

Adidas Presents  
2019 American Long Course  
Meet Information

Wednesday, July 24<sup>th</sup> - Saturday, July 27<sup>th</sup>

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

Entry Deadline in OME is Monday, July 15, 2019

Hosted by Metroplex Aquatics

Meet and Time Trials are held under the sanction of  
USA Swimming Sanction # NT 026-19



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### Important Facts about the Meet

- Meet will be limited to the first 400 athletes. If last team causes count to go over 400 all swimmers on the last team will be accepted into the meet.
- 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 March 1, 2019, and not later than July 15, 2019 at midnight Central Time. Meet named 2019 American Long Course in OME for entries.
- Times must be achieved between June 1, 2017, and July 14, 2019, dates inclusive.
- New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 15, 2019, through Sunday, July 21, 2019. Swimmers may be entered in their events no later than 11:59pm Central Time on Sunday, July 21, 2019 via email to [lisa0908@att.net](mailto:lisa0908@att.net). This process cannot be used to improve the seed time of a prior entry.
- Maximum of 3 individual events and 2 relays per day. Unlimited bonus events will be permitted for each athlete who has the meet qualifying time standard in at least 1 individual event. MUST enter the event that you have the qualifying time standard for in order to get the bonus entries. Will allow relay only swimmers but all swimmers must pay the meet entry fee.
- All prelim sessions will begin at 9:00am, and finals at 5:30pm. Top 4 heats from prelims qualify for Finals. Meet will be swum fastest to slowest.
- Seeding of the meet - 400 Freestyle and 400 Individual Medley will be swum with the top 3 seeded heats of women swum first, followed by the top 3 seeded heats of men then the remaining heats alternating women/men. 800/1500 will be a timed final swum in prelims, alternating women/men. Relay card names are due by the end of prelims for the day of that relay, all relays will be swum in finals.
- All events will be seeded for the meet on Sunday 7/21/19 at midnight. If you know of a scratch, please send it to the meet admin at [lisa0908@att.net](mailto:lisa0908@att.net).
- It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of information. Any changes will be announced at the General Meeting that will be held Wednesday morning before the first session.
- Team packages will be available for pickup at the front office. All coaches must be prepared to show their credentials to receive a deck pass for the meet.
- Time Trials will be run on Friday and Saturday 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 both days at 11am.

2019 American Long Course  
Hosted by Metroplex Aquatics  
July 24 – 27, 2019

- Sanction #:** NT 026-19  
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- Venue:** 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. Seating for 1200 spectators and ample locker room facilities. Parking and admission for the meet will be free.
- Facility Hours:** Wednesday, July 24 thru Saturday July 27, 6:30am until 1 hour after finals. Pool will be open for travel teams only on Tuesday, but you must contact Shannon Gillespy (gillespys@verizon.net) the Facility Director for approval.
- Facility Rules:** 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. No balloons or gum allowed in the facility.
- Water Depth:** 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 measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C(4).
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2019 with USA Swimming by the meet start date. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- 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.**
- USA Swimming**
- Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2019) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Athlete should also be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Director or designee at any time. Swimmers who late enter will be required to present their USA Swimming ID card or Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.
- Meet Format:** This is a Prelims-Finals (Timed Finals for 800/1500 Freestyle and all relays) meet for all ages that qualify with at least one meet qualifying 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. 50 Br, 50 Fly and 50 back will be entered with associated 100 time for the stroke.

**Qualifying Times:** Swimmers must enter with at least one meet qualifying Time Standard event. Times entered must be achieved between June 1, 2017, and July 14, 2019, dates inclusive. 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.

**Age up Date:** Swimmer's age as of 7/24/19 shall determine his/her age for the entire meet.

**Entry Restrictions:** A swimmer may enter up to three (3) individual events (including time trial). Unlimited bonus events, up to the daily limit, will be permitted for each athlete that has at least one event with the meet qualifying time standard. MUST enter the event that you have the qualifying time standard to get the bonus entries.

**Entry Deadline:** All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). OME entries are due no later than Monday, July 15, 2019 at midnight Central Time. Meet is named 2019 American Long Course in OME for entries. Fees need to be postmarked no later than Saturday July 20, 2019 or may be brought to the meet. See below for address.

**Entry Procedures:** OME will be open for entries on March 1, 2019 and close July 15, 2019 at midnight. 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](mailto:lisa0908@att.net) 972-741-7416 (Confirmation will be sent after entries are entered into the database).

**New Qualifying Swims:** Swims achieving the qualifying time standards for the first time from Monday, July 15, 2019, through Sunday, July 21, 2019, may be entered no later than 11:59pm Central Time on Sunday, July 21, 2019. 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](mailto:lisa0908@att.net)

**Entry Fees:** Entry fee is \$85.00 per swimmer, including relay only swimmers. North Texas surcharge of \$3.00 is included. Relays will be \$15 per relay. Mail Checks and OME confirmation to:

Metroplex Aquatics  
1314 W. McDermott Drive  
Suite 106, #521  
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

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

**Check-In:** Check-in not required for this meet, all events will be pre-seeded on Sunday 7/21/19 after midnight. If you know of a scratch, please send it to the meet admin at [lisa0908@att.net](mailto:lisa0908@att.net)

**Scratch Rule:** No Shows at prelims will be allowed with no penalty.

**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. No Shows for finals will result in removal from the meet.

**Unaccompanied Swimmers:** 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 without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges. 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.

**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.

**Meet Program:** Meet programs will be available for purchase for \$20. Coupon for distance events and finals will be included in the meet program. Heat sheets without coupon will be available daily for \$5 each. Results will be available on meet mobile.

**Concessions:** Available for purchase.

**Hospitality:** Available for all meet officials and coaches.

**Cell Phone Restrictions:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Drone Restrictions:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Deck Changing:** Deck changes are prohibited.

**Meet Staff: General Meet Information**

Brent Mitchell  
972-897- 7072  
[coachmitchell@metro-aquatics.org](mailto:coachmitchell@metro-aquatics.org)

**Meet Admins**

Lisa Stults and Karen Rourke  
972-741-7416  
[lisa0908@att.net](mailto:lisa0908@att.net)

**Meet Director**

Gary Graham  
214-564-3167  
[Grahams796@gmail.com](mailto:Grahams796@gmail.com)

**Meet Referee**

Jane Maxvill  
214-202-4296  
[jemcruiser@hotmail.com](mailto:jemcruiser@hotmail.com)

**Starters:** Gloria Schuldt and Mike McDonald

**Stroke & Turn Officials:** Ron Weimer, Jeff Madden, Michael Blahnik, Michele Morgan

**Head Safety Marshall:** Dana Madden

**Club Safe Sport Chair:** Matt Franks

**Officials:** All currently (2019) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2019 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. 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 Jane Maxvill at [jemcruiser@hotmail.com](mailto:jemcruiser@hotmail.com) to confirm the days you will be able to work and give your shirt size.

**Timers:** The host team will attempt to provide timers for this meet. If you would like to help, please check in at clerk of course. Swimmers must provide their own timer and counter for all distance events, 400 and longer in the prelim sessions.

**Awards/Score:** Individual Awards – Individual event medals will be awarded to 1<sup>st</sup> – 8<sup>th</sup> place.

Individual High Point Awards - High Point Awards will be given to the top scoring male and female.

Team Awards - Team awards will be presented to the top three Women's and Men's teams.

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 double.

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

**Credential Pick-Up:** Credentials can be picked up at the Aquatic Center 7:00am - end of Finals each day

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 on deck pass.

**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  
 Relay cards due end of Prelim sessions daily  
 4:15pm to 5:00pm Finalist General Warm-up  
 5:00-5:15 pm Dive/Sprint/Pace  
 5:30pm Finals start

**Order of Events:**

<i>Women's Events</i>	<b>Day 1– Wednesday, July 24</b>	<i>Men's Events</i>
	<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>	
1	200 Medley Relay ***	2
3	50 Butterfly	4
5	200 Freestyle	6
7	100 Breaststroke	8
9	100 Backstroke	10
11	200 Freestyle Relay ***	12
13	1500 Freestyle **	
	800 Freestyle **	14

<i>Women's Events</i>	<b>Day 2– Thursday, July 25</b>	<i>Men's Events</i>
	<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>	
15	50 Breaststroke	16
17	200 Backstroke	18
19	100 Freestyle	20
21	50 Backstroke	22
23	400 Individual Medley *	24
25	800 Freestyle Relay ***	26

<i>Women's Events</i>	<b>Day 3– Friday, July 26</b>	<i>Men's Events</i>
	<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>	
27	200 Breaststroke	28
29	100 Butterfly	30
31	400 Freestyle *	32
33	400 Freestyle Relay ***	34

<i>Women's Events</i>	<b>Day 4– Saturday, July 27</b>	<i>Men's Events</i>
	<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>	
35	200 Butterfly	36
37	50 Freestyle	38
39	200 Individual Medley	40
41	400 Medley Relay ***	42
43	800 Freestyle **	
	1500 Freestyle **	44

\* 400 Freestyle and 400 Individual Medley will be swum with the top 3 seeded heats of women swum first, followed by the top 3 seeded heats of men then the remaining heats alternating women/men.

\*\* 800 and 1500 Freestyle is a Timed Final that will be swum at the end of Prelim sessions, alternating women/men events 13/14 and 43/44.

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 Qualifying Time Standards:** One qualify time, unlimited bonus up to daily limit. Must enter qualify event.

American Long Course Champs						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:20.09	4:42.49	5:02.99	400/500 Free	4:43.69	4:22.39	4:59.09
11:03.29	9:42.49	9:57.59	800/1000 Free	9:22.69	9:08.59	10:22.09
18:48.39	18:32.09	19:06.29	1500/1650 Free	17:50.49	17:25.99	17:21.19
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:47.49	5:18.39	5:25.09	400 IM	5:00.99	4:52.79	4:24.19
3:49.96	4:13.96	4:21.96	400 Free Relay	3:58.36	3:49.56	3:27.96
8:15.56	9:07.16	9:24.36	800 Free Relay	8:43.16	8:21.96	7:34.36
4:12.46	4:41.86	4:52.16	400 Medley Relay	4:26.26	4:14.96	3:50.89

**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 and Saturday.

- 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.
- Swimmer must provide timer and counter (if needed).
- Entry fees for Time Trials are \$20.00 each. Athletes not in the meet must pay the \$3 NT surcharge as well.
- Time Trials entries will close at 11am Friday and 11am Saturday.
- Time Trial entries will be taken on-site at the Clerk of Course. Any registered USA swimmer may enter time trials.

**Any athlete not already entered in the meet MUST present their current 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/> 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/ntsmal/>

# NORTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
  - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
  - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
  - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.

III. Safety Guidelines

- a. Coaches are responsible for the following:
  - 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
  - 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
  - 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
  - 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
  - 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  - 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
  - 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
  - 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

***NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.***