

COPS/COR/ATAC Level 3 Swim Meet

Hosted by City of Plano Swimmers

October 11 -12, 2014

Sanction #: NT 068-14

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 sections 202.3.4C and 202.3.4D, 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 – Saturday	8:00 AM	8:45 AM
Session 2 – Saturday	10:15 AM	11:00 AM
Session 3 – Saturday	1:00 PM	1:30 PM
Session 4 – Sunday	8:00 AM	8:45 AM
Session 5 – Sunday	11:00 AM	11:45 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 202.4.12.c 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 number is: NT 068-14

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, CITY OF PLANO SWIMMERS, INC. 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.

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 Registrations will be accepted.

Swimmers age as of the start of the meet (October 11, 2014) will determine their age for the entire meet.

An athlete may enter any event in which the athlete has not achieved the relevant time standard. A swimmer is not allowed to swim the same event distance in within this meet (i.e. 12 & Under 50 Free on Saturday and 10 & Under 50 free on Sunday).

For all age groups, swimmers entry times must be slower than BB time standard.

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 5 individual events. North Texas Swimming charges a \$3.00 per swimmer surcharge for all swimmers entered in the meet.

Entry Fees: \$3.75 Individual

Entry Deadline:

All entries shall be received, not later than 6:00PM Central Time, on October 2, 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 sean@planoswimming.org

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: Sean Sell sean@planoswimming.org
City of Plano Swimmers
Attn: Meet Entries
2925 West 15th Street
Plano, TX 75075-7632
(214) 773-8800

Make checks payable to: COPS, Inc.

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

Late Entries: No late entries will be accepted at 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.

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 except the 400 IM and the 500 Free. Swimmers in those 2 events will need to do a positive check in. 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.

8 and Under Novice session shall be pre-seeded.

Check-In: Check in is required for only the 400 IM and the 500 Free events. Check-in postings will be separated by age and sex.

Check-in has three options and is required.

__✓__ 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.

The check-in deadline for each event will be 30 minutes prior to the *scheduled* start of that event.

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: Ribbons shall be awarded for best times for 8 and unders events only. The meet will not be scored.

Timers: COPS 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 distance events 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.

Psych Sheets: Psych sheets will be available for all sessions at a onetime charge of \$5.00

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:

All officials are required to show current USA Swimming credentials to work this meet.

Referee	Mike Gentry
Admin Referee	Larry Breazaele
Starter	Ken Hewes
Stroke and Turn Judges	Sammie Krepp, Shannon Whitesell
Meet Director	Ted Carson
Head Safety Marshall	Fernando Suarez

Events:

Saturday October 11th Session 1 8:00 AM warm up 8:45 AM meet start		
Girls	Event Description	Boys
1	8 & Under 25 Fly	2
3	8 & Under 25 Back	4
5	8 & Under 25 Breast	6
7	8 & Under 25 Free	8
9	8 & Under 100 IM	10
11	8 & Under 50 Free	12

Saturday October 11th Session 2 10:15 AM warm up 11:00 PM meet start		
Girls	Event Description	Boys
13	10 & Under 50 Fly	14
15	10 & Under 100 Back	16
17	10 & Under 50 Breast	18
19	10 & Under 100 Free	20
21	10 & Under 200 IM	22

Saturday October 11th Session 3 1:00 PM warm up 1:30 PM meet start		
Girls	Event Description	Boys
23	11&12 50 Fly	24
25	13 & Over 50 Free	26
27	11&12 100 Back	28
29	13 & Over 200 Free	30
31	11&12 50 Breast	32
33	13 & Over 100 Fly	34
35	11&12 100 Free	36
37	13 & Over 200 Back	38
39	11&12 200 IM	40
41	13 & Over 100 Breast	42
43	13 & Over 400 IM*	44

Sunday October 12th Session 4 8:00 AM warm up 8:45 AM meet start		
Girls	Event Description	Boys
45	10 & Under 100 Fly	46
47	10 & Under 50 Back	48
49	10 & Under 100 Breast	50
51	10 & Under 50 Free	52
53	10 & Under 100 IM	54

Saturday October 12th Session 5 11:00 AM warm up 11:45 AM meet start		
Girls	Event Description	Boys
55	11&12 100 Fly	56
57	13 & Over 100 Free	58
59	11&12 50 Back	60
61	13 & Over 200 Fly	62
63	11&12 100 Breast	64
65	13 & Over 100 Back	66
67	11&12 50 Free	68
69	13 & Over 200 Breast	70
71	11&12 100 IM	72
73	13 & Over 200 IM	74
75	11&12 200 Free	76
77	13 & Over 500 Free*	78

*400 IM and 500 Free will be swum fastest to slowest alternating girls and boys.
 Swimmers in events 400 and longer need to provide their own timers and lap counters.