

LAC Level 3 Invite  
Closed Meet  
Hosted by: Lakeside Aquatic Club  
November 14-16, 2014  
NT-Sanction # 072-14

**Location:**

Keller ISD Natatorium  
1000 Bear Creek Pkwy  
Keller, TX 76248  
817-744-1350

Facility: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized. The competition course has 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 and 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for the other competition pool.

**Lakeside Aquatic Club reserves the right to run two pools or change sessions based on timelines and or entries.**

<b>Schedule:</b>	Session 1 (FRI)	5:00-5:45 pm	Meet Start 6:00 pm
	Session 2 (SAT)	7:30-8:15am	Meet Starts 8:30 am
	Session 3 (SUN)	8:00 – 8:45am	Meet Starts 9:00 am

**Teams:** LAC, NTN, IS, SNAP, FNW

**Warm-up:** General warm-up will last for 30 minutes the warm-up session with NO DIVING. The last 15 minutes (Pace/Starts) will allow diving, as noted below.

The diving period shall be as follows:

Lanes 1 and 8 – push swims from the starting end, NO DIVING

Lanes 2, 3, 6, and 7 – racing starts, one way only from the blocks

Lanes 4 and 5 - general warm-up -- NO DIVING

\*\*The meet director in conjunction with the meet referee may adjust the warm up assignments if the entries for the meet make the warm up session disproportionately large. They shall attempt to even the number of swimmers in each session. All teams involved should be notified not less than 72 hours prior to the beginning of the first warm up session of the meet. The meet referee may, at his/her discretion, open additional lanes for racing starts, should the situation dictate.

**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. 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 bleachers above the pool. No chairs are allowed in the bleacher area except for “stadium seats”. No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.

Use of audio or visual recording devices, including a cell phone, are 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.

**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.

**SANCTION AND LIABILITY:** This meet is held under the sanction of USA Swimming, by North Texas Swimming Inc. Sanction # **072-14**

**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, LAKESIDE AQUATIC CLUB, AND KELLER ISD 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. IF ATTACHED, TO BE HELD ACCOUNTABLE FOR REPAIRS.**

**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.

**Age:** Swimmer's age as of November 14, 2014

**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 numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has not achieved the "BB" qualifying time standard. Swimmer's age as of 11/14/14 shall determine their age for the entire meet. 15 and over swimmers will use the 15-16 national age group time standard. Only swimmers registered with North Texas Swimming may enter the meet. **NO DECK Registrations will be accepted.**

**Entry Fees/Entry Limit:** Each swimmer may participate in four (4) individual events per day. The \$3.00 surcharge per swimmer will apply. Entry Fees are a \$3.75 per individual event. Late entries will NOT be accepted at this meet.

**Entry Deadline:** Entries must be received by **6:00 PM, Thursday, November 6, 2014**. Entries must be submitted by Email, to [jeff.jones@swimlac.org](mailto:jeff.jones@swimlac.org) with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed. Individual E-mail entries will not be accepted.

All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to Lakeside Aquatic Club.

•Fees shall be mailed and postmarked by Friday, November 7, 2014  
*Checks for entry fees shall be made payable to LAC.*  
*Entry fees should be mailed to*

Lakeside Aquatic Club  
P.O. Box 270189  
Flower Mound, TX 75027

- The name, phone number and email address of the person preparing team entries shall be provided with the entries.
- All teams shall provide a printout of meet entry fees and a printout of individual entries, by name.

**Awards and Scoring:** Ribbons will be awarded for places 1-8.  
Point as follows, Individual: 9-7-6-5-4-3-2-1

**Seeding:** All events shall be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best times for the stroke and distance. All events will be swum fastest to slowest.

**Check In:** Positive check-in is required for all events. The check-in deadline is 30 minutes prior to the scheduled start of the event. There are 3 check-in options:

  √   - indicates swimmer will swim the event.

  Scr   - indicates swimmer will not swim the event

      - indicates the swimmer will not be swimming the event

**Psych Sheet:** Psych Sheets will be available for all sessions at a one time charge.

**Timers:** LAC will provide timers for the meet, however, if you would like to volunteer, please see the Head Timer.

**Results:** Final results will be posted on the NT website ten (10) days of the last day of the meet.

**Admissions and Concessions:** No admission will be charged. Food concessions will be available.

**Hospitality:** A Hospitality area will be provided for coaches and officials.

**List of Officials:**

Meet Referee: Karen Rourke

Starter: Chuck Chinnis

Stroke and Turn Judges: Andy Taylor and Chelo Buhr

Admin Official: Deb Behrens

Head Safety Marshal: Jeff Jones

Meet Director: Ammie Hauck

## ORDER OF EVENTS

Friday, November 14

8 and under session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	8 & Under 25 Free	2
3	12 & Under 100Free	4
5	8 & Under 25 Back	6
7	13 & Over 100 free	8
9	8 & Under 25 Breast	10
11	12 & Under 100 Back	12
13	8 & Under 25 Fly	14
15	13 & Over 100 Back	16
17	8 & Under50 Free	18
19	11& Over 400 IM	20

Saturday, November 15

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	12&Under 50 Breast	22
23	11&Over 200 Breast	24
25	12&Under 100 IM	26
27	13&Over 200 IM	28
29	12&Under 100 Fly	30
31	13&Over 100 Fly	32
33	12 &under 50 Back	34

Sunday, November 16

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
35	12&Under 200 Free	36
37	13&Over 200 Free	38
39	12&Under 100 Breast	40
41	13&Over 100 Breast	42
43	12&Under 50 Fly	44
45	11&Over 200 Fly	46
47	12&Under 50 Free	48
49	13&Over 50 Free	50
51	12&Under 200 IM	52
53	11&Over 200 Back	54
55	11 & Over 500 Free	56

Swimmers must provide their own counters and timers for the 500 Free

Swimmers can only enter events in which they have not achieved the BB time standard.