

2014 NT Metro Level 3 Division 3

November 15-16, 2014

SANCTION # NT 071-14

Revised on 10/8/14 to add 'per day' to the entry limit section.

Location: Lewisville ISD Aquatic Center 5729 Memorial Dr. The Colony, Texas 75056 (469-948-2750)

Facility: 16 lane, 2 25 yard courses. Colorado timing system will be utilized. The competition courses have 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.

Sanction: This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 071-14.

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, LEWISVILLE ISD AND METROPLEX AQUATICS 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.

Schedule:

	Day	Warm-Up	Meet Starts
Session 1	Saturday November 15	Group 1 7:45 - 8:15 am Group 2 8:15 - 8:45 am	9:00 am
Session 2	Saturday November 15	1:15-1:45 pm	2:00 pm
Session 3	Sunday November 16	Group 2 7:45 - 8:15 am Group 1 8:15 - 8:45 am	9:00 am

Warm-up groups may be modified at the meet director's discretion. Any changes will be posted on the Metroplex Aquatics Swim Team website at www.metro-aquatics.org on Tuesday, 11/11/14.

Warm-up Procedures: North Texas Swimming, Inc. safety guidelines and warm-up procedures will be in effect at this meet. General warm up will occur for 20 minutes. 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. Following the general warm-up session, 10 minutes of dive starts and push/pace will be allowed; lanes 2 thru 7 in both pools will become dive start lanes (one way only from the blocks) and lanes 1 and 8 in both pools will be push/pace lanes, no diving.

Rules: Current USA Swimming, Inc. rules and regulations apply. 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. 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.

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.

Eligibility: Swimmer may enter any event in which they have not achieved the 'BB' USA Time Standard. For 15 & Overs, the 15-16 time standards would be used. No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. No USA Swimming Registrations will be accepted at the meet. Swimmer's age as of 11/15/14 shall determine his/her age for the entire meet.

Entry Fees and Limit: A swimmer may enter up to four (4) individual events **per day**. Entry fees are \$4.75 per individual event. North Texas surcharge of \$3.00 per swimmer will be charged.

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.

Entry Deadline: Zipped team manager/team unify entry file must be submitted by email with an attached document 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.

Email Entries to: Lisa Stults at lisa0908@att.net (Confirmation will be sent after entries are received.
Problems or questions call 972-741-7416

Individual entries and entry fees are due no later than 6:00 pm on Thursday, November 6, 2014.

Late Entries: Late entries will accepted up to 30 minutes prior to the start of each session at \$14.25 per individual event. Any athlete late entering the meet that is not already entered in the meet MUST present their current registration card or deck pass. Any athlete not currently in the meet will pay the \$3 surcharge. Any athlete late entering an event MUST present a current print out of their short course and long course best times from SWIMS on the USA Swimming Website or deck pass.
NO DECK REGISTRATIONS WILL BE ACCEPTED.

Mail Checks to: **Metroplex Aquatics**
1314 W. McDermott Drive
Suite 106, #521
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

Seeding: All events will be conducted as timed finals swimming fastest to slowest. Session 2 will be pre-seeded. Session 1&3 will be deck seeded. Seed times entered shall be the swimmer's best time for the stroke and distance.

Check-In: Positive check-in is required for all events in Session 1 and 3. Session 2 check-in will be for practice purpose only. The check-in deadline is 30 minutes prior to the scheduled start of the event
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.

Meet Program: Meet programs will be available for purchase for \$5.

Awards and Scoring: Ribbons will be awarded for individual events 1st - 8th by age groups. All athletes swimming in an 8 & Under individual event who swims a time faster than their seed time shall be awarded a Best Time Ribbon. Swimmers who enter the event with "No Time" are not eligible for this award. Meet will not be scored.

Concessions: Concessions will be available for purchase.

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

Timers: Metro will be providing timers for the meet, however, if you would like to volunteer, please see the Head Timer.

Meet Referee: Jane Maxvill

Meet Director: Gary Graham

Starters: Scott Leeper and Julie Ayers

Stroke & Turn: Komal Ohri, Karen Blanchard. Jana Morrison and Mike McDonald

Admin Official: Lisa Stults

Head Safety Marshal: Jennifer Looney

Schedule of events:

Saturday Session 1
 Warm-up 7:45-8:45 am; Meet start 9:00 am

Girls	Slower than BB	Event	Slower than BB	Boys
1	13&Over 200 Free			2
	2:22.89	13-14	2:14.19	
	2:19.99	15&O	2:08.39	
3	12&Under 200 Free			4
	2:58.29	10&U	2:50.19	
	2:29.69	11-12	2:25.99	
5	13&Over 100 Back			6
	1:12.69	13-14	1:08.29	
	1:10.79	15&O	1:04.69	
7	12&Under 100 Back			8
	1:33.49	10&U	1:30.79	
	1:19.49	11-12	1:17.49	
9	13&Over 100 Breast			10
	1:22.99	13-14	1:16.69	
	1:21.99	15&O	1:13.59	
11	12&Under 100 Breast			12
	1:45.59	10&U	1:41.99	
	1:28.69	11-12	1:26.49	
13	11&Over 200 Fly			14
	2:49.39	11-12	2:45.39	
	2:40.09	13-14	2:28.89	
	2:34.89	15&O	2:22.29	
15	12&Under 50 Fly			16
	42.39	10&U	41.39	
	34.59	11-12	34.69	
17	12&Under 100 IM			18
	1:32.39	10&U	1:30.39	
	1:19.19	11-12	1:17.19	
19	13&Over 50 Free			20
	30.49	13-14	28.19	
	29.99	15&O	26.89	
21	12&Under 50 Free			22
	35.69	10&U	34.99	
	31.69	11-12	30.69	

Please Note -- 8&Under swimmer who compete in Session 1 will not be allowed to compete in the Novice Session. This is due to the USA Swimming 4 hour per day rule.

Saturday Novice Session

Warm-up 1:15-1:45 pm; Meet start 2:00 pm

Girls	Slower than 'B'	Event Description	Slower than 'B'	Boys
23		8&Under 25 Free		24
25		8&Under 25 Back		26
27		8&Under 25 Breast		28
29		8&Under 25 Fly		30
31	39.49	8&Under 50 Free	38.49	32
33	143.39	8&Under 100IM	140.39	34

Sunday Session 3

Warm-up 7:45-8:45 am; Meet start 9:00 am

Girls	Slower than BB	Event	Slower than BB	Boys
35	13&Over 100 Free			36
	1:06.29	13-14	1:01.59	
	1:04.99	15&O	58.69	
37	12&Under 100 Free			38
	1:21.09	10&U	1:19.39	
	1:08.29	11-12	1:06.99	
39	13&Over 200 IM			40
	2:40.79	13-14	2:30.29	
	2:36.79	15&O	2:23.29	
41	12&Under 200 IM			42
	3:17.29	10&U	3:16.29	
	2:49.49	11-12	2:47.39	
43	11&Over 200 Back			44
	2:46.69	11-12	2:42.79	
	2:36.29	13-14	2:27.09	
	2:32.99	15&O	2:20.69	
45	12&Under 50 Back			46
	43.29	10&U	43.19	
	36.09	11-12	36.09	
47	11&Over 200 Breast			48
	3:11.09	11-12	3:03.49	
	3:00.19	13-14	2:47.59	
	2:56.39	15&O	2:40.49	
49	12&Under 50 Breast			50
	47.79	10&U	47.49	
	40.59	11-12	40.29	

Girls	Slower than BB	Event	Slower than BB	Boys
51	13&Over 100 Fly			52
	1:12.19	13-14	1:07.09	
	1:10.69	15&O	1:03.89	
53	12&Under 100 Fly			54
	1:40.39	10&U	1:39.39	
	1:19.39	11-12	1:17.59	
55	13&Over 500 Free *			56
	6:22.39	13-14	6:01.69	
	6:12.69	15&O	5:47.89	
57	12&Under 500 Free *			58
	7:39.49	10&U	7:32.59	
	6:38.59	11-12	6:32.79	
* Swimmer must provide timer and counter. Events will alternate girl/boy heats				