

2014 NT Level 1 Meet
Hosted by Mid-Cities Arlington Swimming
November 7-9, 2014
Sanction # NT 073-14

Location: GCISD Swim Center, 2305 Pool Rd., Grapevine, TX. Eleven lanes, 25 yards indoors pool with Colorado Timing System. The competition will be held in lanes 1-10. The course has not been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet eight inches at the start end and 4 feet 8 inches at the turn end.

Sanction: This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 073-14.

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, GCISD AND MID-CITIES ARLINGTON SWIMMING 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 Friday October 10	5:00-5:45 pm	6:00 pm
Session 2 Saturday October 11	8:00-8:45 am	9:00 am
Session 3 Sunday October 12	8:00-8:45 am	9:00 am

Warm-up groups may be modified at the meet director's discretion. Any changes will be posted on the MARS website at www.marswim.org on Tuesday, 11/4/14.

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 in all 10 lanes for 30-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, 15 minutes of dive starts and push/pace will be allowed; lanes 2 thru 9 in both pools will become dive start lanes (one way only from the blocks) and lanes 1 and 10 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: 13&Over Swimmers with a 15/16 "AA" time standards in the event entered. No Times (NT) will not be accepted. 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 11/7/14 shall determine his/her age for the entire meet.

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 Fees and Limit: A swimmer may enter up to four (4) individual events and one (1) relay per day. Entry fees are \$4.75 per individual event and \$8.00 per relay. North Texas surcharge of \$3.00 per swimmer will be charged.

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: Brian Dangelmaier at coachbrian@marswim.org (Confirmation will be sent after entries are received). Problems or questions call 817-925-0505. Individual entries and entry fees are due no later than 6:00 pm on Thursday, October 30, 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 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: Mid-Cities Arlington Swimming, PO Box 13849, Arlington, TX 76094
Make checks payable to Mid-Cities Arlington Swimming.

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

Check-In: Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of the event.

There are three check-in options:

- Indicates that the athlete is present and will swim the event.
- _SCR_ Indicates swimmer has scratched and will not swim the event.
- Indicates swimmer will not swim the event.

Meet Program: Psych sheets will be available for a one-time \$5 charge.

Awards and Scoring: Ribbons will be awarded for individual events 1st- 8th and relays events 1st- 3rd awarded by age groups. Individual Events 9-7-6-5-4-3-2-1 Relays are double points.

Concessions: Concessions will be available for purchase.

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

Meet Referee: Robert Steffner

Starter: Bill Brown

Stroke & Turn: Rodney Yanai and Don Whitfield

Head Safety Marshal: Julie Johnson

Admin Officials: Ann Lang

Meet Director: Suzanne Dangelmaier

Schedule of Events - Friday Nov 7, 2014		warm-up: 5-5:45pm; meet start: 6pm		
1	4:54.49	Open 400IM	4:32.19	2
3	5:29.69**	Open 500FR	5:07.79**	4
Schedule of Events - Saturday Nov 8, 2014		warm-up: 8-8:45am meet start: 9am		
5	2:03.89	200FR	1:53.59	6
7		200FR Relay		8
9	1:12.49	100BR	1:05.09	10
11	2:15.29	200BK	2:04.49	12
13	26.59	50FR	23.79	14
15	1:02.59	100FL	56.49	16
17	11:22.69**	1000FR	10:38.29**	18
Schedule of Events - Sunday, Nov 9, 2014		warm-up: 8-8:45am meet start: 9am		
19	2:16.99	200FL	2:05.89	20
21		200 Med Relay		22
23	2:18.69	200IM	2:06.79	24
25	57.49	100FR	51.99	26
27	2:35.99	200BR	2:21.99	28
29	1:02.69	100BK	57.29	30
31	18:58.69**	1650FR	17:53.29**	32

**Swimmers must provide their own timer and lap counter.
Will be swum fastest to slowest, alternating heats of women and men.