

**2014 NT Metro 'No Time'**  
**Closed meet for Metroplex Aquatics and City of Richardson Swim Team**

**September 19-21, 2014**

**SANCTION # NT 045-14**

**Revised on 9/29/14 to include COR at the meet.**

**Location:** Don Rodenbaugh Natatorium, 110 E Rivercrest, Allen, TX 75002.

**Facility:** The facility is a 10 lane, 25-yard indoor pool with Daktronics Timing System, separate warm-up/warm-down pool.

**Pool Measurement:** The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth measured in accordance with Article 103.2.3 is 6 ft. deep on the start end. There are various depths at the turn end; lanes 1-3 are 12 ft. deep, lanes 4-7 are 7 ft. deep and lanes 8-10 are 6 ft. deep.

**Sanction:** This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 045-14.

**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, CITY OF ALLEN, ALLEN 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.

<b>Schedule:</b>	Day	Warm-Up	Meet Starts
Session I	Friday September 19	All swimmers – 5:15-5:45 pm	6:00 pm
Session II	Saturday September 20	Group 2 -- 7:15-7:45 am Group 1 – 7:45-8:15 am	8:30 am
Session III	Sunday September 21	Group 1 -- 7:15-7:45 am Group 2 – 7:45-8:15 am	8:30 am

Warm-up groups may be modified at the meet director's discretion. Groups assignments will be posted on the Metroplex Aquatics Swim Team website at [www.metro-aquatics.org](http://www.metro-aquatics.org) on Tuesday, 9/16/14.

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

**General Warm-up (20 minutes)**

- All lanes to be used for general warm-up.
- NO diving, sprinting or pace work during general warm-up.
- Swimmers shall enter the pool feet first in a cautious manner.

**Specific Warm-up (last 10 minutes)**

- Lanes 1 & 10      Push/Pace      Circle swimming only, NO DIVING.
- Lanes 2 & 9      General warm-up      Circle swimming only. NO DIVING.
- Lanes 3,4,5,6,7 & 8      Racing starts      Swimming one direction only. Exit far end of pool.

**Rules:** Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. 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. *ALL SPECTATORS MUST REMAIN IN THE SEATING AREA.*

**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:** Meet is open to only Metroplex Aquatics and City of Richardson Swim Team and associated unattached swimmers. Any swimmer that has NEVER swum the entered event in a USA swim meet can enter that event in this meet. Only NT (No Times) will 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. USA Swimming Registrations will be not be accepted at the meet. Swimmer's age as of 9/19/14 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 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.

**Individual entries and entry fees are due no later than 6:00 pm on Thursday, September 11, 2014.**

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

**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. 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. **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

**Email Entries to:** Lisa Stults at [lisa0908@att.net](mailto:lisa0908@att.net) (Confirmation will be sent after entries are received.)  
Problems or questions call 972-741-7416

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

Make checks payable to Metroplex Aquatics. Entry fees are due no later than Friday, September 12, 2014.

**Seeding:** All events will be conducted as timed finals and will be pre-seeded. Seed times entered shall be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) shall be entered. Only No Times are allowed at this meet.

**Check-In:** Positive check-in is NOT required. The check-in will be posted for swimmer/parent practice only. 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:** Heat sheets will be available for a one-time \$5 charge.

**Awards and Scoring:** Ribbons will be awarded for individual events 1<sup>st</sup> - 8<sup>th</sup> by age groups. No scoring at this meet.

**Additional Information:** Admission and parking are free.

**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 Director:** Gary Graham

**Head Safety Marshal:** Jennifer Looney

**Meet Referee:** Scott Leeper

**Starters:** Karen Blanchard and Julie Ayers

**Stroke & Turn:** Mike McDonald, Komal Ohri, and Jana Morrison

**Admin Official:** Lisa Stults and Jane Maxvill

**Schedule of Events:**

<u>Girls</u>	<u>Friday</u> 9/19/14	<u>Boys</u>
1	8&Under 25 Freestyle	2
3	8&Under 25 Backstroke	4
5	8&Under 25 Breast	6
7	8&Under 25 Fly	8
9	8&Under 100 IM	10
11	8&Under 50 Free	12

<u>Girls</u>	<u>Saturday</u> 9/20/14	<u>Boys</u>
13	11&Over 1000 Freestyle **	14
15	12&Under 200 IM	16
17	13&Over 200 IM	18
19	12&Under 100 Freestyle	20
21	13&Over 100 Freestyle	22
23	12&Under 50 Backstroke	24
25	11&Over 200 Backstroke	26
27	12&Under 100 Breast	28
29	13&Over 100 Breast	30
31	12&Under 50 Fly	32
33	11&Over 200 Fly	34
35	12&Under 200 Freestyle	36
37	13&Over 200 Freestyle	38

\*\* Athletes must provide own timer and counter

<u>Girls</u>	<u>Sunday</u> 9/21/14	<u>Boys</u>
39	12&Under 100 IM	40
41	11&Over 400 IM	42
43	12&Under 50 Freestyle	44
45	13&Over 50 Freestyle	46
47	12&Under 100 Backstroke	48
49	13&Over 100 Backstroke	50
51	12&Under 50 Breast	52
53	11&Over 200 Breast	54
55	12&Under 100 Fly	56
57	13&Over 100 Fly	58
59	12&Under 500 Freestyle **	60
61	13&Over 500 Freestyle **	62

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4 individual events per day swim limit

