

**The City Of Plano Swimmers 34th Annual
SPEEDO Greater Southwest Invitational Swim Meet SC
January 14-17, 2016
Sanction # 001-16**

LOCATION: RISD Aquatic Center 2 x 25 yard courses with blocks*
1205 T. L. Townsend 16 x 8 foot wide lanes
Rockwall, TX 75087 Daktronics timing systems at both ends
469-698-7410 4 x 25 yard lanes - continuous WU/WD

The meet is open to the first 500 qualified swimmers from LSCs outside of North Texas and all registered North Texas teams

The City of Plano Swimmers have been informed by Rockwall ISD that their pool has a maximum capacity of 800 swimmers per session. This limitation has been recently put in place to aid in the quality of air in the facility. In order to comply with their new limitation on the facility, COPS will limit entries to the 1st 800 swimmers to enter Greater Southwest Invitational on OME. Once the 800 swimmer limit is reached COPS will disable the OME system. COPS will not split a team's entry. The team that puts the number to 800 and over will be the last team accepted into the meet.

In accordance with USA Swimming rules sections 202.4.9G the competition course has not been certified in accordance with 104.2.2C(4), and is not on file with USA Swimming.
In accordance with USA Swimming rules sections 202.4.9C, the minimum water depth is 8'0" at the start end and 8'0" at the turn end.

*Meet host/referee reserves the right to do flyover starts.

DIRECTIONS: Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.

RULES: Current USA Swimming Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. All spectators must remain in the grandstands. No chairs are allowed in the bleachers' area except for "stadium seats". No standing along the railing will be permitted.

In accordance with USA Swimming rule 202.4.9H the use of audio or visual recording devices including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SANCTION/LIABILITY: This meet is held under the sanction of USA Swimming by North Texas Swimming. Sanction number is NT 001-16.

IN GRANTING THIS SANCTION AND BY ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING INC, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, RISD, ROCKWALL AQUATIC CENTER AND THE CITY OF PLANO SWIMMERS INC. SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET. DAMAGE TO A FACILITY, WHEN PROVED, WILL CAUSE THE OFFENDING SWIMMER, IF UNATTACHED, OR THE OFFENDING SWIMMER'S CLUB, IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.

UNACCOMPANIED SWIMMERS: Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing race starts, or must start each race from within the water. It is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this regulation.

IMAGE AUTHORIZATION: All participants agree to be filmed, and photographed, by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition, and for providing their own assistant, or equipment. However, coaches/swimmers may contact the meet director at least two weeks in advance of the meet to reserve proper equipment.

MEET UPDATES: Pertinent information about meet details: lodging, restaurants, warm-up times, and other pertinent information relate to meet operations will be posted on the City of Plano Swimmers website --- www.planoswimming.org .

MEET FORMAT: This is a pre-seeded, prelim-finals, meet for all age groups. Preliminary races will swim in two separate pools at the same facility. The top eight qualifiers from each individual, preliminary, race will qualify to swim in "A" finals, and the next eight qualifiers will swim in the "B" finals during the appropriate evening session. All "A" final heats, will race before the "B" final of the same event.

Relays and all 1000 Yard Freestyle events are timed finals. The top eight relays, in each event, will swim during evening sessions. All 1000 Yard Freestyle events with swim Thursday evening.

Swimmers in distance races must check-in prior to the end of general warm-up for both prelim and final races. Check-in will be accepted at the clerk of course. Once checked-in, swimmers will officially obtain placement in the event Swimmers in the 1000 free will swim once, on Thursday night, and one course will be used to run all 1000 yard freestyle events.

DISTANCE EVENTS: The 1000 Free, 500 Free, and 400 IM will be deck seeded.

All 1000 yard freestyle events will swim as a timed final. There will be two heats of thousands for each 11-12 event, three heats for each 13-14 event, and three heats for each 15&O event. Once all 1000 yard freestyle heats are full for an event, no other swimmers will be permitted to enter. Precedence will be given to those swimmers who hold the fastest qualifying times in the 1000 yard freestyle, then, and in order, 800 meter freestyle, 1650 yard freestyle, and 1500 meter freestyle times will be considered for placement in the 1000. All heats of 1000 yard freestyle races will swim fastest to slowest within an event, and will alternate girls and boys.

All 500 yard freestyle and 400 yard IM events will run as prelim-final races with the top 16 qualifiers from prelims advancing to the evening sessions for a second swim. The 500 Free and the 400 IM will be seeded according to USA Swimming Rules and Regulations Paragraph 102.5.1; however, in reverse order of heats (Fastest to Slowest). The fastest three heats, in each event, of each age group for the 500 Free and 400 IM will swim first during the prelims session. The remaining heats will swim, in event order, after the fastest three heats of all 500 Free and 400 IM races are concluded.

FINALS: All finals, "A" and "B," will be conducted in the course closest the main operations office. Other information related to the operations of evening sessions can be found in previous sections (e.g., "Meet Format" and "Distance Events").

AWARDS: Individual Events: Medals 1st through 3rd and ribbons 4th through 8th.
Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th (12 & under only)

Teams: Teams 1st through 3rd place will be awarded.

High Point Award: A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points earned in individual events during the meet.

SCORING: All events will be scored by age groups. Swimmers will accumulate points in the age group in which they swim. If a swimmer swims up in the next age group, then the points are scored for that age group. (IE: 14 year old swimming in open events).

Individual Events: 1st through 8th: 20,17, 16, 15, 14, 13, 12, 11
9th through 16th: 9, 7, 6, 5, 4, 3, 2, 1

Relays Events: 1st through 8th: 40, 34, 32, 30, 28, 26, 22, 20

SCHEDULE: The following schedule will be used as a guideline for all activities.

THURSDAY SESSION

5:00 to 5:30 p.m.	General Warm-up
5:30 to 5:45 p.m.	Dive/Sprint/Pace for all athletes
6:00 p.m.	Session starts

FRIDAY, SATURDAY and SUNDAY SESSIONS

7:00 to 7:30 a.m.	1 st Warm-up
7:30 to 8:00 a.m.	2 nd Warm-up
8:00 to 8:30 a.m.	3 rd Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim session starts
4:30 to 5:15 p.m.	Finals Warm-up
5:30 p.m.	Finals start for today's events

ELIGIBILITY: NO ENTRIES WILL BE ACCEPTED UNLESS THE ENTRANT IS A REGISTERED ATHLETE MEMBER WITH USA SWIMMING, INC. INVITED CLUBS ENTERED AS A TEAM IN NORTH TEXAS SWIMMING SANCTIONED MEETS MUST BE A MEMBER OF USA SWIMMING, INC. Entries with "applied for" or "pending" registration will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. Swimmers age as of the start of the meet (January 14, 2016) will determine their age for the entire meet.

All swimmers must meet the current national "A" time standards established for each event he/she enters in either SCY, SCM, or LCM. Qualifying time for 15&O events are the 15-16 National Age Group "A" Time Standards.

ENTRIES: Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay per day. All seed times should be submitted to the 100th of a second.

RELAYS: All relays entries must accompany individual entries and be submitted by the entry deadline (January 6, 2016) no exceptions. All relay swimmers must be entered in an individual event in the meet. Swimmers' names must be confirmed with the Clerk of Course by the end of warm-up on the day the relay swims. There are no late entries for relays. Relay cards will be due to the clerk of course at 6:30pm, the day before the event.

ENTRY FEES: Individual events are \$7.00 per event, and relay entries are \$15.00 per entry. A \$3.00 per swimmer surcharge will be charged per North Texas Inc. Policies and Procedures. No late entries for relays.

ENTRY PROCESS: All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at www.usaswimming.org/ome beginning December 7, 2015, and not later than January 6, 2016 at 6:00PM Central Time. OME is not an eligibility report; coaches are responsible for knowing events for which their swimmers are qualified. Your team entry personnel are responsible for confirming the accuracy of receipt of entries with the Meet Entry Contact if an acknowledgment is not received. Please keep all of your entry receipts, and bring them with you to the meet (just in case).

All checks, to pay for entry fees, must be submitted to the address below prior to January, 14th 2016. Please make out all checks to, "City of Plano Swimmers, Inc."

**City of Plano Swimmers, Inc.
Amy Choi
2925 W. 15th St.
Plano, Texas 75173**

PROOF OF TIME: All times must be provable in SWIMS or equivalent international database. *Swimmers may use their 1000/800/1500/1650 times to enter the 1000. Priority will be given to times in the following order 1000/800/1650/1500.

ON DECK ENTRIES: No late entries, or registrations, will be accepted for any reason.

SCRATCH RULE: All preliminary races 200 yards and shorter will be pre-seeded. Events 400 yards and longer will be deck seeded, and positive check in required. A swimmer qualifying for finals or consoles, in an event, will have 30 minutes from the announcement of the qualifiers to notify the announcer of their intent not to compete, or to defer the decision. Additionally, first and second alternates will be announced along with the qualifiers for the console heat, and/or final heat. Alternates will not be penalized if unavailable to compete.

Those swimmers who scratch out of an event will not have their entry fee refunded. Swimmers who no show for Finals, will pay a fine of \$50.00 to be reinstated into the meet and swimming the next day's events unless excused by the meet referee because of illness or injury. If the no show is on the final day of the swimmer's competition, fine is \$50.00. Fines are payable to North Texas Swimming before swimming in next LSC meet. All fees collected will go to the Bill Nixon Memorial Scholarship Fund.

CHECK-IN / SCRATCH DEADLINES:

Check-in postings will be separated by age and sex.

Check-in has three options:

 √ indicates that the athlete is present and will swim the event.

SCRATCH Indicates the swimmer has scratched from this event.

 Indicates swimmer is not swimming this event for reasons unknown.

Check-in is required for deck-seeded events (400 Free, 400 IM, 1000 Free, and all relays) at the Clerk of Course.

Deadlines*:

Day/Event	Deadline
1000 Freestyle Positive Check-in	5:15 pm on Thursday
500 Freestyle Positive Check-in	8:30 am on Friday
200 Free Relay Cards Due to Clerk of Course	6:00 pm on Friday
400 IM – Positive Check in	8:30 am on Saturday
200 Medley Relay Cards Due to Clerk of Course	6:00 pm on Saturday

WARM-UP SCHEDULE

North Texas Swimming Inc. Safety guidelines and warm-up procedures will be in effect. The first 30 minutes will be a general warm up, all lanes. No sprinting or pace work will be allowed during the general warm up session. NO DIVING will be allowed from the blocks or the edge of the pool. Swimmers shall enter the pool feet first in a cautious manner.

The last 15 minutes of warm up will be:

<u>PUSH PACE</u>	<u>RACING STARTS</u>	<u>GENERAL WARM UP</u>
1 & 8	2, 3, 4, 5, 6 & 7	Warm pool

Push pace lanes: Push off one or two lengths from starting end. Circle swimming only. NO DIVING.
Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction only and exit the pool on the opposite end in the same specified lane.

General warm up lanes: NO DIVING. Circle swimming only.

Warm-up assignments will be posted on the COPS website no later than 5 PM on Monday, January 11, 2016

	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>
7:00 to 7:30	Group 1	Group 2	Group 3
7:30 to 8:00	Group 2	Group 3	Group 1
8:00 to 8:30	Group 3	Group 1	Group 2
8:30 to 8:45	Dive/Sprint Pace for all athletes		

Deck Changing: Deck changing is prohibited.

SPECTATOR SEATING: The top row of seating on either side will be reserved for handicap. Please no coolers or wet swimmers in the stands. NO SAVING OF SEATS or reserving of seats for the next session of the meet will be allowed.

CONCESSIONS: Food will be sold at the Natatorium, in accordance with RISD and Rockwall Health Department regulations.

HOSPITALITY: A hospitality room and complimentary heat sheets will be provided for coaches and officials.

MEET RESULTS: Meet results will be posted on the North Texas Web Page www.ntswwim.org after the conclusion of the meet.

MERCHANDISE: D&J Sports will be on-site.

TIMERS: COPS will try to provide timers for all events, with the exception of distance events and events schedule for the Friday morning session. COPS staff reserves the privilege to request Swimmers of distances races will need to provide their own timers, and counters if applicable. However, if your club has anyone who would like to volunteer to help time, please send them to the Head Timer at any time. There may be a few instances where timers are needed and will be called for from the stands. Swimmers who are competing in the 500 Free, 400 IM or the 1,000 Free need to provide their own timers.

ADMISSION: No admission will be charged for the event for parents in the stands.

ADMISSION TO DECK: Deck Passes will be issued as bag tags to swimmers, coaches, and officials. Safety Marshals will be permitted access to the pool's deck at the discretion of the Head Safety Marshal. All spectators serving as timers will be allowed on deck only while timing. The deck will be closed to all other non-swimmers.

All coaches must present USA Registration Credentials to a Safety Marshal when accessing the pool's deck, and the Meet Referee following first access to the deck. Head Coaches should also provide the names of all attending coaches as part of the meet entries on their Team Summary Sheets.

PSYCHE SHEETS: Psyche sheets will be available for all sessions at a onetime charge of \$15.00 with coupons to redeem for finals heat sheets. Please note that programs will be available in psyche sheet format.

OFFICIALS: An application will be applied for this meet to be used for National Certification for all qualified officials. Approval will be located on the North Texas website (www.ntswim.org). No application for evaluation is required prior to the meet. The application for National Certification will be available on the North Texas Swimming website (www.ntswim.org).

All officials are required to show current USA Swimming credentials to work this meet.

All officials are encouraged to attend an officials meeting one hour prior to the start of each session.

This meeting will review and clarify any rules necessary as well as answer questions. The uniform for all Preliminary sessions and timed finals will be white polo shirt over navy shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate.

Meet Referee	Karen Rourke
National Observer	Gloria Schuldt
Admin Referee	Richele Conner
Timing Judge	Lisa Hughlett
Starter	Scott Leeper
Stroke and Turn Judges	Shannon Whitesell, Stacy Hinson

Meet Director	John Kim
Head Safety Marshal	Mehran Mobasseri

**SPEEDO Greater Southwest Invitational
Schedule of Events**

Thursday, January 14, 2016

Girls Event #	"A" Time	Event Description	"A" Time	Boys Event #
1*	12:41.19	11-12 1000 Free	12:29.09	2*
		13 & over 1000 Free		
3*	12:07.59	13-14	11:30.19	4*
5*	11:52.39	15 & Over	11:05.99	6*

*Swimmers need to provide their own timer for the 400 IM and their own timer and counter for the 1000 yard Freestyle. Please refer to the distance section for specifics on how events will be swum.

Friday, January 15, 2016

Girls Event #	"A" Time	Event Description	"A" Time	Boys Event #
7	1:11.39	10 & under 100 Free	1:10.19	8
9	1:03.09	11-12 100 Free	1:01.89	10
11	1:01.19	13-14 100 Free	56.89	12
13	59.99	15 & Over 100 Free	54.19	14
15	2:54.19	10 & under 200 IM	2:53.69	16
17	2:36.39	11-12 200 IM	2:33.79	18
19	2:28.49	13-14 200 IM	2:18.79	20
21	2:24.79	15 & Over 200 IM	2:12.29	22
23	36.69	10 & under 50 Fly	36.19	24
25	31.89	11-12 50 Fly	31.69	26
27	1:06.59	13-14 100 Fly	1:01.89	28
29	1:05.29	15 & Over 100 Fly	58.99	30
31	2:56.39	11-12 200 Breast	2:49.39	32
33*	6:48.39	10 & under 500 Free	6:42.29	34*
35*	6:07.99	11-12 500 Free	6:02.59	36*
37*	5:52.99	13-14 500 Free	5:33.89	38*
39*	5:43.99	15 & Over 500 Free	5:21.19	40*

*Swimmers need to provide their own timer and counter for the 500 yard Freestyle. Please refer to the distance section for specifics on how events will be swum.

Saturday, January 16, 2016

<i>Girls Event #</i>	<i>"A" time</i>	<i>Event Description</i>	<i>"A" time</i>	<i>Boys Event #</i>
41	2:36.39	10 & under 200 Free	2:31.29	42
43	2:18.19	11-12 200 Free	2:14.79	44
45	2:11.99	13-14 200 Free	2:03.89	46
47	2:09.29	15 & Over 200 Free	1:58.59	48
49	41.99	10 & under 50 Breast	41.89	50
51	37.49	11-12 50 Breast	36.89	52
53	1:16.59	13-14 100 Breast	1:10.79	54
55	1:15.69	15 & Over 100 Breast	1:07.89	56
57	1:21.79	10 & under 100 Back	1:20.09	58
59	1:12.69	11-12 100 Back	1:10.79	60
61	2:24.29	13-14 200 Back	2:15.79	62
63	2:21.19	15 & Over 200 Back	2:09.89	64
65	2:36.39	11-12 200 Fly	2:32.69	66
67	1:21.39	10 & under 100 IM	1:20.39	68
69	1:13.09	11-12 100 IM	1:11.09	70
71		10 & under 200 Free Relay		72
73		11-12 200 Free Relay		74
75		13-14 200 Free Relay		76
77		15 & Over 200 Free Relay		78
79*	5:33.09	11-12 400 IM	5:25.79	80*
81*	5:15.89	13-14 400 IM	4:55.69	82*
83*	5:07.29	15 & Over 400 IM	4:43.79	84*

*Swimmers need to provide their own timer for the 400 IM and their own timer and counter for the 1000 yard Freestyle. Please refer to the distance section for specifics on how events will be swum.

Sunday, January 17, 2016

<i>Girls Event #</i>	<i>"A" time</i>	<i>Event Description</i>	<i>"A" time</i>	<i>Boys Event #</i>
85	1:25.29	10 & under 100 Fly	1:24.79	86
87	1:12.49	11-12 100 Fly	1:10.59	88
89	2:27.79	13-14 200 Fly	2:17.49	90
91	2:22.99	15 & Over 200 Fly	2:11.39	92
93	37.99	10 & under 50 Back	37.79	94
95	33.29	11-12 50 Back	33.09	96
97	1:07.09	13-14 100 Back	1:03.09	98
99	1:05.39	15 & Over 100 Back	59.79	100
101	1:32.39	10 & under 100 Breast	1:30.19	102
103	1:21.69	11-12 100 Breast	1:19.29	104
105	2:46.29	13-14 200 Breast	2:34.69	106
107	2:42.79	15 & Over 200 Breast	2:28.09	108
109	31.89	10 & under 50 Free	31.39	110
111	29.39	11-12 50 Free	28.39	112
113	28.19	13-14 50 Free	25.99	114
115	27.69	15 & Over 50 Free	24.79	116
117	2:33.79	11-12 200 Back	2:30.29	118
119	2:28.49*	13-14 100 IM	2:18.79*	120
121	2:24.79*	15 & Over 100 IM	2:12.29*	122
123		10 & under 200 Medley Relay		124
125		11-12 200 Medley Relay		126
127		13-14 200 Medley Relay		128
129		15 & Over 200 Medley Relay		130

* Swimmers are required to use their 200 IM qualifying time for entry into events 119, 120, 121, and 122.