

4th Annual Linda Price-Applewick Memorial Swim Meet
Closed meet for RACE-NT, COR-NT, COPS-NT and MTRO-NT

Hosted by Rockwall Aquatic Center of Excellence

December 13-14, 2014

Sanction # NT 051-14

Revised on 9/26 to add Mile and MTRO

Location: RISD Aquatic Center 2 x 25 yard courses with blocks and touch pads Both pools will be used if necessary
1205 T. L. Townsend 8 x 9 foot wide lanes
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.

Directions: Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.

Schedule:

SATURDAY & Sunday

7:30am to 8:00am	12 & under Warm-up
8:00am to 8:15am	Dive/Sprint/Pace for all athletes
8:30am	Session Starts
12:00pm to 12:30pm	13 & over Warm-up
12:30pm to 12:45pm	Dive/Sprint/Pace for all athletes
1:00pm	Session Starts

Rules: Current USA Swimming Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. All spectators must remain in the seating area. No chairs are allowed in the spectator bleacher area except for "stadium seats". No standing along the railing will be allowed.
In accordance with USA Swimming rule the use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

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. 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 competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least two weeks in advance of the meet to reserve proper equipment.

Sanction: This meet is held under the sanction of USA Swimming and North Texas Swimming Inc. Sanction number is NT 051-14.

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.

Meet Format: This is a Timed Finals meet for all age-groups.

Seeding: All events shall be deck seeded. The 500 free and 400 IM will be swam fastest to slowest Alternating boys and girls.

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. A swimmer's age as of the start of the meet (December 13, 2014) will determine his/her age for the entire meet.
A swimmer may enter any event.

Entries: Each swimmer may compete in a total of eight (8) individual events plus two (2) relays during the entire meet with no more than four (4) individual events and one (1) relay during any one day. All seed times should be submitted to the 100th of a second.

All team entries shall be submitted using Hy-Tek Team Manager software. Email an attached meet entry file, a meet entries report by name, and a meet entry fee report to rockwallswimentries@gmail.com Swimmers submitting entries on their own should use the NTSI consolidated meet entry form and a complete registration number must be included. Entries with "applied for" or "pending" registration will not be accepted. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules & Regulations 207.9.5.

Entry Deadline: All entries shall be received not later than 6:00PM Central Time, on December 4, 2014. Fees shall be mailed and postmarked by the entry date.

Entries without complete USA Swimming numbers will not be accepted.

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

Entry Fees*: \$4.25 Individual \$7.50 Relay

* \$.50 of each entry will go to the LPA Scholarship Fund

North Texas Swimming charges a \$3.00 per swimmer surcharge entered in the meet.

Mail entries to:

Tom Applegate

1205 T. L. Townsend

Rockwall, TX 75087

rockwallswimentries@gmail.com

469-698-7376

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

Proof of Times: All times must be provable in SWIMS (or equivalent international database).

Late Entries: All Late entries must be in to Tom Applegate by 12:00pm Thursday December 11, 2014. There will be no deck entries. Tom will take late entries with proof of registration and time by e-mail until the deadline. No deck registrations will be accepted.

Check-In: Check-in is required for all events 30 min prior to the event start time. Check-in postings will be separated by age and sex.

Check-in has three options:

 √ indicates that the athlete is present and will swim the event.

SCRATCH Indicates the swimmer has scratched from this event.

 Indicates swimmer is not swimming this event for reasons unknown.

Warm Up: North Texas Swimming Inc. safety guidelines and warm-up procedures will be in effect. The first 30 minutes will be a general warm up in 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 warm up per lane will be:

PUSH PACE	RACING STARTS	GENERAL WARM UP
1 & 8	2, 3, 4, 5,	6 & 7 Warm pool

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.

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.

Awards & Scoring: Ribbons shall be awarded for 1st – 8th place for individual events by age group. Relay ribbons will be awarded 1st – 3rd place by age group.

Points will be awarded as follows:

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18-14-12-10-8-6-4-2

Linda's Leap awards will be presented to the swimmers who have the most new A times and most new BB times during the meet.

Swimmers will accumulate points in the age group in which they swim. If a swimmer swims up in the next age group, then the points are scored for that age group. (IE: 14 year old swimming in open events).

Timers: RACE provides timers for the meet with the exception of the distance events at the end of the sessions. However, if your club has anyone who would like to volunteer to help time, please send them to the Head Timer at any time. There may be a few instances where timers are needed and will be called for from the stands. Swimmers who are competing in the 500 Free or 400 IM need to provide their own timers.

Admission: No admission will be charged for the event for spectators in the stands.

Admission to Deck: Deck Passes will be issued to meet workers, Officials, and Meet Marshals who are working in an official capacity at the Invitational. Spectators serving as timers will be allowed on deck only while timing. The deck will be closed to all other non-swimmers. All coaches will have USA Registration Credentials checked prior to being allowed on deck.

Heat Sheets: psych sheets will be available for all sessions at a onetime charge of \$2.00

Concessions & Hospitality:

Concessions will be sold by RISD.

Hospitality will be provided for coaches and officials.

Officials: All officials are encouraged to attend an officials meeting one hour prior to the start of each session. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for all sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate.

List of Officials/Operations personnel:

Referee – Lorraine Temple Lktemple13@aol.com

Admin Referee – Richele Conner

Starter – Kathy Kuipers

Stroke and turn judges – Stacy Harmon/Jean Wang

Meet Director – Dallas Manly dallas.manly@gmail.com

Head Safety Marshall – Tim Conner

SCHEDULE OF EVENTS

Session 1 – Saturday 8:30 am Meet Start

Girls	Event Description	Boys
1	11-12 200 fly	2
3	8 & under 100 free relays	4
5	10 & under 200 free relay	6
7	11-12 200 free relay	8
9	8 & under 25 fly	10
11	10 & under 50 fly	12
13	11-12 50 fly	14
15	8 & under 25 free	16
17	10 & under 100 free	18
19	11-12 100 free	20
21	8 & under 25 breast	22
23	10 & under 50 breast	24
25	11-12 50 breast	26
27	11-12 200 breast	28
29	8 & under 25 back	30
31	10 & under 100 back	32
33	11-12 100 back	34
35	10 & under 100 IM	36
37	11-12 100 IM	38
39	12 & under 500 free *	40

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating boys and girls

Session 2 – Saturday 1:00 pm Meet Start

Girls	Event Description	Boys
41	13-14 200 fly	42
43	15 & up 200 fly	44
45	13-14 200 free relay	46
47	15 & up 200 free relay	48
49	13-14 100 back	50
51	15 & up 100 back	52
53	13-14 100 free	54
55	15 & up 100 free	56
57	13-14 100 breast	58
59	15 & up 100 breast	60
61	13-14 200 IM	62
63	15 & up 200 IM	64
65	13-14 500 free *	66
67	15 & up 500 free*	68

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating boys and girls

Session 3 – Sunday 8:30 am Meet Start

Girls	Event Description	Boys
69	11-12 200 back	70
71	10 & under 200 medley relay	72
73	11-12 200 medley relay	74
75	10 & under 50 back	76
77	11-12 50 back	78
79	10 & under 200 free	80
81	11-12 200 free	82
83	10 & under 100 fly	84
85	11-12 100 fly	86
87	10 & under 100 breast	88
89	11-12 100 breast	90
91	10 & under 200 IM	92
93	11-12 200 IM	94
95	10 & under 50 free	96
97	11-12 50 free	98
99	11-12 1650 free *	100

* Swimmers will need to provide their own timers. Event swum fastest to slowest alternating boys and girls

Session 4 - 1:00 pm Meet Start

Girls	Event Description	Boys
101	13-14 100 fly	102
103	15 & up 100 fly	104
105	13-14 200 medley relay	106
107	15 & up 200 medley relay	108
109	13-14 200 back	110
111	15 & up 200 back	112
113	13-14 200 free	114
115	15 & up 200 free	116
117	13-14 200 breast	118
119	15 & up 200 breast	120
121	13-14 50 free	122
123	15 & up 50 free	124
125	13-14 400 IM *	126
127	15 & up 400 IM *	128
129	13 & up 1650 free *	130

* Swimmers will need to provide their own timers. Event swum fastest to slowest alternating boys and girls