2016 American Long Course
Meet Information
Updated on 4/4/16, Added relays
Updated on 5/27/16, Officials National Evaluation

Wednesday, July 27th - Saturday, July 30th

Lewisville ISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, TX 75067

Entry Deadline is Monday, July 18, 2016

Hosted by Metroplex Aquatics

Meet and Time Trials are held under the sanction of USA Swimming
Sanction # NT 033-16
Important Facts about the Meet

- Meet will be limited to the first 400 athletes.
- All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at [www.usaswimming.org/ome](http://www.usaswimming.org/ome) beginning April 15, 2016, and not later than July 18, 2016 at 6:00PM Central Time. Sectional qualifying time only use 2016 American Long Course Sectional Time in OME. Qualifying meet standard use 2016 American Long Course Meet in OME.
- New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 18, 2016, through Sunday, July 24, 2016. Swimmers may be entered in these events no later than 11:59pm Central Time on Sunday, July 24, 2016 via email to lisa0908@att.net. This process cannot be used to improve the seed time of a prior entry. Normal entry fees apply.
- Maximum of 3 events and 1 relay per day, 7 individual events per meet. Three bonus events will be permitted for each athlete who has a Sectional time standard but not a meet qualifying standard. Unlimited bonus events up to the daily limit will be allowed to all swimmers that have one meet qualifying time standard. **Distance and longer may not be used as bonus events.**
- All prelim sessions will begin at 9:00am, and finals at 5:30pm. Top 4 heats from prelims qualify for Finals. The A heat of Finals will swim first and then followed other heats. Meet will be swum fastest to slowest. **All relays will swim in Finals.**
- Meet will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. Fines will be in place for no shows at finals. Alternates exempt from fine. Prelim no shows will not result in a fine.
- Seeding of the meet, 400 Freestyle, 400 Individual Medley, 800/1500 Freestyle will be swim with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men then the remaining heats alternating women/men. 800/1500 will be a timed final with the fastest heat swum in finals.
- Distance Qualification, Swimmers may qualify for the 400, 800 and 1500 Freestyle events with either the 800 time standard or the 1500 time standard.
- It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information. Any changes will be announced at the General Meeting.
- Team packages will be available for pickup at the General Meeting. All coaches must be prepared to show their credentials to receive a deck pass for the meet.
- Time Trials will be run on Friday conducted provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Open to any swimmer registered with USA Swimming. Time trials count toward the athlete daily limit of 3. Entries close Friday at 11am.
2016 American Long Course
Hosted by Metroplex Aquatics
Lewisville ISD Westside Aquatic Center
Lewisville, TX
July 27 – 30, 2016
Sanction # NT 033-16

Location:
LISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, TX 75067

Facility:
8 lanes, 50 meter course, with 6-25yd continuous warm-up lanes. Colorado timing system and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2, is 7 feet, 0 inches at the start end and 8 feet, 6 inches at the turn end for the competition pool.

Sanction:
This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 033-16.

Liability:
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, LEWISVILLE ISD AND METROPLEX AQUATICS 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.

Rules:
Current USA Swimming, Inc. rules and regulations apply. In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. No balloons or gum allowed in the facility.

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. 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.

Meet Format:
This is a Prelims-Finals (Timed Finals for 800/1500 Freestyle) meet for all ages that qualify with at least one Sectional Time Standard. The meet host reserves the right to run chase starts in prelims. Top 4 heats from prelims qualify for Finals. The A heat of Finals will swim first and then followed other heats. All relays will be sum in Finals.
Order of Events:

**Women’s Events**

Day 1—Wednesday, July 27

(Prelims Begin at 9:00am, Finals begin at 5:30pm)

1. 200 Freestyle  
2. 100 Breaststroke  
3. 100 Backstroke  
4. **800 Freestyle Relay ***  

Day 2—Thursday, July 28

(Prelims Begin at 9:00am, Finals begin at 5:30pm)

5. 200 Backstroke  
6. 100 Freestyle  
7. 400 Individual Medley *  
8. **400 Medley Relay ***  

Day 3—Friday, July 29

(Prelims Begin at 9:00am, Finals begin at 5:30pm)

9. 200 Breaststroke  
10. 100 Butterfly  
11. 400 Freestyle *  
12. **400 Freestyle Relay ***  

Day 4—Saturday, July 30

(Prelims Begin at 9:00am, Finals begin at 5:30pm)

13. 200 Butterfly  
14. 50 Freestyle  
15. 200 Individual Medley  
16. 800 Freestyle **  
17. 1500 Freestyle **  

**Men’s Events**

Day 1—Wednesday, July 27

1. 200 Freestyle  
2. 100 Breaststroke  
3. 100 Backstroke  
4. 800 Freestyle Relay ***  

Day 2—Thursday, July 28

1. 200 Backstroke  
2. 100 Freestyle  
3. 400 Individual Medley *  
4. **400 Medley Relay ***  

Day 3—Friday, July 29

1. 200 Breaststroke  
2. 100 Butterfly  
3. 400 Freestyle *  
4. **400 Freestyle Relay ***  

Day 4—Saturday, July 30

1. 200 Butterfly  
2. 50 Freestyle  
3. 200 Individual Medley  
4. 800 Freestyle **  
5. 1500 Freestyle **

* 400 Freestyle and 400 Individual Medley will be swim with the top 5 seeded heats of women swum first, followed by the top 5 seeded heats of men then the remaining heats alternating women/men.

** 800 and 1500 Freestyle is a Timed Final event with the fastest heat at night, alternating women/men for prelims.

Must provide your own timer and counter for 400 Freestyle, 400 Individual Medley and 800/1500 Freestyle events/

*** All relays will be swum in Finals.

**Meet Eligibility:**

Swimmers must enter with at least one Sectional Time Standard event. No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. No USA Swimming Registrations will be accepted at the meet. Swimmer’s age as of 7/27/16 shall determine his/her age for the entire meet.
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 Preliminary sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki. Official shirt will be provided to all officials that email Scott Leeper at sleeper@centurytel.net confirm the days you will be able to work and give your shirt size. Application has been made for this meet to be designated a National Qualifying Meet for Officials.

Daily Schedule:
7:00am to 8:45am General Warm Up
  8:15am Start Lane 1 push/pace, Lane 2 dive starts
  8:30 to 8:45am Dive/Sprint/Pace
9:00am Prelim Session Starts
End of Prelims Relay cards for finals that evening are due to Clerk of Course
4:15pm to 5:00pm Finalist General Warm-up
5:00-5:15 pm Dive/Sprint/Pace
5:30pm Finals start
6:00pm Event check-in closes for next day distance events

Concessions: Will be available for purchase.

Hospitality: Will be available for all meet officials and coaches.

Meet Administration:
General Meet Information Meet Admin
Brent Mitchell Lisa Stults
972-897-7072 972-741-7416
couchmitchell@metro-aquatics.org lisa0908@att.net

Meet Director
Gary Graham Scott Leeper
214-564-3167 972-523-6869

National Evaluator Barbara Chambers

Warm-up Procedures:
North Texas Swimming, Inc. safety guidelines and warm-up procedures will be in effect at this meet. During general warm up no sprinting or pace work is allowed and no diving is allowed. Swimmers must enter the water feet first in a cautious manner. There will be 15-30 minutes of dive starts and push/pace At 8:15am/4:15pm lane 1 will be push/pace, lane 2 will be for dive starts. At 8:30am lanes 3-7 will also be added for dive starts/pace, Lane 8 will be push/pace lanes, no diving.

Swimmers with Disabilities:
Coaches and or swimmers are responsible for notifying the meet referee or meet director of any disability prior to the completion and for providing their own assistant or equipment. Please contact the meet director/referee at least 2 weeks in advance of the meet to reserve proper equipment.

Entry Limit:
A swimmer may enter up to three (3) individual events (including time trial) and (1) relay per day. Meet limit will be seven (7) individual events total not including time trials. Three bonus events will be permitted for each athlete that has a Sectional time standard but not a meet qualifying standard. Unlimited bonus events up to the daily limit will be allowed to all swimmers that have one meet qualifying time standard. MUST enter the event that you have the qualifying time standard for in order to get the bonus entries. 400 meter distance and longer may not be used as bonus events.

American Long Course
Entry Fee:
Entry fee is $75.00 per swimmer. North Texas surcharge of $3.00 is included in the price. Swimmers entered in the meet can swim time trials for no additional charge.

Mail Checks and OME confirmation to: Metroplex Aquatics
1314 W. McDermott Drive
Suite 106, #521
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

Entry and Fee Deadlines:
Entries in OME are due no later than 6:00 pm on Monday, July 18, 2016. Fees are due no later than Saturday July 23, 2016.

Entry Process:
All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at www.usaswimming.org/ome beginning April 1, 2016, and not later than July 18, 2016 at 6:00PM Central. Sectional time only use 2016 American Long Course Sectional Time OME meet. Qualifying meet standard use 2016 American Long Course Meet. 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 bring all paperwork to the meet.

Entry problems or questions: Lisa Stults at lisa0908@att.net 972-741-7416 (Confirmation will be sent after entries are entered into the database).

New Qualifying Swims
New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 18, 2016, through Sunday, July 24, 2016, may be entered these events no later than 11:59pm Central Time on Sunday, July 24, 2016. This process cannot be used to improve the seed time of a prior entry. Normal entry fees apply. Please send these entries to Lisa Stults at lisa0908@att.net

Late Entries:
No late entries for this meet will be accepted. Time Trial entries will be accepted at the meet.

Distance Freestyle
Swimmers may qualify for the 400, 800 and 1500 Freestyle events using either the 800 or 1500 qualifying standards (i.e. the conforming or non-conforming distance event standards). Swimmers must provide their own timer and counter for all distance events.

Seeding:
Meet will be pre-seeded for all events except the distance events (400 FR, 400 IM, 800/1500 FR). Events shall be seeded in order of conforming times: LCM, non-conforming SCY, and non-conforming SCM. Seed times entered shall be the swimmer’s best time for the stroke and distance. All events will be swum fastest to slowest. Preference of AM/PM for 800/1500 Freestyle to be designated on check-in sheet, top 8 will swim in finals.

Scratch Rule:
This meet will follow the Scratch Procedure for National Championships indicated in the current USA Swimming Rules and Regulations. Additionally, first and second alternates shall be announced along with the qualifiers for the top four heats. These alternates shall not be penalized if unavailable to compete in the Finals.
Scratches from finals:
Swimmers will have 30 minutes from the time the prelim event results are announced to declare their intention to scratch from finals. Scratching will be conducted at Clerk of Course. 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. If the no show is on the final day of swimmer’s competition, fine is $50.00. Fines are payable to North Texas Swimming.
All fees collected will go to the Bill Nixon Memorial Scholarship Fund.

Awards and Scoring:
- Team Awards - Team awards will be presented to the top three Women’s and Men’s teams.
- Individual Awards – Individual event medals will be awarded to 1st – 8th place. Relay medals will be awarded to 1st – 3rd place winners.
- Individual High Point Awards - High Point Awards will be given to the top scoring male and female.

Scoring will be on a sixteen (16) place basis.
Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relays will be double

Admission to Deck:
All athletes and coaches with current USA Swimming registration cards will be issues a deck pass for the meet. This pass must be presented each time you enter the deck.

Meet Program:
Meet programs will be available for purchase for $15. Coupon for finals will be included in the meet program. Finals heat sheets without coupon will be available for $5 each.

Parking/Admission:
Parking and admission for the meet will be free.

Lost & Found:
“Wet” lost and found items will be located on the pool deck. Anything of greater value such as cameras, cell phones, etc. will be taken to the Westside Aquatic Center front desk located at the main entrance. Information. The LISD Westside Aquatic Center and Metroplex Aquatics will not be held liable for lost or stolen items.

About the Facility:
The LISD Westside Aquatic Center is a new facility built in 2014 houses a Myrtha 50 meter pool with 7 lanes of warm down area and a 4 lane therapy pool. State of the art starting blocks and ample deck space. Seating for 1200 spectators and ample locker room facilities.

Pool Hours:
Wednesday, July 27 thru Saturday July 30, 6:30am until 1 hour after finals

Credential Pick-Up:
Credentials can be picked up at the Aquatic Center 7:30am - end of Finals
No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.
All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership card.
Meet Qualifying Time Standards

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Time Trials:
Time Trials will be conducted provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session Friday.

- Time Trials will be conducted in long course meters
- A swimmer is limited to a maximum of two Time Trials, maximum of 3 events per day including meet events swum.
- **Entry fees for Time Trials are $15.00 each. If not in the meet, $3 NT surcharge will be added.**
  - Swimmers entered in the meet, Time Trials are free.
- Time Trials entries will close at 11am Friday
- Time Trial entries will be taken with your meet entries or on-site at the Clerk of Course.

**Any athlete not already entered in the meet MUST present their current registration card or deck pass.** NO DECK REGISTRATIONS WILL BE ACCEPTED.
Meet Updates:
Pertinent information about meet details: lodging, restaurants, warm-up times, etc, will be posted on the Metroplex Aquatics website---[http://www.metro-aquatics.org/](http://www.metro-aquatics.org/) under the American Long Course tab.

Results will be sent to Meet Mobile and Deck Pass Plus Live Results.

Results can be found online at [http://results.teamunify.com/ntsma/](http://results.teamunify.com/ntsma/)