCM	---	---	8:30p to TBD

## **\*\* LCA Warm-Up will be at 7:00 AM every day**

**TIME LINE:** *Thursday's estimated timeline* has been posted for download on the LCA GP Meet Webpage. If provided by UT, following days will also be posted. Do NOT rely on this timeline to arrive at UT. **The meet may be running faster than this timeline shows.** This meet is being run in two pools. Odd heats will be in the pool on the Texas Flag side. Even heats will be in the American Flag pool side.

**PSYCH SHEET:** Click [HERE](#) for psych sheet.

**CHECK-IN:** Positive check-in is required for the 400/500 free, 400 IM and 800/1500/1650 free. Swimmers in the 800/1500/1650 free must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:  
400/500 free - check in by 8:30AM on Thursday  
400 IM - check in by 8:30 AM on Friday  
800/1500/1650 free - check in by 5:30 PM on Friday  
Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas. These swimmers, and their team, will be barred from competition at subsequent TXLA meets at the Swim Center until the fines are paid.

**Scratch Rule:** **Prelims** - Each prelim session will be seeded the evening before. All deck entries for the next day's events (both individual and relay) received before 5:30PM for the next day's events will be seeded. *At the clerk of course, please scratch any event you will not swim by 5:30 PM the evening before the event is scheduled.* There is not a penalty for failing to scratch a prelim event at this meet; this is a courtesy to the other swimmers by eliminating an empty lane during prelims.  
**Finals** - Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare an intent to scratch. Swimmers that timely indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event.  
*Any finalist who does not scratch and fails to compete in finals will be barred from their next event whether in finals or in prelims. Failure to compete in finals on Saturday will result in a \$50 fine. Fines are payable to the University of Texas at Austin. Teams and/or swimmers will be barred from competition at the swim center until fines are paid.*

The scratch box will be located at Clerk of Course.

**SWIM WEAR RESTRICTIONS:** Swimmers shall be limited to one swimsuit, which shall be constructed of a woven/knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and **shall not contain zippers or other fastening systems.** In addition the suit shall be constructed so that the style/shape for **males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck.**

**REAL TIME RESULTS:** Click [HERE](#) or go to <http://www.utexas.edu/longhornaquatics/results/index.htm> for real time results.

**CELL PHONES:** The presence and/or use of cell phones in the locker rooms is strictly and specifically prohibited at all times. There are no exceptions to this prohibition. Violators are subject to disqualification from the meet and disbarment from the facility.

**SPECTATOR TICKETS:** Spectators should enter through the main entrance located on the upper level, east side of the Swim Center. **Only swimmers, coaches, officials and volunteers may enter on the lower level.** Tickets may be purchased at the Longhorn Aquatics store located on the second level of the Swim Center during any scheduled warm-up or meet session. Heat sheets must be purchased separately and are also available at the store. Visa, MasterCard, checks and cash are accepted.

#### Ticket Prices

Prelims: Doors Open 8AM, Meet starts 9:30AM

Adults: \$6

Children 2-12 and students with an ID card \$5

Finals: Doors Open 4PM, Meet starts 5:30PM

Adults: \$12

Children 2-12 and students with an ID card \$5

An LCA swimmer , age 12 or over, who is not swimming in the meet and may be interested in timing can contact Minerva at [minervacmartinez@yahoo.com](mailto:minervacmartinez@yahoo.com) to see if there are more timing slots available.

## 2010 USA Swimming Austin Grand Prix Order of Events

Event #	Women's		Event	Men's		Event #
	LCM	SCY		SCY	LCM	
<b>Thurs, March 4th</b>						
1	02:03.41	01:49.13	200 Free Relay	01:37.91	01:52.90	2
3	04:47.73	05:17.41	400 free - women	x	x	
4	01:11.59	01:02.11	100 fly	00:56.09	01:05.27	5
	x		400 free - men	04:58.03	04:28.25	6
7	02:37.78	02:15.85	200 IM	02:04.53	02:23.81	8
9	00:30.08	00:25.90	50 Free	00:23.55	00:26.82	10
11	04:52.73	04:13.97	400 Medley Relay	03:48.47	04:25.19	12
<b>Friday, March 5th</b>						
13	05:27.82	04:47.63	400IM	04:28.35	05:07.01	14
15	01:24.65	01:13.33	100 Breast	01:05.88	01:16.39	16
17	01:13.84	01:04.05	100 Back	00:59.15	01:07.21	18
19	02:17.79	01:59.53	200 Free	01:50.46	02:06.57	20
21	02:16.67	02:04.43	200 Medley Relay	01:48.21	02:06.47	22
<b>Sat, March 6th</b>						
23	02:36.97	02:17.08	200 Back	02:07.59	02:25.44	24
25	01:04.05	00:55.99	100 Free	00:50.17	00:58.13	26
27	09:34.45	10:45.75	800 Free W 1500 Free M	17:11.21	17:50.99	28
29	03:02.57	02:37.48	200 Breast	02:24.12	02:44.21	30
31	02:38.70	02:16.98	200 Fly	02:05.86	02:23.91	32
33	04:30.29	03:46.43	400 Free Relay	03:22.97	03:54.59	34