MAC / MARS Long Course "A" Invitational
April 24-26, 2009

Hosted by Mansfield Aquatic Club and Mid-Cities Arlington Swimming
Sanction #015-09

Location: Mansfield ISD Natatorium, 1001 N. Holland Rd., Mansfield, TX 76063

Facility: 8 lane, 50m pool with 4-25yd continuous warm-up lanes. Daktronics timing system and 2 scoreboards will be utilized. Ample seating and dressing space are provided.

Meet Schedule:

	Warm-up	Session Starts
Session 1-Friday	5:00-5:45pm	6:00pm
Session 2-Saturday	Group 1 7:30-8:15am	
	Group 2 8:15-9:00am	9:15am
Session 3-Sunday	Group 2 7:30- 8:15am	
	Group 1 8:15-9:00am	9:15am

Group 1: CLAS, FAST, HEAT, IS, LAC, MAC, MARS, NTN, QA, SWAT, SNAP, TRS, WW2
Group 2: ATAC, CAT, COPS, COR, DM, FA, LSCC, MTRO, ROCK, WEST
Warm-up groups may be altered if necessary, at the discretion of the Meet Referee.

Warm-up:
General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes 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 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 apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. 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. **SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #015-09. "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, MID-CITIES ARLINGTON SWIMMING, MANSFIELD AQUATIC CLUB, AND MANSFIELD 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."**

Special Note on New North Texas LSC ruling for 14 & under swimsuits:

Effective January 1, 2009 at all North Texas Swimming, age-group defined, sanctioned meets:
1. Swimsuits worn by females for all 14 & Under defined competitions shall not cover the neck, extend past the shoulder, nor past the hip.
2. Swimsuits worn by males for all 14 & Under defined competitions shall not extend above the hips nor below the knees.

Eligibility:
No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. registered in the North Texas LSC. 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 "A" qualifying time standard; furthermore, a swimmer who has three current "A" times may enter any event. Swimmer's age as of 4/24/09 shall determine their age for the entire meet. NO DECK Registrations will be accepted.

Entry Limit:
Each swimmer may participate in five individual events per day

Entry Fees:
Entry fees are $3.50 per individual event and $7.00 per relay. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at $10.50 per individual event. All late entries must be accompanied by the swimmer's USA Swimming ID card. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers.

Entry Deadline:
Entries must be received by Tuesday, April 14, 2009 at 6pm. Entries must be submitted by Email, to coachsuzanne@marswim.org 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:

Mid-Cities Arlington Swimming
PO Box 13849
Arlington, TX 76094

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 Mid-Cities Arlington Swimming.

•Fees shall be mailed and postmarked by Friday, April 17, 2009.
Checks for entry fees shall be made payable to MARS.
•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.

Seeding:
All events will be conducted as timed finals and will be deck seeded. Seed times entered should 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. ***Long course times should be entered.***

Check-In:
Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of each event. There are three check-in options:
__**X**__ indicates the swimmer will swim the event
_scr__ indicates the swimmer will not swim the event
_____ indicates the swimmer will not swim the event

Psyche Sheets:
Psyche sheets will be available for all sessions at a one-time charge of $5.

Awards:
Ribbons will be awarded for places 1-8. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O.

Officials:
Meet Referee: Mike Gentry
Starter: Robert Steffner
Stroke and Turn Judges: Don Whitfield, Craig Tipton, Craig Loria, Rodney Yanai, Christie Tisdall, Brent Bunnell
Head Safety Marshal: David Coward

Meet Director: Suzanne Dangelmaier (214-793-4773) or coachsuzanne@marswim.org

Schedule of Events:

Session 1 – Friday, April 24th

Women	"A" and faster	Event	"A" and faster	Men
1		**200IM**		2
	3:19.89	10 & Under	3:18.89	
	2:59.29	11-12	2:58.09	
3		**400IM**		4
	6:00.99	13 & Over	5:44.49	
5		**400FR**		6
	6:05.89	10 & Under	6:06.79	
7		**800FR****		8
	10:47.99	13 & Over	10:29.39	

**Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

Session 2 – Saturday, April 25th

Women	"A" or faster	Event	"A" or faster	Men
9		**200FR**		10
	2:58.49	10&Under	2:52.39	
	2:37.69	11-12	2:34.89	
	2:31.79	13&Over	2:23.29	
11		**100BR**		12
	1:46.99	10&Under	1:45.99	
	1:33.79	11-12	1:32.49	
	1:28.99	13&Over	1:21.29	
13		**50FL**		14
	42.09	10&Under	40.99	
	36.29	11-12	36.19	
15		**200IM**		16
	2:51.49	13&Over	2:42.39	
17		**100BK**		18
	1:35.29	10&Under	1:33.29	
	1:23.29	11-12	1:23.59	
	1:17.79	13&Over	1:14.49	
19		**50FR**		20
	36.39	10&Under	36.09	
	33.69	11-12	32.59	
	32.49	13&Over	30.29	
21		**200FL**		22
	2:59.29	11-12	2:58.49	
	2:48.29	13&Over	2:38.79	

Session 3 – Sunday, April 26th

Women	"A" or faster	Event	"A" or faster	Men
23		**200BR**		24
	3:23.69	11-12	3:20.79	
	3:11.99	13&Over	3:01.99	
25		**50BK**		26
	43.69	10&Under	43.89	
	38.99	11-12	38.69	
27		**100FL**		28
	1:37.89	10&Under	1:36.49	
	1:22.89	11-12	1:21.49	
	1:16.49	13&Over	1:11.09	
29		**400FR**		30
	5:32.39	11-12	5:27.09	
	5:16.39	13 & Over	5:02.79	
31		**50BR**		32
	48.29	10&Under	48.49	
	42.09	11-12	43.09	
33		**200BK**		34
	3:00.19	11-12	2:56.39	
	2:47.39	13&Over	2:40.69	
35		**100FR**		36
	1:21.89	10&Under	1:20.59	
	1:13.49	11-12	1:11.39	
	1:10.39	13&Over	1:05.99	