

Division 1 Level 2(BB & UP) Long Course Championships
Hosted by: North Texas Nadadores (NTN)
July 11-13, 2014
NT-Sanction # NT 054-14

Location:

Carroll ISD Natatorium
1501 W. Southlake Blvd
Southlake, Texas 76092
(817) 949-8200

Facility: 8 lane, 50m pool with 2-25yd continuous warm-up lanes. Colorado timing system will be utilized. Ample seating and dressing space are provided. Only coaches, athletes and officials will be allowed on the pool deck, and no folding chairs will be allowed in the spectator seating area. The competition course has not been certified in accordance with 104.2.2C(4). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rules. The water depth of the competition course in accordance with USA Swimming rule 202.3.7 is 13 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

Schedule:	Session 1 (FRI) Prelims	Group 1 7:30- 8:00 Group 2 8:00-8:30 Combined Starts 8:30-8:45	Meet Starts 9:00 am
	Session 2 (FRI) Finals	4:00-4:45 pm	Meet Starts 5:00 pm
	Session 3 (SAT) Prelims	Group 1 7:30- 8:00 Group 2 8:00-8:30 Combined Starts 8:30-8:45	Meet Starts 9:00 am
	Session 4 (SAT) Finals	4:00-4:45 pm	Meet Starts 5:00 pm
	Session 5 (SUN) Prelims	Group 1 7:30- 8:00 Group 2 8:00-8:30 Combined Starts 8:30-8:45	Meet Starts 9:00 am
	Session 7 (SUN) Finals	4:00-4:45 pm	Meet Starts 5:00 pm

NTN reserves the right to run chase starts or alter starting times based on the meet size/ entries.

Teams: FAST, MAC, MARS, NTN, MTRO-FW, SWAT, SNAP, TRS, TCU

Warm-up: General warm-up will last for 30 minutes of each warm-up session with NO DIVING. The combined 15 minute starts and pace will allow diving, as noted below.

The diving period shall be as follows:

Lanes 1 and 8 – push swims from the starting end, NO DIVING

Lanes 2 through 7 – racing starts, one way only from the blocks

**The meet director in conjunction with the meet referee may adjust the warm up assignments if the entries for the meet make the warm up session disproportionately large. They shall attempt to even the number of swimmers in each session. All teams involved should be notified not less than 72 hours prior to the beginning of the first warm up session of the meet. The meet referee may, at his/her discretion, open additional lanes for racing starts, should the situation dictate.

Warm-up groups will be posted on www.ntnadadores.com by July 7, 2014

Rules: Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.

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 not allowed. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, by North Texas Swimming Inc. Sanction # NT 054-14.

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, NTN and CARROLL ISD 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 IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.

Age: Swimmer's age as of July 11, 2014

Eligibility: No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the "BB" qualifying time standard or faster. Swimmer's age as of 7/11/14 shall determine their age for the entire meet. 15 and over swimmers will use the 15-16 national age group time standard. Only swimmers registered with North Texas Swimming may enter the meet. **NO DECK Registrations will be accepted.**

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 Fees/Entry Limit: Each swimmer may participate in three (3) individual events and one (2) relay per day. The \$3.00 surcharge per swimmer will apply. Entry Fees are a \$4.50 per individual event and \$9.00 per relay event. Late entries will be accepted until 30 minutes before the start of each session at \$13.50 per individual event. There will not be any late entries for relays. Relay entries must be submitted by the entry deadline. All late entries must be accompanied by proof of registration and a current SWIMS best times printout. These times may be looked up for a \$5.00 fee by the host club.

Entry Deadline: Entries must be received by **6:00 PM, Thursday, July 3, 2014**. Entries must be submitted by Email, to bill.christensen@southlakecarroll.edu with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed to: Individual E-mail entries will not be accepted.

All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to CISD.

•Fees shall be mailed and postmarked by Saturday, July 5, 2014

Checks for entry fees shall be made payable to CISD.

Entry fees should be mailed to

Carroll ISD Aquatic Center
Attn: Bill Christensen
1501 W. Southlake Blvd.
Southlake, TX 76092

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

•All teams shall provide a printout of meet entry fees and a printout of individual entries, by name.

Awards and Scoring: Medals will be awarded for places 1-3 Ribbons will be awarded for places 4-8.

Relay events will be awarded ribbons for place 1-3.

Point as follows, Individual: 9-7-6-5-4-3-2-1 Relay: 18-14-12-10-8-6-4-2

Meet Format: This is a Prelims-Finals meet for all age-groups with the exception of; relays, 10 & Under 400 Free, 11&Older 800 Free, and 11 & Over 1500 Free. Those events will be swum in prelims. For the 800 and 1500 Frees, swimmer may only chose to swim one distance. The 800 and 1500 Free events will be swum together but scored by age group (11-12, 13-14, and 15 & Over). The 800 and 1500 Free will be also be swum fast to slow, alternating women than men. 800 and 1500 Swimmers must provide his or her own timer and counter.

10 & Under events will swim the top 8 qualifiers from Prelims in Finals (less relays and 400 Free). 11-12, 13-14, and 15 & Over events will swim the top 16 qualifiers from Prelims in Finals (less relays 400 Free, 400 IM, 800 and 1500 Free). The A heat of Finals will swim first and then followed by the B heat.

Finals: 10 & Under events will swim the top 8 qualifiers from Prelims in Finals. 11-12, 13-14, and 15 & Over events will swim the top 16 qualifiers from Prelims in Finals. There will only be an A Final for the 11-12, 13-14, and 15 & over age groups for the 400 Free and the 400 IM.

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.

7.3.3.1 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 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.

Seeding: Friday, Saturday and Sunday events will be conducted as prelims and finals, except for relays, 10 & Under 400 Free and events 800 meters and longer. The 10 & Under 400 Free, 800 and 1500 Free will be all be swum in prelims. Seed times entered should be the swimmer's best times for the stroke and distance. **All events will be swum fastest to slowest.**

Check In: Positive check-in is required for all timed final and prelim events. The check-in deadline is 30 minutes prior to the scheduled start of the event. There are 3 check-in options:

√ - indicates swimmer will swim the event.

Scr - indicates swimmer will not swim the event

___ - indicates the swimmer will not be swimming the event

Psych Sheet: Psych Sheets will be available for all sessions at a one time charge.

Timers: NTN will provide timers for the meet, however, if you would like to volunteer, please see the Head Timer.

Results: Final results will be posted on the NT website ten (10) days of the last day of the meet.

Admissions and Concessions: No admission will be charged. Food concessions will be available.

Hospitality: A Hospitality area will be provided for coaches and officials.

List of Officials:

Meet Referee: Traci Johnson

Starter: Jason Johnson

Stroke and Turn Judges: Chris Hochman and Helen Hallaron

Admin Official: Malcolm Brown

Head Safety Marshal: Andy Ringgold

Meet Director: Dawn VandeBerg

ORDER OF EVENTS**Friday**

Event #	Faster Than	Event	Faster Than	Event #
1	3:14.19	11-12 200 Fly	3:08.09	2
3	2:59.49	13-14 200 Fly	2:49.59	4
5	2:55.89	15 & Over 200 Fly	2:41.49	6
7		10 & Under 400 Free Relay		8
9		11-12 400 Free Relay		10
11		13-14 400 Free Relay		12
13		15 & Over 400 Free Relay		14
15	47.89	10 & Under 50 Fly	46.79	16
17	38.79	11-12 50 fly	39.29	18
19	3:00.29	15 & Over 200 IM	2:45.49	20
21	3:05.29	13-14 200 IM	2:53.69	22
23	3:13.49	11-12 200 IM	3:11.39	24
25	3:43.89	10 & Under 200 IM	3:42.49	26
27	1:33.89	15 & Over 100 Breast	1:25.49	28
29	1:35.49	13-14 100 Breast	1:28.09	30
31	1:41.89	11-12 100 Breast	1:39.99	32
33	2:01.69	10 & Under 100 Breast	1:58.39	34
35	6:51.59	10 & Under 400 Free	6:44.59	36
37	5:56.49	11-12 400 Free	5:48.69	38
39	5:41.19	13-14 400 Free	5:27.89	40
41	5:34.69	15 & Over 400 free	5:12.79	42

Saturday

Event #	Faster Than	Event	Faster Than	Event #
43	3:12.89	11-12 200 Back	3:08.29	44
45	2:59.39	13-14 200 Back	2:49.89	46
47	2:55.79	15 & Over 200 Back	2:41.39	48
49		10 & Under 200 Medley Relay		50
51		11-12 200 Medley Relay		52
53		13-14 200 Medley Relay		54
55		15 & Over 200 Medley Relay		56
57	49.59	10 & Under 50 Back	49.49	58
59	41.69	11-12 50 Back	41.49	60
61	1:14.09	15 & Over 100 Free	1:07.39	62
63	1:15.49	13-14 100 Free	1:10.79	64
65	1:18.99	11-12 100 Free	1:16.29	66
67	1:32.19	10 & Under 100 Free	1:30.89	68
69	1:19.99	15 & Over 100 Fly	1:12.69	70
71	1:21.79	13-14 100 Fly	1:16.29	72
73	1:29.69	11-12 100 Fly	1:28.29	74
75	1:53.99	10 & Under 100 Fly	1:52.79	76
77	3:37.89	11-12 200 Breast	3:33.59	78
79	3:26.69	13-14 200 Breast	3:14.49	80
81	3:21.19	15 & Over 200 Breast	3:04.09	82
83		13 & Over 800 Free Relay		84
85	6:52.09	11-12 400 IM	6:42.49	86
87	6:30.39	13-14 400 IM	6:08.79	88
89	6:18.79	15 & Over 400 IM	5:51.59	90

<u>Sunday</u>					
Event #	Faster Than	Event	Faster Than	Event #	
91	3:23.39	10 & Under 200 Free	3:13.29	92	
93	2:50.69	11-12 200 Free	2:46.19	94	
95	2:42.69	13-14 200 Free	2:33.79	96	
97	2:39.49	15 & Over 200 Free	2:27.89	98	
99		10 & Under 200 Free Relay		100	
101		11-12 200 Free Relay		102	
103		13-14 200 Free Relay		104	
105		15 & Over 200 Free Relay		106	
107	1:48.39	10 & Under 100 Back	1:43.89	108	
109	1:31.09	11-12 100 Back	1:30.09	110	
111	1:23.69	13-14 100 Back	1:18.99	112	
113	1:22.29	15 & Over 100 Back	1:15.49	114	
115	54.69	10 & Under 50 Breast	54.69	116	
117	45.59	11-12 50 Breast	45.99	118	
119		11-12 400 Medley Relay		120	
121		13-14 400 Medley Relay		122	
123		15 & Over 400 Medley Relay		124	
125	40.69	10 & Under 50 Free	39.69	126	
127	35.99	11-12 50 Free	35.09	128	
129	34.89	13-14 50 Free	31.99	130	
131	34.29	15 & Over 50 Free	30.19	132	
133*		11 & Over 800 Free		134*	
	12:30.19	11-12	12:19.59		
	11:41.99	13-14	11:21.79		
	11:30.19	15 & Over	10:50.69		
135*		11 & Over 1500 Free		136*	
	23:55.39	11-12	23:35.29		
	22:23.09	13-14	21:35.29		
	22:09.69	15 & Over	20:43.39		

*Qualified Swimmers may swim either the 800 Free or the 1500 Free but not both.

The 800 and 1500 Free events will be swum together (by distance) but scored by age group (11-12, 13-14, and 15 & Over). The 800 and 1500 Free will be also be swum fast to slow, alternating women than men. 800 and 1500 Swimmers must provide his or her own timer and counter.