

2014 NT Metro Level 1 Meet
Hosted by Metroplex Aquatics
October 10 – 12, 2014
Sanction # NT 047-14

Revised Event section per April HoD meeting. 6/30/14

Location: Lewisville ISD Aquatic Center 5729 Memorial Dr. The Colony, Texas 75056 (469-948-2750)

FACILITY: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized. The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool. 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for the other competition pool.

Sanction: This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 047-14.

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.

Schedule:

	Day	Warm-Up	Meet Starts
Session 1	Friday October 10	5:00-5:45 pm	6:00 pm
Session 2	Saturday October 11	8:00-8:45 am	9:00 am
Session 3	Sunday October 12	8:00-8:45 am	9:00 am

Warm-up groups may be modified at the meet director's discretion. Any changes will be posted on the Metroplex Aquatics Swim Team website at www.metro-aquatics.org on Tuesday, 10/7/14.

Warm-up Procedures: North Texas Swimming, Inc. safety guidelines and warm-up procedures will be in effect at this meet.

General warm up will occur in all 16 lanes for 30-minutes. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. Following the general warm-up session, 15 minutes of dive starts and push/pace will be allowed; lanes 2 thru 7 in both pools will become dive start lanes (one way only from the blocks) and lanes 1 and 8 in both pools will be push/pace lanes, no diving.

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. 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.

Eligibility: 13 & Over Swimmers with a 15/16 "AA" time standards in the event entered. No Times (NT) will not be accepted. 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 10/10/14 shall determine his/her age for the entire meet.

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 and Limit: A swimmer may enter up to four (4) individual events and one (1) relay per day. Entry fees are \$4.75 per individual event and \$8.00 per relay. North Texas surcharge of \$3.00 per swimmer will be charged.

Entry Deadline: Zipped team manager/team unify entry file must be submitted by email with an attached document of the meet entries report by name and a meet entry fee report. Please include the team name, preparer's name, phone number and email address so that confirmation can be sent to the person who prepared the entries.

Email Entries to: Lisa Stults at lisa0908@att.net (Confirmation will be sent after entries are received).

Problems or questions call 972-741-7416

Individual entries and entry fees are due no later than 6:00 pm on Thursday, October 2, 2014.

Late Entries: Late entries will accepted up to 30 minutes prior to the start of each session at \$14.25 per individual event. Any athlete late entering the meet that is not already entered in the meet MUST present their current registration card or deck pass. Any athlete late entering an event MUST present a current print out of their short course and long course best times from SWIMS on the USA Swimming Website or deck pass.

NO DECK REGISTRATIONS WILL BE ACCEPTED.

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

Make checks payable to Metroplex Aquatics.

Seeding: All events will be conducted as timed finals and will be deck seeded. Seed times entered shall be the swimmer's best time for the stroke and distance. **All events will be swum fastest to slowest.**

Check-In: Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of the event.

There are three check-in options: Indicates swimmer will swim the event.

SCR Indicates swimmer will not swim the event.

Indicates swimmer will not swim the event.

Meet Program: Psych sheets will be available for a one-time \$5 charge.

Awards and Scoring: Ribbons will be awarded for individual events 1st - 8th and relays events 1st - 3rd awarded by age groups. Individual Events 9-7-6-5-4-3-2-1 Relays are double points.

Concessions: Concessions will be available for purchase.

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

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

Meet Referee: Jane Maxvill

Starter: Mike McDonald and Scott Leeper

Stroke & Turn: Julie Ayers, Komal Ohri, Karen Blanchard and Jana Morrison

Head Safety Marshal: Jennifer Looney

Admin Officials: Ginger Brennecke & Lisa Stults

Meet Director: Gary Graham

Schedule of events:

Session 1- Friday, October 10, 2014				
Warm Ups- 5:00-5:45PM, Meet Starts- 6:00PM				
Girls	Qualifying Time	Event Description	Qualifying Time	Boys
1	4:54.49	Open 400 IM	4:32.19	2
3	5:29.69	Open 500 Free **	5:07.79	4

**Swimmers must provide their own timer and lap counter.

Will be swum fastest to slowest, alternating heats of women and men.

Session 1- Saturday, October 11, 2014				
Warm Ups- 8:00-8:45AM, Meet Starts- 9:00AM				
Girls	Qualifying Time	Event	Qualifying Time	Boys
5	2:03.89	Open 200 Free	1:53.59	6
7	Open 200 Free Relay			8
9	1:12.49	Open 100 Breast	1:05.09	10
11	2:15.29	Open 200 Back	2:04.49	12
13	26.59	Open 50 Free	23.79	14
15	1:02.59	Open 100 Fly	56.49	16
17	11:22.69	Open 1000 Free **	10:38.29	18

**Swimmers must provide their own timer and lap counter.

Will be swum fastest to slowest, alternating heats of women and men.

Session 1- Sunday, October 12, 2014				
Warm Ups- 8:00-8:45AM, Meet Starts- 9:00AM				
Girls	Qualifying Time	Event	Qualifying Time	Boys
19	2:16.99	Open 200 Fly	2:05.89	20
21	Open Medley Relay			22
23	2:18.69	Open 200 IM	2:06.79	24
25	57.49	Open 100 Free	51.99	26
27	2:35.99	Open 200 Breast	2:21.99	28
29	1:02.69	Open 100 Back	57.29	30
31	18:58.69	Open 1650 Free **	17:53.29	32

**Swimmers must provide their own timer and lap counter.

Will be swum fastest to slowest, alternating heats of women and men.