

**2014 NT FAST Level 3 Open Meet – Division 1**  
**Hosted by Fort Worth Area Swim Team (FAST)**  
**November 15-16, 2014**  
**Sanction # NT 077-14**

**Location:** Wilkerson-Greines Activity Center, 5100 C.A. Roberson Blvd., Fort Worth, Texas 76119. Directions: From I-20, take Exit 440A to Wichita St. Turn North onto Wichita St. The Natatorium is the fourth entrance on the left. Pool is located inside FWISD Basketball Arena building.

**Facility:** The natatorium is a 50 meter indoor facility, divided into a 25 yard / 8-lane competition pool and a 25 yard / 10-lane warm-up pool. Daktronics timing equipment will be used. There is ample bleacher space. Showers and locker rooms are provided. There is ample parking. The competition course has not been certified in accordance with 104.2.2C(4), and is not on file with USA Swimming. In accordance with USA Swimming rules sections 202.2.9C, the minimum water depth, measured in accordance with Article 103.2.3, is 10'0" at the start end and 8'0" at the turn end.

<b><u>Schedule:</u></b>	<b><u>Warm-up</u><sup>1</sup></b>	<b><u>Meet starts</u></b>
Session 1: Saturday, November 15	8:15 – 8:45am	9:00am
Session 2: Sunday, November 16	8:15 – 8:45am	9:00am

<sup>1</sup>Note: Both the competition pool and the warm-up pool will be used for general warm-up.

**Warm-Up:** The first 20 minutes will be general warm up in all lanes. No sprinting or pace work is allowed during this period. NO DIVING is allowed from the blocks or the edge of the pool. Swimmers must enter the water feet first in a cautious manner. During the last 10 minutes of warm the following procedures will be in effect:

Lanes 1 & 8	Push starts. Pace. Circle swimming only. NO DIVING.
Lanes 2, 3, 6 & 7	Racing starts, exit opposite end of the pool.
Lanes 4 & 5	General warm-up lanes. Circle swimming only. NO DIVING.
During Meet	Warm-up Pool available. Circle swimming only. NO DIVING.

**Sanction:** The meet is held under the sanction of USA-Swimming, Inc. by North Texas Swimming, Inc. The sanction number is **NT 077-14**.

**In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming, Inc. (USA-S), North Texas Swimming, Inc. (NTSI), all meet officials, Fort Worth Area Swim Team, Wilkerson-Greines Activity Center, the Fort Worth ISD and employees 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 the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.**

**Rules:** Current USA-Swimming rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. No glass containers are allowed in the facility. Strollers and playpens will not be allowed in order to comply with the fire code, and the Safety Marshals have authority to enforce the Fort Worth fire code in addition to USAS rules & regulations. No portable chairs are allowed in seating area. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool. Standing along the railing is allowed. No food and drinks (except water) are allowed in the seating area or pool area. Food is allowed only in lobby area. There will be an assigned area for swimmers to store coolers.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Unattached/Unaccompanied Athlete:** 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 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.

**Meet Operations:** All events will be pre-seeded. No late entries. NO DECK REGISTRATIONS WILL BE ACCEPTED. Please email James King to attempt a late entry before Thursday November 13<sup>th</sup>.

**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 USA Swimming ID number must be placed on the consolidated entry form. For other eligibility requirements, see North Texas P&P Sections 3&4.

**The swimmer's age as of November 15, 2014 shall determine their age for the entire meet.**

An athlete may enter any event in which the athlete has not achieved the relevant BB time standard

**Entry Fees and Limit:** Entry fees are \$4.50 per individual event. Swimmer surcharge is \$3.00 per swimmer. Entry fees must accompany consolidated entry form. Late entries will be accepted on a first come – first serve basis. Athletes who wish to late enter must present their current registration card or facsimile and a current print out of their times from SWIMS. If registration card is not available, the athletes' deck pass can be presented.

**NO ADDITIONAL HEATS WILL BE ADDED.** Fees for late entry are \$13.50/individual event, per NT-LSC guidelines. A swimmer may enter up to four (4) individual events per day.

**Entry Deadline:** Entries must be received no later than 6:00 PM Thursday, November 6<sup>th</sup>, 2014.

**Entries:** Make checks payable to FAST. Team entries will only be accepted as an e-mail message 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 e-mail address of the person who prepared the entries and can make corrections. E-mail entries must be received by the deadline. E-mailed entries will be confirmed as received within 24 hours.

Individual entries and entry fee report with payment must be mailed with postmark of Friday, November 7<sup>th</sup>.

Send Entry Fees to: James King  
RE: FAST Meet Entries  
6413 Winn Street  
Fort Worth, TX 76133

Email entries to: aam0348@gmail.com      Questions: Contact James King at 817-614-4857

**Seeding:** All events shall be conducted as timed finals. All events will be pre-seeded. Each Event will be swum fastest to slowest. 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, NT (No Time) should be entered.

**Heat Sheets:** Heat sheets for both days will be available at a one-time charge of \$5.00.

**List of Officials:**

Meet Referee:	Robert Steffner
Admin Official	Bill Brown
Starter(s):	Jeff Mucher
Stroke and Turn Judges:	Ed Chang, Julie Hulce
Head Safety Marshall:	Robin Cole

**Awards:** First through eighth places for each individual event by age groups will receive ribbons. Awards shall be available for individuals to pick up during the meet. Awards that are not picked up will be distributed at the next LSC meet.

**Scoring:** Individual events will be scored: 9, 7, 6, 5, 4, 3, 2, 1

**Concessions & Hospitality:** Concessions will be available. However, food and drinks will not be allowed in the seating area. Hospitality will be available for coaches and officials only.

**Final Results:** Final results will be posted to the North Texas website within 10 days.

### Schedule of Events

Session 1 – Saturday Morning				
Girls	Slower than BB	Event Description	Slower than BB	Boys
1	No Time	<b>25 Y Free 8 and Under</b>	No Time	2
3	1:21.09 1:08.29	<b>100 Y Free 12 &amp; Under</b> 10 & Under 11 – 12	1:19.39 1:06.99	4
5	1:06.29 1:04.99	<b>100 Y Free 13 &amp; Over</b> 13 -14 15 & Over	1:01.59 58.69	6
7	No Time	<b>50 Y Free 8 &amp; Under</b>	No Time	8
9	No Time	<b>25 Y Back 8 &amp; Under</b>	No Time	10
11	2:46.69 2:36.29	<b>200 Y Back 11 &amp; Over</b> 11 – 12 13 – 14	2:42.79 2:27.09	12
13	43.29 36.09	<b>50 Y Back 12 &amp; Under</b> 10 & Under 11 – 12	43.19 36.09	14
15	No Time	<b>25 Y Breast 8 &amp; Under</b>	No Time	16
17	3:11.09 3:00.19	<b>200 Y Breast 11 &amp; Over</b> 11 – 12 13 – 14	3:03.49 2:47.5	18
19	47.79 40.59	<b>50 Y Breast 12 &amp; Under</b> 10 & Under 11 – 12	47.49 40.29	20
21	No Time	<b>25 Y Fly 8 &amp; Under</b>	No Time	22
23	1:12.19 1:10.69	<b>100 Y Fly 13 &amp; Over</b> 13 -14 15 & Over	1:07.09 1:03.89	24
25	1:40.39 1:19.39	<b>100 Y Fly 12 &amp; Under</b> 10 & Under 11 – 12	1:39.39 1:17.59	26
27	No Time	<b>100 Y I.M. 8 &amp; Under</b>	No Time	28
29	3:17.29 2:49.49	<b>200 Y I.M. 12 &amp; Under</b> 10 & Under 11 – 12	3:16.29 2:47.39	30
31	2:40.79 2:36.79	<b>200 Y I.M. 13 &amp; Over</b> 13 -14 15 & Over	2:30.29 2:23.29	32

Session 2 – Sunday Morning				
Girls	Slower than BB	Event Description	Slower than BB	Boys
33	2:22.89 2:19.99	<b>200 Y Free 13 &amp; Over</b> 13-14 15 & Up	2:14.19 2:08.39	34
35	2:58.29 2:29.69	<b>200 Y Free 12 &amp; Under</b> 10 & Under 11 – 12	2:50.19 2:25.99	36
37	1:12.69 1:10.79	<b>100 Y Back 13 &amp; Over</b> 13 -14 15 & Over	1:08.29 1:04:69	38
39	1:33.49 1:19.49	<b>100 Y Back 12 &amp; Under</b> 10 & Under 11 – 12	1:30.79 1:17.49	40
41	1:22.99 1:21.99	<b>100 Y Breast 13 &amp; Over</b> 13 – 14 15 & Over	1:16.69 1:13.59	42
43	1:45.59 1:28.69	<b>100 Y Breast 12 &amp; Under</b> 10 & Under 11 -12	1:41.99 1:26.49	44
45	2:49.39 2:40.09	<b>200 Y Fly 11 &amp; Over</b> 11 – 12 13 – 14	2:45.39 2:28.89	46
47	42.39 34.59	<b>50 Y Fly 12 &amp; Under</b> 10 & Under 11 – 12	41.39 34.69	48
49	1:19.19	<b>100 Y I.M.</b> 12 & Under	1:17.19	50
51	30.49	<b>50 Y Free</b> 13 & Over	28.19	52
53	31.69	<b>50 Y Free</b> 12 & Under	30.69	54

We look forward to seeing you in Fort Worth!