2015 NT Best Time Challenge Metro Meet
Hosted by Metroplex Aquatics
February 13-15, 2015
Sanction # NT 015-15
Revised Saturday Warm-up and Start Time

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.

Schedule:

	Day	Warm-Up	Meet Starts
Session I	Friday February 13	5:15-5:45 pm	6:00 pm
Session II	Saturday February 14	12:15-12:45pm	1:00 pm
Session III	Sunday February 15	8:15-8:45am	9:00 am

Warm-up groups may be modified at the meet director's discretion. Changes will be posted on the Metroplex Aquatics Swim Team website at www.metro-aquatics.org on Tuesday, 2/10/15.

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

Sanction: This meet is held under the sanction of USA Swimming, Inc. by North Texas Swimming, sanction number is NT 015-15.

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.

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. *ALL SPECTATORS MUST REMAIN IN THE BLEACHERS.*

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.

Meet Operations: All events will be pre-seeded, fastest to slowest. The theme of meet is to improve on your best time and have fun. Points and awards will be based on improving ***your*** best time for events entered. Check-in for events will not be required.

Eligibility: Swimmer's age as of 2/13/15 shall determine their age for the entire meet. No Entries will be accepted unless the entrant is a registered athlete member with USA Swimming Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. **Due to pool restrictions, safety and time constraint, Metroplex Aquatics will only accept a limited number of athletes at this meet (max 400). If your team is interested in attending please notify Brent Mitchell** coachmitchell@metro-aquatics.org **with approximate number of athletes who will attend. You MUST have Brent's approval before sending athletes. Late entries will only be available for approved teams that are entered in the meet. Waitlist teams will be accepted before 11pm on Friday, February 6, 2015, if room is available.**

Entry Information: Limit: A swimmer may swim five (5) individual events each day. **Fees**: $5.50 per event and North Texas surcharge of $3.00 per swimmer will be charged.

Seed times must be submitted in l00ths of seconds. Please enter all events with short course best times. **NT (No Time) will be accepted, only if athlete has never swum the event in short course**. NT (No Time) entry swims will receive a best times ribbon.

Entry Deadline: Zipped team manager entry file must be submitted by email with an attached file 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, February 5, 2015.

Late Entries: No Late Entries, unless administrative problem.

Schedule of Events:

Girls	Friday 2/13/15	Boys
1	**9-12 200 Freestyle**	2
3	**13&Over 200 Freestyle**	4
5	**9-12 200 IM**	6
7	**13&Over 200 IM**	8
9	**9-12 500 Freestyle ****	10
11	**13&Over 500 Freestyle ****	12

Girls	Saturday 2/14/15	Boys
13	**11&Over 1000 Freestyle ****	14
15	**8&Under 25 Freestyle**	16
17	**12&Under 100 Freestyle**	18
19	**13&Over 100 Freestyle**	20
21	**8&Under 25 Backstroke**	22
23	**12&Under 50 Backstroke**	24
25	**11&Over 200 Backstroke**	26
27	**8&Under 25 Breast**	28
29	**9-12 100 Breast**	30
31	**13&Over 100 Breast**	32
33	**8&Under 25 Fly**	34
35	**12&Under 50 Fly**	36
37	**11&Over 200 Fly**	38

Girls	Sunday 2/15/15	Boys
39	**11&Over 1650 Freestyle ****	40
41	**12&Under 100 IM**	42
43	**11&Over 400 IM**	44
45	**12&Under 50 Freestyle**	46
47	**13&Over 50 Freestyle**	48
49	**9-12 100 Backstroke**	50
51	**13&Over 100 Backstroke**	52
53	**12&Under 50 Breast**	54
55	**11&Over 200 Breast**	56
57	**9-12 100 Fly**	58
59	**13&Over 100 Fly**	60

**** athlete provide lap counters & timers, events may be swum alternating girls/boys**

5 events per day swim limit

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.

Meet Programs: Heat Sheets will be available for $5.00 each.

Concessions: Concessions will be available for purchase.

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

Awards:
Personal Best Time Ribbons: All swimmers with a personal best time at this meet, including NT (no time) events.

Meet Director: **Gary Graham**
Head Safety Marshal: **Jennifer Looney**

Meet Referee: **Jane Maxvill** **janemaxvill@clearhavencruises.com**
Starters: **Mike McDonald**
Stroke & Turn: **Jana Morrison, Karen Blanchard and Julie Ayers**
Admin Official: **Lisa Stults** **lisa0908@att.net**