

**2014 ATAC-NT “Level 3” Division 3  
“End of Summer” Short Course Swim Meet  
Hosted by Academy of Texas Aquatic Champions (ATAC)  
July 18-20, 2014  
Sanction # NT 056-14**

**Location:** Loos-DISD Natatorium  
3815 Spring Valley Road, Addison, Texas, 75001  
Phone: (972) 888-3191

**Facility:** Two indoor 25-yard eight-lane pools with Colorado Timing System for competition and an additional 20 yd. 2-lane pool for warm-up/warm down. Ample parking is available and ample bleacher seating provided for spectators.

The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth of the competition course is 7 feet measured from 1 meter to 5 meters at the starting end of the east (deep) course. Should it be necessary to use the west (shallow) pool, the starting depth is 4 feet.

**Schedule:** Session 1 – Friday: Warm-Up 5:00 pm, Meet Starts 5:45 pm  
Session 2 – Saturday: Warm-Up 8:15 am, Meet Starts 9:00 am  
Session 3- Saturday: Warm-up 12:00 pm\*, Meet Starts 12:45 pm  
Session 4 – Sunday: Warm-Up 8:15 am, Meet Starts 9:00 am  
Session 5- Sunday: Warm-up 12:00 pm\*, Meet Starts 12:45 pm

**\* or 30 minutes after morning session—approximate start times will be posted on ATAC web site and coaches notified by email by Monday, July 15<sup>th</sup>**

**Warm-Up:** General warm-up in all lanes during the first 20 minutes. No sprinting or pace work is allowed during this period. NO DIVING during general warm-up. Swimmers must enter the water feet first. During the last 10 minutes of warm-up, the following procedures will be followed:

**Lanes 1 & 8** Push starts, pace lanes, from start end. NO DIVING.

**Lanes 2 - 7** Racing starts, sprint lanes, swimming in one direction only, from the starting blocks.

For the non-competition pool, all lanes are general warm-up only during warm-up and throughout the meet. Push starts, pace, circle swimming only. NO DIVING.

**Sanction & Liability:** This meet is held under the sanction of USA Swimming, Inc. The sanction number is NT 056-14. **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, ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC), AND DALLAS INDEPENDENT SCHOOL DISTRICT (DISD) SHALL BE FREE FROM ANY LIABILITIES OR 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 THIS 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. North Texas Swimming safety guidelines and warm-up procedures will be in effect. **In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, timers and meet personnel only.** 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, unaccompanied by a USA Swimming member coach, 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. 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.

**Eligibility:** No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. **No deck USA registrations will be accepted.** Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet shall be a member of USA Swimming, Inc. Swimmer's age as of 7/18/14 shall determine his/her age for the entire meet. A swimmer age 12 and under may enter any event for which he/she is eligible to compete at the "B/C" level. 12 and under swimmers may not enter any event in which he/she has achieved a "BB" time. 13 and over swimmers may swim any event they do not have the "A" time.

Session 1 will be a 10 & Under Novice Session (slower than "B" times). Once swimmers achieve a "B" time in an event they can no longer swim that event in the novice session. Swimmers with 2 or more "B" times cannot compete in the novice session

**Entry Limit:** Each swimmer may participate in a maximum of four (4) individual events and one (1) relay per day.

**Entry Fees:** Entry fees are \$3.75 per individual event and \$7.00 per relay event. North Texas Splash Fee surcharge \$ 3.00/athlete. Entry fees shall be postmarked and mailed by Thursday, July 11, 2014. Please make checks payable to **ATAC Swim Club** and send to:

ATAC Swim Club Treasurer  
P.O. Box 802312  
Dallas, Texas 75380

**Entry Deadline:** Entries must be received by **6:00PM on Thursday, July 10, 2014** via email to: [entries@atacswim.com](mailto:entries@atacswim.com) at with an attached file of the meet entries report by name and a meet entry fee report in accordance with NT Swimming Policies and Procedures. The name, phone number and email address of the person preparing team entries shall be provided with the entries. Late entries will be accepted up until 30 minutes prior to the scheduled start of each session at \$11.25 per individual event.

***The swimmer's USA Swimming ID card and proof of time from the USA Swimming site (SWIMS) must accompany all late entries.*** Relay entries for all sessions will be accepted up until 30 minutes prior to the scheduled start of each session at \$7.00 per relay.

**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. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered.

**Check In:** Positive check in is required for all events except the 8 & Under individual events for Session 1. The check in deadline is 30 minutes prior to the scheduled start of each 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

**Psych Sheet:** Psych sheets will be available for all sessions for a one-time charge of \$5.00.

**Scoring:** Events will be scored by age group as follows:

Individual Events: 1st - 8th; 9-7-6-5-4-3-2-1, respectively

Relay Events: 1st – 8th; 18-14-12-10-8-6-4-2, respectively

**Awards:** Ribbons will be awarded as follows: 1st – 8th place for individual events by age group (7 & Under will be awarded separately in the 8 & Under events) and 1st – 3rd place for relay events by age group. All swimmers in the 8 & under events who swim an individual event faster than their seed time will be awarded a BEST TIME ribbon by the timer in their lane. If a swimmer has entered a “NO TIME” (NT), the swimmer is not eligible for this award.

**Results:** A copy of the final results will be posted to the North Texas Swimming website within ten days of the conclusion of the meet.

**Concessions:** Food concessions will be available for purchase by swimmers and spectators by DISD.

**Hospitality:** Hospitality will be available for coaches, officials and meet personnel.

**Timers:** Volunteer timers will be greatly appreciated. All swimmers in the 500 Free must provide their own timer and lap counter.

**Officials:** Referee – Mike Gentry

Starter – Scott Leeper

Stroke and Turn Judges – Ruchi Srivrstava, Jeff Stathatos

Meet Director – Sherry Gentry

Head Safety Marshall – Fernando Suarez

**Session 1- Friday, July 18, 2014 Novice 10 & Under/8 & Under**  
**Warm-Up at 5:00 pm Meet Starts at 5:45 pm**

<b>Girls</b>	<b>Slower than “B” Time</b>	<b>Event Description</b>	<b>Slower than “B” Time</b>	<b>Boys</b>
1		8 & Under 100 Free Relay		2
3		10 & Under 200 Free Relay		4
5		8 & Under 25 Free		6
7		10 & Under 50 Free		8
9		8 & Under 25 Back		10
11		10 & Under 50 Back		12
13		8 & Under 25 Breast		14
15		10 & Under 50 Breast		16
17		8 & Under 25 Fly		18
19		10 & Under 50 Fly		20
21		8 & Under 100 IM		22

**Session 2- Saturday, July 19, 2014****Warm-Up at 8:15 am, Meet Starts at 9:00 am**

<b>Girls</b>	<b>Slower than "BB" Time</b>	<b>Event Description</b>	<b>Slower than "BB" Time</b>	<b>Boys</b>
23		10& Under 200 Free Relay		24
25		11 – 12 200 Free Relay		26
27		10 Under100Fly		28
29		11 – 12 100 Fly		30
31		10 & Under 50 Back		32
33		11 – 12 50 Back		34
35		10 & Under 100 Breast		36
37		11 – 12 100 Breast		38
39		10 & Under 50 Free		40
41		11 – 12 50 Free		42
43		10 & Under 200 IM		44
45		11 – 12 200 IM		46
47		10 & Under 500 Free*		48
49		11 – 12 500 Free*		50

\*All swimmers in the 500 Free must provide their own timer and lap counter. It will be swum fastest to slowest.

**Session 3- Saturday, July 19, 2014****Warm-up at 12:00pm Meet Starts at 12:45pm \* or 30 minutes after morning session.**

<b>Girls</b>	<b>Slower than "A" Time</b>	<b>Event Description</b>	<b>Slower than "A" Time</b>	<b>Boys</b>
51		13-14 200 Medley Relay		52
53		15 & Over 200 Medley Relay		54
55		13-14 200Fly		56
57		15–18 200 Fly		58
59		13-14 100 Back		60
61		15–18 100 Back		62
63		13-14 200 Breast		64
65		15–18 200 Breast		66
67		13-14 50 Free		68
69		15–18 50 Free		70
71		13-14 200 IM		72
73		15-18 200 IM		74
75		13-14 500 Free*		76
77		15-18 500 Free*		78

\*All swimmers in the 500 Free must provide their own timer and lap counter. It will be swum fastest to slowest.

**Session 4 Sunday, July 20, 2014****Warm-Up at 8:30 am Meet Starts at 9:15 am**

<b>Girls</b>	<b>Slower than "BB" Time</b>	<b>Event Description</b>	<b>Slower than "BB" Time</b>	<b>Boys</b>
79		10&Under 200 Medley Relay		80
81		11 – 12 200 Medley Relay		82
83		10 & Under 100 Free		84
85		11 – 12 100 Free		86
87		10 & Under 50 Fly		88
89		11 – 12 50 Fly		90
91		10 & Under 100 Back		92
93		11 – 12 100 Back		94
95		10 & Under 50 Breast		96
97		11 – 12 50 Breast		98
99		10 & Under 200 Free		100
101		11 – 12 200 Free		102
103		10 & Under 100 IM		104
105		11 – 12 100 IM		106

**Session 5 Sunday, July 20, 2014****Warm-Up at 12:00 pm Meet Starts at 12:45 pm \* or 30 minutes after morning session.**

<b>Girls</b>	<b>Slower than "A" Time</b>	<b>Event Description</b>	<b>Slower than "A" Time</b>	<b>Boys</b>
107		13-14 200 Medley Relay		108
109		15 & Over 200 Medley Relay		110
111		13-14 100 Free		112
113		15-18 100 Free		114
115		13-14 100 Fly		116
117		15-18 100 Fly		118
119		13-14 200 Back		120
121		15-18 200 Back		122
123		13-14 100 Breast		124
125		15-18 100 Breast		126
127		13-14 200 Free		128
129		15-18 200 Free		130
131		13-14 400 IM *		132
133		15-18 400 IM *		134

\*400IM will be swum fastest to slowest.