

2014 NT Level 3 Summer Championships
Closed meet for RACE-NT and MTRO-NT
HOSTED BY METROPLEX AQUATICS
July 18-20, 2014
SANCTION # NT 044-14

Corrected typos on 6/12/14 (highlighted in yellow)

Location: Lewisville ISD Aquatic Center, 5729 Memorial Dr., The Colony, Texas 75056

Facility: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized.

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, 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. Ample seating and changing facilities.

Sanction: This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 044-14.

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, METROPLEX AQUATICS AND LEWISVILLE 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 club, if attached, to be held accountable for repairs.

Schedule:

	Day	Warm-Up	Meet Starts
Session I/II	Friday July 18	5:00-5:45 pm	6:00 pm
	Note --- 8 & Under session swimmers will warm-up only 30 minutes, then go to the ready bench.		
Session III	Saturday July 19	8:00-8:45 am	9:00 am
Session IV	Sunday July 20	8:00-8:45 am	9:00 am

Warm-up 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 on Tuesday, 7/15/14.

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

General Warm-up (30 minutes) 8&Under session swimmers (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 15 minutes) 8&Under session swimmers (10 Minutes)

The diving period shall be as follows:

- Lanes 1 and 8 – push swims from the starting end, NO DIVING
- Lanes 2 and 7 – racing starts, one way only from the blocks
- Lanes 3,4,5 and 6 - general warm-up -- NO DIVING

Rules: Current USA Swimming, Inc. rules and regulations 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 UPPER BLEACHER 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: Any athlete may enter any event that they have not achieved the “BB” time standard in their age group but they have a provable time in SWIMS (except 8&U 25 yd events). **No Times are NOT accepted at a NT championship meet.** 8 & Under athletes recommended to have a slower than B time for the Novice Session on Friday. 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 7/18/14 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 competition 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, July 10, 2014.

Entry Fees and Limit: A swimmer may enter up to four (4) individual events and (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. Note that an 8 & Under swimmer may NOT swim both the novice session and 500 Freestyle on Friday evening.

Late Entries: Late entries will accepted up to 30 minutes prior to the start of each session at \$14.25 per individual event. **Session 1 late entries will fill empty lanes available.** Relays will be \$8.00. Limit 4 relay entries per team for each relay 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 best times from SWIMS on the USA Swimming Website or show times on deck pass

NO DECK REGISTRATIONS WILL BE ACCEPTED.

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

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 except the 8 & Under Novice session on Friday evening which 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.

Meet Operations: 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 meet.** Friday Novice session swimmers check-in will be for practice purposes 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 Sheet for Friday novice session and psych sheet for all other sessions will be available for a \$5 charge.

Awards and Scoring: 1st place trophies will be awarded to all event winners. 2nd-8th place ribbons will be awarded for all individual events 1st-8th place ribbons will be awarded to all relay events. All athletes swimming in the 8 & Under Novice Session on Friday who swim faster than their seed time shall be awarded a Best Time Ribbon. Please note that swimmers who enter these novice events with “No Time” are not eligible for the award. Scoring will be 9-7-6-5-4-3-2-1, double for relays.

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: Julie Ayers and Jana Morrison

Stroke & Turns: Mike McDonald, Karen Blanchard and Jane Maxvill

Admin Official: Lisa Stults



List of events. All athletes must have a provable time in SWIMS (except 25 yd events). No Time will not be accepted.

Session 1 Novice 8 & Under (shallow pool)				
Friday, July 18, 2014 Warm-up 4:30pm Meet Start 6:00pm				
Girls	Slower than B	Event Description	Slower than B	Boys
1		8 & Under 25 Free		2
3		8 & Under 25 Back		4
5		8 & Under 25 Breast		6
7		8 & Under 25 Fly		8
9	1:43.39	8 & Under Novice 100 IM	1:40.39	10
11	38.49	8 & Under Novice 50 Free	38.49	12
13		8 & Under Novice 100 Free Relay		14

Session 2 Distance (deep pool)				
Friday, July 18, 2014 Warm-up 4:30pm Meet Start 6:00pm				
Girls	Slower than BB	Event Description	Slower than BB	Boys
15	11&Over 400 IM			16
	5:32.89	15&O 400 IM	5:07.69	
	5:42.19	13-14 400 IM	5:20.29	
	6:00.89	11-12 400 IM	5:52.99	
17	13&Over 500 Free			18
	6:12.69	15&O 500 Free	5:47.89	
	6:22.39	13-14 500 Free	6:01.69	
19	12&Under 500 Free			20
	6:38.59	11-12 500 Free	6:32.79	
	7:39.49	10&U 500 Free	7:32.59	

** All Friday distance events will alternate girl/boy events.

Session 3 -- Saturday, July 19, 2014 Warm-up 7:30am Meet Start 9:00am

Girls	Slower than BB	Event Description	Slower than BB	Boys
21	11&Over 200 Breast			22
	2:56.39	15&O 200 Breast	2:40.49	
	3:00.19	13-14 200 Breast	2:47.59	
	3:11.09	11-12 200 Breast	3:03.49	
23	11&Over 200 Free Relay			24
25	10&Under 200 Free Relay			26
27	13&Over 100 Back			28
	1:10.79	15&O 100 Back	1:04.69	
	1:12.69	13-14 100 Back	1:08.29	
29	12&Under 100 Back			30
	1:19.49	11-12 100 Back	1:17.49	
	1:33.49	10&U 100 Back	1:30.79	
31	13&Over 200 Free			32
	2:19.99	15&O 200 Free	2:08.39	
	2:22.89	13-14 200 Free	2:14.19	
33	12&Under 200 Free			34
	2:29.69	11-12 200 Free	2:25.99	
	2:58.29	10&U 200 Free	2:50.19	
35	12&Under 50 Breast			36
	40.59	11-12 50 Breast	40.29	
	47.79	10&U 50 Breast	47.49	
37	13&Over 200 IM			38
	2:36.79	15&O 200 IM	2:23.29	
	2:40.79	13-14 200 IM	2:30.29	
39	12&Under 200 IM			40
	2:49.49	11-12 200 IM	2:47.39	
	3:17.29	10&U 200 IM	3:16.29	
41	13&Over 50 Free			42
	29.99	15&O 50 Free	26.89	
	30.49	13-14 50 Free	28.19	
43	12&Under 50 Free			44
	31.69	11-12 50 Free	30.69	
	35.69	10&U 50 Free	34.99	
45	13&Over 100 Fly			44
	1:10.69	15&O 100 Fly	1:03.89	
	1:12.19	13-14 100 Fly	1:07.09	
47	12&Under 100 Fly			48
	1:19.39	11-12 100 Fly	1:17.59	
	1:40.39	10&U 100 Fly	1:39.39	
49	11&Over 1000 Free			50
	12:51.69	15&O 1000 Free	12:01.49	
	13:08.29	13-14 1000 Free	12:27.69	
	13:44.69	11-12 1000 Free	13:31.49	
Alt girl/boy				Alt girl/boy

Session 4 -- Sunday, July 20, 2014 Warm-up 7:30am Meet Start 9:00am					
Girls	Slower than BB	Event Description	Slower than BB	Boys	
51	11&Over 200 Back			52	
	2:32.99	15&O 200 Back	2:20.69		
	2:36.29	13-14 200 Back	2:27.09		
	2:46.69	11-12 200 Back	2:42.79		
53	11&Over 200 Medley Relay			54	
55	10&Under 200 Medley Relay			56	
57	12&Under 50 Back			58	
	36.09	11-12 50 Back	36.09		
	43.29	10&U 50 Back	43.19		
59	13&Over 100 Free			60	
	1:04.99	15&O 100 Free	58.69		
	1:06.29	13-14 100 Free	1:01.59		
61	12&Under 100 Free			62	
	1:08.29	11-12 100 Free	1:06.99		
	1:21.09	10&U 100 Free	1:19.39		
63	11&Over 200 Fly			64	
	2:34.89	15&O 200 Fly	2:22.29		
	2:40.09	13-14 200 Fly	2:28.89		
	2:49.39	11-12 200 Fly	2:45.39		
65	12&Under 100 IM			66	
	1:19.19	11-12 100 IM	1:17.19		
	1:32.39	10&U 100 IM	1:30.39		
67	12&Under 50 Fly			68	
	34.59	11-12 50 Fly	34.69		
	42.39	10&U 50 Fly	41.39		
69	13&Over 100 Breast			70	
	1:21.99	15&O 100 Breast	1:13.59		
	1:22.99	13-14 100 Breast	1:16.69		
71	12&Under 100 Breast			72	
	1:28.69	11-12 100 Breast	1:26.49		
	1:45.59	10&U 100 Breast	1:41.99		
73	11&Over 1650 Free			74	
	21:27.19	15&O 1650 Free	20:13.29		
	Alt girl/boy 21:53.19	13-14 1650 Free	20:51.99		Alt girl/boy
	23:14.19	11-12 1650 Free	22:57.79		

1000 and 1650 Freestyle -- Must provide own timer and counter. Will alternate girl/boy.