

RACE Trophy Dash

August 1-2, 2014

Closed meet for RACE-NT, COR-NT and CAT-NT

Sanction # NT 043-14

Revised to include COR and CAT on 6/24/14

Location: RISD Aquatic Center 2 x 25 yard courses **both pools will be used if necessary**
1205 T. L. Townsend 8 x 9 foot wide lanes & starting blocks for all
Rockwall, TX 75087 Daktronics timing system
469-698-7410 4 x 25 yd lanes - continuous WU/WD

In accordance with USA Swimming rules the competition course has not been certified in accordance with 104.2.2C(4) and is not on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3 is 8'0" at the start end and 8'0" at the turn end.

Schedule:	Warm-Up	Meet Start
Session 1 – Friday	4:30 PM	5:30 PM
Session 2 – Saturday	8:00 AM	9:00 AM

Rules: Current USA Swimming, Inc. rules and regulations apply. 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 seating area above the pool. In accordance with USA swimming rule the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Sanction: This meet is held under the sanction of USA Swimming by North Texas Swimming. Sanction # NT 043-14.

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, RISD, ROCKWALL AQUATIC CENTER OF EXCELLENCE 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.

Eligibility: 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. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. No deck registration allowed at the meet.

Swimmers age as of the start of the meet (August 1, 2014) will determine their age for the entire meet.

An athlete may enter any event.

Meet Operations: Fly over Starts will be used. Meet will be seeded fastest to slowest so novice swimmers can be worked in if they miss their event.

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.

Swimmers with Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion and for providing their own assistant or equipment. However coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment.

Entry Fees and Limits:

Each swimmer may participate in 4 individual events and 1 relay per day. North Texas Swimming charges a \$3.00 per swimmer surcharge for all swimmers entered in the meet.

Entry Fees: \$4.00 Individual Relays will be covered by RACE

Entry Deadline: All entries shall be received, not later than 6:00PM Central Time, on July 24th, 2014. Swimmers submitting entries on their own should use the NTSI consolidated meet entry form and a complete registration number must be included. Email an attached meet entry file, a meet entries report by name, and a meet entry fee report to rockwallswimentries@gmail.com

All team entries shall be submitted using Hy-Tek Team Manager software.

Fees shall be mailed and postmarked by the entry date.

The name, phone number and email address of the person preparing team entries shall be provided with the entries.

Mail entries to: Tom Applegate
1205 T. L. Townsend
Rockwall, TX 75087
rockwallswimentries@gmail.com
469-698-7410

Make checks payable to: R.A.C.E.

Late Entries: NO late entries will be accepted the day of the meet.

Warm Up: North Texas Swimming Inc. Safety guidelines and warm-up procedures will be in effect at the meet. The first 30 minutes will be a general warm up, all lanes. No sprinting or pace work will be allowed during the general warm up session. NO DIVING will be allowed from the blocks or the edge of the pool. Swimmers shall enter the pool feet first in a cautious manner.

The last 15 minutes of each session, warm up per lane will be:

<u>PUSH PACE</u>	<u>RACING STARTS</u>	<u>GENERAL WARM UP</u>
1 & 8	2, 3, 6 & 7	4, 5

Push pace lanes: Push off one or two lengths from starting end. Circle swimming only. NO DIVING.

Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction only and exit the pool on the opposite end in the same specified lane.

General warm up lanes: NO DIVING. Circle swimming only.

The meet referee may at his/her discretion, open additional lanes for racing starts, should the situation dictate.

Changing: 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.

Seeding: All events shall be conducted as timed finals
All events will be pre-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.

Scratch Rule: Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, will be seeded in the event unless he / she notifies the clerk of course before seeding for that event has begun that he / she wishes to scratch. Failure to scratch prior to seeding and not swimming the event shall not be penalized.

Awards & Scoring: Trophies will be awarded. Ribbons shall be awarded for 2nd – 8th place for individual events by age group. Relay ribbons will be awarded 1st – 3rd place by age group. Meet will not be scored.

Heat Sheets: Heat sheets will be free

Concessions & Hospitality:

Concessions will be sold by RISD.

Hospitality will be provided for coaches and officials

List of Officials/Operations personnel:

Referee – Lorraine Temple LKtemple13@aol.com

Starter - Kathy Kuipers

Admin Referee – Richele Conner

Stroke and turn judges – Jean Wang, Fatemah Sani

Meet Director – Dallas Manly

Head Safety Marshall – Tim Conner

Events:

Friday August 1st Session 1 4:30 PM warm up 5:30PM meet start		
Girls	Event Description	Boys
1	Open 100 IM	2
3	8 & Under 25 Breast	4
5	Open 50 Breast	6
7	8 & Under 100 Free Relay	8
9	Open 100 Free Relay	10
11	8 & Under 25 Fly	12
13	Open 50 Fly	14
15	8 & Under 25 Free	16
17	Open 50 Free	18
19	8 & Under 25 Back	20
21	Open 50 Back	22
Saturday August 2nd Session 2 8:00 AM warm up 9:00 AM meet start		
Girls	Event Description	Boys
23	Open 100 Back	24
25	Open 200 Fly	26
27	Open 200 Medley Relay	28
29	Open 100 Breast	30
31	Open 200 Free	32
33	Open 200 back	34
35	Open 100 Fly	36
37	Open 200 Breast	38
39	Open 100 Free	40
41	Open 200 IM	42