

**ATAC YOUR TIMES “Level 2, Division 3” INVITATIONAL  
HOSTED BY ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC)**

**November 1-November 2, 2014**

**Sanction # NT 069-14**

**LOCATION:** Loos Natatorium, 3815 Spring Valley Rd. Addison, Texas, 75001

**FACILITY:** The facility consists of two indoor 25-yard, eight lane pools with Colorado Timing System and three warm-up/warm-down lanes. Ample seating and dressing space provided. The competition course has not been certified in accordance with Article 104.2.2C(4). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rules. 202.3.6. The minimum water depth, in accordance with Article 103.2.3, is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 4 feet measured from 1 meter to 5 meters on the turning end of the course. Meet host reserves the right to decide to run one or both pools after receipt of meet entries.

<b>MEET SCHEDULE:</b>	<b>Warm-Up</b>	<b>Session Starts</b>
Session 1 Saturday	7:30 – 8:15AM	8:30AM
Session 2 Saturday	Group 1 11:30 – 12:00PM * Group 2 12:00 – 12:30PM Combined dive starts 12:30 – 12:45 PM	1:00 PM

\*Session 2 Warm-up will begin approximately ½ hour after the completion of Session 1 or no earlier than 11:30am. Time will be posted on the ATAC web site on Monday, October 27<sup>th</sup>.

Session 3 Sunday	Group 1 8:30 – 9:00AM Group 2 9:00 – 9:30AM Combined dive starts 9:30 – 9:45	10:00AM
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\*Warm Up assignments will be posted by Monday October 27<sup>th</sup>, on [www.atacswim.com](http://www.atacswim.com) .

**WARM-UP PROCEDURES:**

General warm up will occur in all lanes for two 30-minute sessions (except on Saturday, Session 1 – which will consist of one 45 minute session). There will be no specific lane assignments. No sprinting or pace work is allowed during this period. No diving is allowed during general warm up. Swimmers must enter the water feet first in a cautious manner. For Saturday & Sunday sessions only, following the end of the last general warm-up session, an additional 15 minutes of dive starts and push/pace will be allowed; lanes 2 thru 7 will become dive start lanes (one way only from the blocks) and lanes 1 and 8 will be push/pace lanes, no diving.

**RULES:**

Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

### **SANCTION AND LIABILITY:**

This meet is held under the sanction of USA Swimming, by North Texas Swimming Inc. The sanction number is NT 069-14 . **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, ACADEMY OF TEXAS AQUATIC CHAMPIONS (ATAC), AND DALLAS INDEPENDENT SCHOOL DISTRICT (DISD) SHALL BE FREE FROM ANY LIABILITIES OR 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 THIS 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.

### **UNATTACHED/UNACCOMPANIED ATHLETES:**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 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.

### **ELIGIBILITY:**

No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. 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 number must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the "BB" qualifying time standard. Athletes who wish to late enter must complete a consolidated entry form, present their current USA Swimming ID card or facsimile to the Clerk of Course and submit a current printout of their times from the USA Swimming SWIMS database. **No deck registrations will be accepted.**

Swimmer's age as of 11/1/14 shall determine his/her age for the entire meet.

### **ENTRY LIMIT:**

Each swimmer may participate in a maximum of five (5) individual events and one (1) relay per day.

### **ENTRY FEES:**

Entry fees are \$3.75 per individual event and \$7.00 per relay event. In addition there will be a \$3.00 surcharge per swimmer. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted up until 30 minutes prior to the scheduled start of each session at \$11.25 per individual event. The swimmer's USA Swimming ID card and proof of time from the USA Swimming site (SWIMS) must accompany all late entries. Relay entries will be accepted the day of the meet, up to 30 minutes prior to the scheduled start of each session.

**ENTRY DEADLINE:**

Entries must be received by **6:00PM on Thursday, October 23, 2014**. *Emailed team entries will be accepted as an attachment to an email message (attach the meet entries file) along with an attached file of the meet entries report by name and an attached file of meet entries fee report. Include the name, phone number and email address of the person who prepared the entries. Emailed entries must be received by the deadline and payment must be postmarked by that date.* Relay entries will be accepted the day of the meet at the Clerk of Course, up to 30 minutes prior to the scheduled start of each session. Individual entries must be mailed on the consolidated entry form and received by the deadline with payment.

Checks should be made payable to **ATAC Swim Club**.

**MAIL TO:**

ATAC Swim Club, Inc.  
P.O. Box 802312  
Dallas, Texas, 75380

**EMAIL TO:**

entries@atacswim.com

**SEEDING:**

All events in Session 1 plus the 1000 and 1650 Freestyles in Sessions 2 & 3 will be deck seeded. Sessions 2 and 3 will be pre-seeded for all distances 200 and less. 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. Short course times should be entered.

**CHECK-IN:**

Positive check-in is required for Session 1 plus the 1000 and 1650 Freestyles in Sessions 2 & 3. The check-in deadline is 30 minutes prior to the scheduled start of each of those events. There are three check-in options:

Indicates swimmer will swim the event

\_SCR\_ Indicates swimmer will not swim the event

Indicates swimmer will not swim the event

**PSYCHE SHEETS:**

Psyche/ Heat sheets will be available for all sessions at a one-time charge of \$5.00.

**AWARDS AND SCORING:**

Ribbons will be awarded for individual events, places 1-8 and for relays, places 1-3. Points will be awarded as follows:

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

**RESULTS:**

A copy of the final results will be posted to the North Texas Swimming website within 10 days of the conclusion of the meet.

**OFFICIALS:**

Meet Referee: Mike Gentry  
 Administrative Referee: Ann Lang  
 Starter: Kathy Kuipers  
 Stroke and Turn Judges: Jeff Stathatos, Ramseh Nagarajan  
 Head Safety Marshall: Fernando Suarez

**MEET DIRECTORS:**

Sherry Gentry, Beth Bell

**CONCESSIONS:**

Concessions will be available for swimmers and spectators.

**HOSPITALITY:**

ATAC Hospitality will be available for coaches, officials and ATAC volunteers.

**TIMERS:**

Snacks and water will be provided to all volunteer timers. Teams are asked to provide one timer for every 10 swimmers entered in the meet. All swimmers in the 500, 1000, and 1650 must provide their own timer and lap counter.

**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.**

**SCHEDULE OF EVENTS**

**SESSION 1: Saturday**  
**MEET STARTS: 8:45 AM**

#	GIRLS Faster Than	EVENT DESCRIPTION	BOYS Faster Than	#
1	6:00.89	<u>11 – 12 400 IM</u>	5:52.99	2
3		13 & OVER 400 IM		4
	5:32.89	15 & OVER	5:00.39	
	5:42.79	13 – 14	5:07.69	
5		12 & UNDER 50 FREE		6
	31.69	11 – 12	30.69	
	36.69	10 & UNDER	34.99	
7		13 & OVER 50 FREE		8
	29.99	15 & OVER	26.89	
	30.49	13 – 14	28.19	
9		12 & UNDER 100 IM		10
	1:19.19	11 – 12	1:17.19	
	1:32.39	10 & UNDER	1:30.39	
11**		12 & UNDER 500 FREE		12**
	6:38.59	11 – 12	6:32.79	
	7:39.49	10 & UNDER	7:32.59	
13**		13 & OVER 500 FREE		14**
	6:12.69	15 & OVER	5:00.39	
	6:22.39	13 – 14	5:07.69	

\*\*SWIMMERS MUST PROVIDE THEIR OWN TIMER AND LAP COUNTER. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST, ALTERNATING HEATS OF GIRLS AND BOYS.

SESSION 2: SATURDAY  
MEET STARTS: 12:45 PM

#	GIRLS Faster Than	EVENT DESCRIPTION	BOYS Faster Than	#
15		10 & UNDER 200 MEDLEY RELAY		16
17		11 – 12 200 MEDLEY RELAY		18
19		13 – 14 200 MEDLEY RELAY		20
21		15 & OVER 200 MEDLEY RELAY		22
23	2:46.69	11 – 12 200 BACK	2:42.79	24
25		13 & OVER 200 BACK		26
	2:32.99	15 & OVER	2:20.69	
	2:36.29	13 – 14	2:27.09	
27		12 & UNDER 200 IM		28
	2:49.49	11 – 12	2:47.39	
	3:17.29	10 & UNDER	3:16.29	
29		13 & OVER 200 IM		30
	2:36.79	15 & OVER	2:23.29	
	2:40.79	13 – 14	2:30.29	
31		12 & UNDER 100 BREAST		32
	1:28.69	11 – 12	1:26.49	
	1:45.59	10 & UNDER	1:41.99	
33		13 & OVER 100 BREAST		34
	1:21.99	15 & OVER	1:13.59	
	1:22.99	13 – 14	1:16.69	
35	2:49.39	11 – 12 200 FLY	2:45.39	36
37		13 & OVER 200 FLY		38
	2:34.89	15 & OVER	2:22.29	
	2:40.09	13 – 14	2:28.89	
39		12 & UNDER 100 FREE		40
	1:08.29	11 – 12	1:06.99	
	1:21.09	10 & UNDER	1:19.39	
41		13 & OVER 100 FREE		42
	1:04.99	15 & OVER	58.69	
	1:06.29	13 – 14	1:01.59	
43		12 & UNDER 50 BACK		44
	34.59	11 – 12	34.69	
	43.29	10 & UNDER	41.39	
45**	13:44.69	11 – 12 1000 FREE	13:31.49	46**
47**		13 & OVER 1000 FREE		48**
	12:51.69	15 & OVER	12:01.49	
	13:08.29	13 – 14	12:27.69	

\*\*ALL SWIMMERS MUST PROVIDE THEIR OWN TIMER AND LAP COUNTER. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST, ALTERNATING HEATS OF GIRLS AND BOYS.

SESSION 3: SUNDAY  
MEET STARTS: 10:00AM

#	GIRLS Faster Than	EVENT DESCRIPTION	BOYS Faster Than	#
49		10 & UNDER 200 FREE RELAY		50
51		<a href="#">11 – 12 200</a> FREE RELAY		52
53		<a href="#">13 – 14 200</a> FREE RELAY		54
55		15 & OVER 200 FREE RELAY		56
57		12 & UNDER 50 FLY		58
	34.59	11 – 12	34.69	
	42.39	10 & UNDER	41.39	
59	3:11.09	<a href="#">11 – 12 200</a> BREAST	3:03.49	60
61		13 & OVER 200 BREAST		62
	2:56.39	15 & OVER	2:40.49	
	3:00.19	13 – 14	2:47.59	
63		12 & UNDER 100 FLY		64
	1:19.39	11 – 12	1:17.59	
	1:40.39	10 & UNDER	1:39.39	
65		13 & OVER 100 FLY		66
	1:10.69	15 & OVER	1:03.89	
	1:12.19	13 – 14	1:07.09	
67		12 & UNDER 100 BACK		68
	1:19.49	11 – 12	1:17.49	
	1:33.49	10 & UNDER	1:30.79	
69		13 & OVER 100 BACK		70
	1:10.79	15 & OVER	1:04.69	
	1:12.69	13 – 14	1:08.29	
71		12 & UNDER 200 FREE		72
	2:29.69	11 – 12	2:25.99	
	2:58.29	10 & UNDER	2:50.19	
73		13 & OVER 200 FREE		74
	2:09.29	15 & OVER	2:08.39	
	2:22.89	13 – 14	2:14.19	
75		12 & UNDER 50 BREAST		76
	40.59	11 – 12	40.29	
	47.79	10 & UNDER	47.49	
77**	23:14.19	<a href="#">11 – 12 1650</a> FREE	22:57.79	78**
79**		13 & OVER 1650 FREE		80**
	21:27.19	15 & OVER	20:13.29	
	21:53.19	13 – 14	20:51.99	