

LCAT

2016 LAS CRUCES AQUATIC TEAM SUNTAN CLASSIC

12 & Under A/B, 13 & Over A/B/C
Age Group/Senior Long Course Meet
May 6-8, 2016

HOSTED BY: Las Cruces Aquatic Club

LOCATION: New Mexico State University Outdoor Aquatic Center, 1500 Stewart Street, Las Cruces, NM 88003,
575-646-3518

SANCTION: Held under sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.

NMSI Sanction # **NMS16I13S**

MEET DIRECTOR: Brent Lambert, 575-993-8947, b_lamb5@yahoo.net

ADMIN OFFICIAL: Mary Jo Billiot, 575-642-6259, mjobnm1@gmail.com

MEET REFEREE: Pete Dunavant, 915-584-5351, pdunavan@elp.rr.com

MEET ENTRY CHAIR: Kathy Fernald, 575-649-7314, kfernalld@cybermesa.com

DISCLAIMER: In granting this approval it is understood and agreed that USA Swimming, Inc. (USA-S), New Mexico Swimming (NMSI), Las Cruces Aquatic Club (LCAC) and its Board of Directors, the City of Las Cruces, Las Cruces Aquatic Team (LCAT), New Mexico State University (NMSU), and all meet officials shall be held free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up sessions.

This meet is not a function of New Mexico State University.

FACILITY: Ten-lane, state-of-the-art heated outdoor facility, 3,900 feet altitude, 50 meter x 25 yard pool, and contiguous dressing rooms. Colorado Timing System with ten-lane display is used. The water depth from 1m to 5m at the starting end of the pool is 13 feet or greater. At the bulkhead end of the pool, the water depth from 1m to 5m is 4 1/2 feet or greater. The competition course has not been certified in accordance with 104.2.2C(4). Adequate warm-up/warm-down facilities will be provided, either in the indoor 25 yard pool or during breaks in the outdoor pool. The venue is handicap accessible.

DIRECTIONS: From I-25, exit west onto University Avenue. At the traffic light turn south onto Triviz Drive. Turn right onto Payne Street, then turn right onto Stewart Street. Go downhill just past Locust Street, and the Aquatic Center will be on your left.

PARKING: Free parking will be available in lots near the facility after 4:30 pm on Friday, May 6, 2016. If parking before 4:30 pm on Friday, please log on to www.nmsuparking.com to print a free visitor's parking permit to avoid receiving a citation.

MEET FORMAT:

All events will be timed finals.

Individual events shorter than 400 meters will be pre-seeded and swum slowest to fastest, girls then boys.

Individual events 400 meters and longer will be seeded on deck after completion of required positive check-in, and swum fastest to slowest with alternating heats of girls and boys. Partial heats will be combined whenever possible.

Relay events will be pre-seeded and combined when possible. The Meet Referee reserves the right to cancel relays in any session if deemed necessary to comply with time limit requirements.

ELIGIBILITY:

1. This meet is open to all 2016 USA-S or USMS registered swimmers and to any foreign athletes formally invited by USA Swimming.
2. 12 & under events have a minimum "B" qualifying time standard. **These are USA Swimming's 2013-2016 National Age Group Motivational "B" Times (attached)**. Qualifying times may be achieved in any course. Events entered for which the times do not meet B Min time standards will be scratched, ***and no refunds of entry fees will be provided.***
3. There are no qualifying time standards for 13 & Over swimmers.
4. A swimmer's age as of May 6, 2016 shall be used to determine age group for competition.

Exceptions:

1. Swimmers from the meet host team are exempt from the minimum qualifying "B" time standard.
2. If a swimmer is entered in at least 3 events where he or she has achieved qualifying times, the swimmer shall be allowed to enter the maximum number of events for the meet, provided that all such "bonus" events are 200 meters or shorter.

RACING STARTS: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

PROOF OF REGISTRATION: THE ATTACHED USA SWIMMING MEMBERSHIP CERTIFICATION AFFIDAVIT MUST BE SIGNED AND RETURNED ALONG WITH ENTRIES. Coaches will be asked to display current USA Swimming or FINA registration cards. Any swimmer unable to prove current registration will not be allowed to compete. Falsification of eligibility could result in fines up to \$200.00 (two hundred US dollars). Under no circumstances will teams be allowed to merge at this event.

ENTRY LIMITS: Swimmers are restricted to a maximum of four (4) individual events and one (1) relay per session, regardless of how many events they enter in any other session.

The number of swimmers will be capped at 450. We cannot guarantee that all entries submitted before the deadline will be accepted. Entries will be accepted in order they are received. All entries from a single team submitted in a single file will be accepted if received before the deadline and the 450 swimmer cap is reached.

| | | | |
|--------------------|--------------------|-------|-------------|
| ENTRY FEES: | Individual Events: | \$4.5 | per event |
| | Relays: | \$8 | per event |
| | NMSI Surcharge | \$4 | per swimmer |
| | Pool Usage Fee | \$8 | per swimmer |

Only NMS Swimmers who qualify under sections 7.1.1.1 and 7.1.6 of NMSI Rules and Regulations will have their meet fees waived.

ENTRY DEADLINE: Entries must be received by 6:00 pm on April 26, 2016.

The attached membership affidavit must be postmarked by April 27, 2016 or preferably scanned and emailed. All entry fees must be received prior to the start of competition. Please make team checks or cashier's check payable to "**Las Cruces Aquatic Club**". Failure to pay in full will result in coaches not receiving packets and swimmers not being allowed to swim.

MAIL TO:

Las Cruces Aquatic Club
 C/O Kathy Fernald
 4637 Maxim Ct.
 Las Cruces, NM 88011
 575-649-7314

1. Please submit entries by email via HY-TEK electronic file, to **kfernalld@cybermesa.com**.
2. Please attach a meet entries report by name, and note any swimmers whose fees are waived in Word format.
3. Paper entries and non-HY-TEK email entries will be subject to an additional charge of \$5.00 per swimmer.
4. **YOU MUST INCLUDE THE NAME, EMAIL ADDRESS AND PHONE NUMBER OF THE PERSON WHO PREPARED THE ENTRIES FOR CLARIFICATION PURPOSES.**
5. Please send entries with a "return receipt" request, or follow up with a phone call to confirm with the entry chair that your entries were received.

DECK ENTRIES:

\$10.00 per individual event. Regardless of whether or not the 450 swimmer cap has been reached, deck entries will be accepted only where lanes are available. New heats will not be created for deck entries. Deck entries must be completed 40 minutes prior to the start of each session. For a swimmer not already entered in the meet, 2016 USA Swimming, or FINA registration card must be shown at the time of deck entry, as well as proof of entry time if applicable.

ON-DECK REGISTRATIONS: No on deck registrations will be accepted.

DISTANCE EVENTS:

1. All events 400 meters and longer require positive check-in according to the following timeline:

| | |
|---------------------|---|
| Session I | 4:50 pm |
| Session II | 9:50 am |
| Sessions III | 80 minutes after scheduled session start |
| Session VI | 40 minutes before scheduled session start |

2. Events 1 and 2 will be restricted to a maximum of **5 heats each**.
3. Events 3,4,5,6, 73 & 74 will be restricted to a maximum of **2 heats each**.
4. **For the 400, 800 and 1500 free, swimmers must provide their own timers and lap counters**
5. Entries will be seeded by long course meters, then short course meters and then short course yards times. "No Time" entries will be seeded according to order received, followed by swimmer's age.
6. Session I and VI psych sheets will be emailed to coaches by **Monday, May 2, 2016**. Swimmers entered in Session I and Session VI events who are unable to swim because they do not make the cut will have their entry fee refunded to them for that event. The entry fee will also be refunded if the meet entry chair is informed before **6:00 p.m. on Tuesday, May 3, 2016** that a swimmer who has made the cut will not be swimming that event AND the space thereby made available can be filled. Revised psych sheets will then be emailed and posted.

When possible, partial heats may be combined

* To this end, the Meet Referee will waive, pursuant to USA-S Rule 102.7.2, the requirement that there be one empty lane between such combined events UNLESS a coach states when submitting entries that the coach does not agree that this requirement be waived for swimmers from his or her team.*

RELAYS: Relay entries must be sent by the same deadline as individual entries and must include swimmer names and estimated seed times. Changes to entries in any relay event, including swimmer names and order, will be accepted through completion of that event. Teams are responsible for paying for scratched or withdrawn relays.

Relay swimmers starting at the bulkhead end of the pool may start in the water or from the bulkhead without diving blocks.

WARM-UP / START TIMES: Warm-up and start times for Sessions III, V, and VI will be determined after entries are received and a timeline is generated. Start times will be e-mailed to coaches and posted on the LCAT website www.lcatpride.com by **April 29, 2016**.

SCORING: Age groups for scoring will be 8 & Under, 9-10, 11-12, 13-14, and 15 & Over. Consolidated events will be broken out and scored by age group.

Points will be scored as follows:

| Place finish | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th | 9 th | 10 th |
|--------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|
| Individual points | 11 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relay points | 22 | 18 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

Awards will be given to the following place finishers:

| | |
|------------------------------|--|
| Individual events | 1st – 8th |
| Relays | 1st – 3rd |
| Individual High Point | 1st – 3rd |
| Team | 1st – 3rd |

Additional small prizes will be given to heat winners in 12 & Under events.

RULES/WARM-UP: 2016 USA Swimming and NMS rules will govern this meet. NMS mandatory warm-up procedures will be in effect for all warm-up sessions. All swimmers must be supervised by a coaching member of USA Swimming during all warm-up sessions. Diving during warm-up will only be allowed in lanes 2, 5, and 9 and only after the meet referee has announced dive lanes open.

RESTRICTIONS:

1. The use of any tobacco products is strictly prohibited in all areas used by swimmers during the course of this meet.
2. No glass containers will be allowed anywhere inside the NMSU Aquatic Center.
3. NO pets allowed on the deck.
4. **Use of all audio or visual recording devices is not permitted in changing areas, locker rooms, or behind the blocks.**
5. **Deck changing is prohibited.**
6. Use of profanity is prohibited.
7. On-deck location of pop-ups and other shade structures will be regulated. Overflow space will be provided.
8. Violation of the above rules may result in an individual's removal from the premises.

SAFETY: Safety marshals shall be on deck to enforce safety guidelines and are under the direction of the Meet Referee. They shall have the authority to remove any individual engaging in unsportsmanlike conduct, or found to be in violation of swimming ethics or procedures outlined in the meet information.

SWIMWEAR: All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No fasteners, other than drawstrings are allowed. The referee shall have the authority to bar offenders from competition until they comply with the rules. Kinesio tape will not be allowed.

MERCHANDISE: Swim and casual apparel and equipment will be for sale throughout the meet.

CONCESSIONS: Light concessions will be available at the meet.

2016 LCAT Suntan Classic Swim Meet

Session I Friday, May 6, 2016

Warm-up: 4:30 p.m. Start: 5:30 p.m. Positive check in: 4:50 p.m.

| GIRLS | EVENT (long course meters) | BOYS |
|-------|----------------------------|------|
| 1 | 11 & Over 400 IM | 2 |
| 3 | 9-10 400 Free | 4 |
| 5 | 11 & Over 1500 Free (*) | 6 |

** Swimmers in the 1500 Free must provide their own timers and lap counters.
Events 1-6 will be run fastest to slowest, alternating heats of girls and boys. Partial heats will be combined when possible.*

Session II Saturday, May 7, 2016

Warm-up: 7:30 a.m. Start: 8:30 a.m. Positive check in: 9:50 a.m.

| GIRLS | EVENT (LCM) | BOYS |
|-----------------|-----------------------------|------|
| 7 | 12 & Under 50 Free | 8 |
| 9 | 12 & Under 50 Fly | 10 |
| 10 minute break | | |
| 11 | 11-12 200 Breast | 12 |
| 13 | 12 & Under 100 Back | 14 |
| 15 | 12 & Under 200 IM | 16 |
| 17 | 12 & Under 100 Breast | 18 |
| 19 | 10 & Under 200 Medley Relay | 20 |
| 21 | 11-12 200 Medley Relay | 22 |
| 10 minute break | | |
| 23 | 11-12 400 Free (*) | 24 |

Session III Saturday, May 7, 2016

Warm-up: TBA Start: TBA Positive check in: 80 mins after session start

| GIRLS | EVENT (LCM) | BOYS |
|-----------------|----------------------------|------|
| 25 | 13 & Over 50 Free | 26 |
| 10 minute break | | |
| 27 | 13 & Over 100 Back | 28 |
| 29 | 13 & Over 200 IM | 30 |
| 31 | 13 & Over 100 Fly | 32 |
| 33 | 13 & Over 200 Breast | 34 |
| 35 | 13-14 400 Medley Relay | 36 |
| 37 | 15 & Over 400 Medley Relay | 38 |
| 10 minute break | | |
| 39 | 13 & Over 400 Free (*) | 40 |

** Swimmers in the 400 Free must provide their own timers and lap counters.
Events 23-24 and 39-40 will be run fastest to slowest, alternating heats of girls and boys.
Partial heats of these events, as well as the relay events, will be combined when possible.*

Session IV Sunday, May 8, 2016
Warm-up: 7:30 a.m. Start: 8:30 a.m.

| GIRLS | EVENT (LCM) | BOYS |
|-----------------|---------------------------|------|
| 41 | 12 & Under 50 Back | 42 |
| 43 | 12 & Under 50 Breast | 44 |
| 10 minute break | | |
| 45 | 11-12 200 Fly | 46 |
| 47 | 12 & Under 100 Free | 48 |
| 49 | 12 & Under 100 Fly | 50 |
| 51 | 12 & Under 200 Free | 52 |
| 53 | 11-12 200 Back | 54 |
| 55 | 10 & Under 200 Free Relay | 56 |
| 57 | 11-12 200 Free Relay | 58 |

Partial heats of the relay events will be combined when possible.

Session V Sunday, May 8, 2016
Warm-up: TBA Start: TBA

| GIRLS | EVENT (LCM) | BOYS |
|-------|--------------------------|------|
| 59 | 13 & Over 100 Free | 60 |
| 61 | 13 & Over 200 Back | 62 |
| 63 | 13 & Over 100 Breast | 64 |
| 65 | 13 & Over 200 Fly | 66 |
| 67 | 13 & Over 200 Free | 68 |
| 69 | 13-14 400 Free Relay | 70 |
| 71 | 15 & Over 400 Free Relay | 72 |

Partial heats of the relay events will be combined when possible.

Session VI Sunday, May 8, 2016
Warm-up: TBA Start: TBA Positive check in: 40 mins before session start

| GIRLS | EVENT (LCM) | BOYS |
|-------|------------------------|------|
| 73 | 11 & Over 800 Free (*) | 74 |

** Swimmers in the 800 Free must provide their own timers and lap counters.
 Events 73-74 will be run fastest to slowest, alternating heats of girls and boys.
 Swimmers will not score points in these events.*

**2016 LCAT Suntan Classic Swim Meet
May 6-8, 2016**

TEAM ENTRY FORM

| | | | | | |
|---|-------|---|-------|----|-----------|
| Total number of individual entries | _____ | x | \$4.5 | => | \$_____ |
| Total number of swimmers (pool and surcharge) | _____ | x | \$12 | => | + \$_____ |
| Total number of relay entries | _____ | x | \$8 | => | + \$_____ |
| Non-HYTEK fee (if applicable), number of swimmers | | x | \$5 | => | + \$_____ |
| Subtract meet fees exempted for Junior or Senior National Qualifiers or Outreach Swimmers (if any). Please specify Athlete names and number of individual entries for each. | | | | => | - \$_____ |
| TOTAL | | | | | = \$_____ |

MAKE CHECKS PAYABLE TO "Las Cruces Aquatic Club"

MEMBERSHIP CERTIFICATION AFFIDAVIT

I, _____, the team entries chairperson for _____ (team), certify that all swimmers listed on the HY-TEK FILE and coaches are currently registered members of USA Swimming or FINA. I agree that if any of the swimmers or coaches are not properly registered with USA or FINA then our team will pay \$100 fine per event for each improperly registered swimmer or coach.

| | | |
|-------|----------------------------------|--------------------|
| _____ | _____ | _____ |
| Date | Name of Person Preparing Entries | E-mail and Phone # |

| | |
|--------------------------|-------------------|
| Name of Coach attending: | Email and Phone # |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

2016 LCAT Suntan Classic Swim Meet

**Qualifying time standards for all 12 & Under swimmers in all events are
USA Swimming's 2013-2016 National Age Group Motivational "B" Times:**

| girls | | | Event | boys | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM | SCY | SCM | | LCM | SCY | SCM |
| 44.99 | 39.49 | 43.59 | 10 & Under 50 Free | 43.79 | 38.49 | 42.59 |
| 1:43.09 | 1:30.69 | 1:40.29 | 10 & Under 100 Free | 1:41.29 | 1:28.49 | 1:37.79 |
| 3:48.49 | 3:20.19 | 3:41.19 | 10 & Under 200 Free | 3:34.79 | 3:09.09 | 3:28.89 |
| 7:37.29 | 8:30.49 | 7:26.79 | 9-10 400/500 Free | 7:29.49 | 8:22.79 | 7:20.09 |
| 55.69 | 48.59 | 53.69 | 10 & Under 50 Back | 55.69 | 48.59 | 53.69 |
| 2:01.89 | 1:45.09 | 1:56.19 | 10 & Under 100 Back | 1:56.09 | 1:41.39 | 1:51.99 |
| 1:01.29 | 53.59 | 59.19 | 10 & Under 50 Breast | 1:01.19 | 53.19 | 58.79 |
| 2:16.89 | 1:58.79 | 2:11.29 | 10 & Under 100 Breast | 2:11.99 | 1:53.69 | 2:05.69 |
| 54.39 | 47.99 | 53.09 | 10 & Under 50 Fly | 52.79 | 46.69 | 51.59 |
| 2:11.19 | 1:55.49 | 2:07.69 | 10 & Under 100 Fly | 2:09.39 | 1:54.09 | 2:06.09 |
| 4:10.09 | 3:40.39 | 4:03.49 | 10 & Under 200 IM | 4:08.09 | 3:38.89 | 4:01.89 |
| 38.69 | 34.09 | 37.69 | 11-12 50 Free | 37.79 | 33.09 | 36.59 |
| 1:24.99 | 1:13.59 | 1:21.29 | 11-12 100 Free | 1:22.19 | 1:12.19 | 1:19.79 |
| 3:03.79 | 2:41.19 | 2:58.09 | 11-12 200 Free | 2:58.99 | 2:37.19 | 2:53.69 |
| 6:23.89 | 7:09.29 | 6:15.69 | 11-12 400/500 Free | 6:15.49 | 7:02.99 | 6:10.19 |
| 13:27.89 | 14:48.09 | 12:57.19 | 11-12 800/1000 Free | 13:16.49 | 14:33.89 | 12:44.79 |
| 25:45.79 | 25:01.49 | 24:52.69 | 11-12 1500/1650 Free | 25:24.09 | 24:43.79 | 24:35.09 |
| 44.89 | 38.79 | 42.89 | 11-12 50 Back | 44.89 | 38.99 | 43.09 |
| 1:38.89 | 1:26.29 | 1:35.29 | 11-12 100 Back | 1:37.79 | 1:24.09 | 1:32.89 |
| 3:27.69 | 2:59.49 | 3:18.29 | 11-12 200 Back | 3:22.79 | 2:55.29 | 3:13.69 |
| 49.09 | 43.69 | 48.29 | 11-12 50 Breast | 49.89 | 43.79 | 48.39 |
| 1:49.99 | 1:35.79 | 1:45.89 | 11-12 100 Breast | 1:48.29 | 1:33.59 | 1:43.49 |
| 3:54.59 | 3:25.79 | 3:47.39 | 11-12 200 Breast | 3:49.99 | 3:17.69 | 3:38.39 |
| 41.79 | 37.29 | 41.19 | 11-12 50 Fly | 42.69 | 37.69 | 41.69 |
| 1:37.49 | 1:26.29 | 1:35.29 | 11-12 100 Fly | 1:36.19 | 1:24.49 | 1:33.39 |
| 3:29.09 | 3:02.39 | 3:21.49 | 11-12 200 Fly | 3:22.49 | 2:58.09 | 3:16.79 |
| 3:28.39 | 3:02.49 | 3:21.69 | 11-12 200 IM | 3:26.99 | 3:00.99 | 3:19.99 |
| 7:23.79 | 6:28.59 | 7:09.39 | 11-12 400 IM | 7:13.49 | 6:20.09 | 6:59.99 |