

Race Level 2 Champs Division 2
Hosted by Rockwall Aquatic Center of Excellence
February 12-14, 2016
Sanction # NT 010-16

Location: RISD Aquatic Center 2 x 25 Yard course with blocks and touch pads. both pools will be used if necessary
1205 T. L. Townsend 8 x 9 foot wide lanes
Rockwall, TX 75087 Daktronics timing system
469-698-7410 4 x 25 yd lanes - continuous WU/WD
In accordance with USA Swimming rules the competition course has not been certified in accordance with 104.2.2C(4), and is not on file with USA Swimming.
The minimum water depth, measured in accordance with Article 103.2.3 is 8'0" at the start end and 8'0" at the turn end.

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.

Schedule:

Friday

4:00 PM warm up
4:45 PM check in due for Friday events
5:00 PM Meet start
6:00 PM check in/ scratch deadline for Saturday events: Saturday Relay cards due

Saturday, & Sunday

8:00 AM Warm up
9:00 Am Meet Start

Finals Saturday and Sunday

4:00 PM Warm up
5:00 PM Meet Start
6:00 PM Saturday check in/ scratch deadline for Sunday events: Sunday Relay cards due

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 seating area. No chairs are allowed in the spectator bleacher area except for "stadium seats". No standing along the railing will be allowed.
In accordance with USA Swimming rule the use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Unattached/Unaccompanied Athletes:

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

Sanction: This meet is held under the sanction of USA Swimming and North Texas Swimming Inc. Sanction number is NT 010-16.

IN GRANTING THIS SANCTION AND BY ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, RISD, ROCKWALL AQUATIC CENTER OF EXCELLENCE 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.

Meet Format: This is a Prelims/Finals meet for all age-groups. Top 16 for 11 & Over events will swim in Finals. Top 8 swimmers will final for 10 and under events. Except the following events; 13 and over 500 free and 400 IM Top 8 in finals only.
12 and under 500 and 13 and over 1650 free is timed final event. All events 400 and longer will be cut at the top 24 athletes who check in and declare. There will only be 3 heats of 400 and over events per age group.
12 and under 500 free is a Timed final event. All 1650 will be combined and only the top 24 boys and girls checked in will get to swim. There will only be 3 total heats of both alternating girl boy.

You must check in for events longer than 400 by 4:45pm Friday for Friday events, and 6 pm Friday for Saturday events and 5 pm Saturday for Sunday events.

All top 8 relays will swim in finals. No option to declare am or pm.

The "A" heat of finals will swim first then the "B" heat

Seeding: All events shall be Pre-seeded with the exception of events longer than 400 (these events will require positive check in). The Events longer than 400 will be swam fastest to slowest Alternating girls and boys.

Relays: Relays must be entered with team entry no later than 6:00pm on February 4th. Top 8 will swim at night. All others will be swum in prelims on a timed final basis.
Relay cards with swimmers names must be turned into the clerk of course by 4:45pm Friday for Friday events and 6pm Friday and Saturday for Saturday and Sunday events.
No relay late entries. All relay members must be registered in the meet.

Scratch Rule: This meet will follow the Scratch Procedure for National Championships indicated in the current USA Swimming Rules and Regulations 207.11.6. Additionally, first and second alternates shall be announced along with the qualifiers for the consolation final heat and / or the final heat. These alternates shall not be penalized if unavailable to compete in the Finals.

Sunday Finals – In an effort to create full heats for Sunday's Finals session, RACE requests that ALL swimmers declare their intention to swim or scratch with the Clerk of Course.
In accordance with North Texas Policies and Procedures 7.3.3.1 Swimmers who no show for Finals, may 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 swimmer's competition, fine is \$50.00. Fines are payable to North Texas Swimming before swimming in the next LSC meet.
7.3.3.2 All fees collected will go to the Bill Nixon Memorial Scholarship Fund.

Eligibility: NO ENTRIES WILL BE ACCEPTED UNLESS THE ENTRANT IS A REGISTERED ATHLETE MEMBER WITH USA SWIMMING, INC. EVERY CLUB ENTERED AS A TEAM IN NORTH TEXAS SWIMMING SANCTIONED MEETS MUST BE A MEMBER OF USA SWIMMING, INC. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer's age as of the start of the meet (February 12th 2016) will determine his/her age for the entire meet.
A swimmer may enter any event in which they have achieved a BB or faster time.

Entries: Each swimmer may compete in a total of Seven (7) individual events plus two (2) relays during the entire meet with no more than Three (3) individual events and one (1) relay during any one day. All seed times should be submitted to the 100th of a second.

All team entries shall be submitted using Hyv file. Email an attached meet entry file, a meet entries report by name, and a meet entry fee report to rockwallswimentries@gmail.com
Swimmers submitting entries on their own should use the NTSI consolidated meet entry form and a complete registration number must be included. Entries with “applied for” or “pending” registration will not be accepted. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules & Regulations 207.9.5.

No deck registrations will be accepted.

Entry Deadline: All entries shall be received not later than 6:00PM Central Time, on February 4th, 2016. Fees shall be mailed and postmarked by the entry date.

Entries without complete USA Swimming numbers will not be accepted.

The name, phone number, and email address of the person preparing team entries shall be provided with the entries.

Entry Fees: \$5.00 Individual \$10.00 Relay
North Texas Swimming charges a \$3.00 per swimmer surcharge entered in the meet.
Extra meet fee is to cover cost of medals

Mail entries to:
Tom Applegate
1205 T. L. Townsend
Rockwall, TX 75087
rockwallswimentries@gmail.com
469-698-7376

Make checks payable to: R.A.C.E.

Proof of Times: All times must be provable in SWIMS (or equivalent international database).

Late Entries: NO LATE ENTRIES

Check-In: Required for events 400 and longer.

Warm Up: North Texas Swimming Inc. safety guidelines and warm-up procedures will be in effect. The first 30 minutes will be a general warm up in 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 per lane will be:

PUSH PACE	RACING STARTS	GENERAL WARM UP
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.

Changing: Deck changing is prohibited.

Awards & Scoring: Medals shall be awarded for 1st – 8th place for individual events by age group. Relay ribbons will be awarded 1st – 3rd place by age group.

Points will be awarded as follows: No Points will be awarded for this meet.

Timers: RACE provides timers for the meet with the exception of the distance events at the end of the sessions. 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 1650 need to provide their own timers and lap counters.

Admission: No admission will be charged for the event for spectators in the stands.

Admission to Deck: Deck Passes will be issued to meet workers, Officials, and Meet Marshals who are working in an official capacity at the meet. Spectators serving as timers will be allowed on deck only while timing. The deck will be closed to all other non-swimmers. All coaches will have USA Registration Credentials checked prior to being allowed on deck.

Heat Sheets: Heat sheets will be available for all sessions at a onetime charge of \$10.00 on Meet Mobile Only

Concessions & Hospitality:

Concessions will be sold by RISD.

Hospitality will be provided for coaches and officials.

Officials: 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 prelim sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate. The uniform for all finals sessions will be navy polo shirt over khaki pants/skirt.

List of Officials/Operations personnel:

Referee – Lorraine Temple Ltemple1013@gmail.com

Admin Referee – Richele Conner

Starter – Kathy Kuipers

Stroke and turn judges – Henry Shim/ Erik Harbin

Meet Director – Dallas Manly dallas.manly@gmail.com

Head Safety Marshall – Tim Conner

SCHEDULE OF EVENTS

Friday - Session 1 – Friday 5:00 pm Meet Start

Girls	Event Description	Boys
1	10/U 500 Free*	2
3	11-12 500 Free*	4
5	OPEN 1650 *	6

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys

Saturday - Session 2&3 – Saturday 9:00 am Meet Start and 5:00pm Meet Start

Girls	Event Description	Boys
7	10/U 200 FREE	8
9	11-12 200 FREE	10
11	13-14 200 FREE	12
13	15/O 200 FREE	14
15	12/U 200 FREE RELAY	16
17	13/O 400 FREE RELAY	18
19	10/U 50 BACK	20
21	11-12 50 BACK	22
23	13-14 200 FLY	24
25	15/O 200 FLY	26
27	11-12 200 FLY	28
29	10/U 50 FREE	30
31	11-12 50 FREE	32
33	13-14 50 FREE	34
35	15/O 50 FREE	36
37	10/U 100 BREAST	38
39	11-12 100 BREAST	40
41	13-14 100 BREAST	42
43	15/O 100 BREAST	44
45	11-12 50 FLY	46
47	10/U 50 FLY	48
49	11-12 200 BACK	50
51	13-14 200 BACK	52
53	15/O 200 BACK	54
55	13-14 400 IM*	56
57	15/O 400 IM*	58

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys

Sunday- Session 4&5 – Sunday 9:00 am Meet Start and 5:00pm Meet Start

Girls	Event Description	Boys
59	10/U 100 BACK	60
61	11-12 100 BACK	62
63	13-14 100 BACK	64
65	15/O 100 BACK	66
67	12/U 200 Medley RELAY	68
69	13/O 400 Medley RELAY	70
71	10/U 200 IM	72
73	11-12 200 IM	74
75	13-14 200 IM	76
77	15/O 200 IM	78
79	11-12 200 BREAST	80
81	13-14 200 BREAST	82
83	15/O 200 BREAST	84
85	13-14 100 FREE	86
87	15/O 100 FREE	88
89	10/U 100 FREE	90
91	11-12 100 FREE	92
93	10/U 100 FLY	94
95	11-12 100 FLY	96
97	13-14 100 FLY	98
99	15/O 100 FLY	100
101	10/U 50 BREAST	102
103	11-12 50 BREAST	104
105	10/U 100 IM	106
107	11-12 100 IM	108
109	13-14 500 FREE*	110
111	15/O 500 FREE*	112

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys