

## COPS Level 2 Division 3 Swim Meet

October 4 & 5, 2014

Sanction # NT062-14

**Location:** RISD Aquatic Center      2 x 25 yard courses with blocks and touch pads at both ends  
1205 T. L. Townsend      8 x 9 foot wide lanes & starting blocks for both courses  
Rockwall, TX 75087      Daktronics timing system  
469-698-7410      4 x 25 yd lanes - continuous WU/WD

In accordance with USA Swimming rules. The competition course has not been certified in accordance with 104.2.2C(4) and is not on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3 is 8'0" at the start end and 8'0" at the turn end.

### Schedule:

	Warm-Up	Meet Start
Session 1 – Saturday 13 & Over	7:30 AM	9:00 AM
Session 2 – Saturday 12 & Under	12:30 PM	1:30 PM
Session 3—Sunday 13 & Over	7:30 AM	9:00 AM
Session 4—Sunday 12 & Under	12:30 PM	1:00 PM

**Rules:** Current USA Swimming, Inc. rules and regulations apply. 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 seating area above the pool. No chairs are allowed in the spectator bleacher area except for "stadium seats". No standing along the railing will be allowed. In accordance with USA swimming the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Sanction:** This meet is held under the sanction of USA Swimming by North Texas Swimming. Sanction number is NT062-14. 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, RISD, CITY OF PLANO SWIMMERS, INC. 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.

**Meet Updates:** Pertinent information about meet details: lodging, restaurants, warm up times, etc., will be posted on the COPS website [www.planoswimming.org](http://www.planoswimming.org)

**Meet Format:** This is a Timed Finals meet for all age-groups. The host team reserves the option to use either one or two 25 yard courses based on the number of entries per session of the meet.

**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:** 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 complete USA Swimming registration numbers must be on the consolidated swimmer entry form. Swimmers age as of the start of the meet (October 4, 2014) will determine their age for the entire meet. An athlete may enter any event in which the athlete has achieved the qualifying time standard.

All swimmers must have the current National Age Group "BB" qualifying time standard.

**Swimmers with Disabilities:** Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the competition and for providing their own assistant or equipment. However coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment.

**Entry Fees and Limits:** Each swimmer may compete in a total of ten (10) individual events plus two (2) relays during the entire meet with no more than five (5) individual events and one (1) relay during any one day.

North Texas Swimming charges a \$3.00 per swimmer surcharge for all swimmers entered in the meet.  
Entry Fees: \$4.00 Individual \$8.00 Relay

### **Entry Deadline:**

All entries shall be received, not later than 6:00PM Central Time, on September 25, 2014. Swimmers submitting entries on their own should use the NTSI consolidated meet entry form and a complete registration number must be included. Entries with "applied for" or "pending" registration will not be

accepted. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations 207.9.5.

Email an attached meet entry file, a meet entries report by name, and a meet entry fee report to [sean@planoswimming.org](mailto:sean@planoswimming.org)

All team entries shall be submitted using Hy-Tek Team Manager software. Fees shall be mailed and postmarked by the entry date. Entries without complete USA Swimming numbers will not be accepted. The name, phone number and email address of the person preparing team entries shall be provided with the entries.

**Mail entries to: Sean Sell [sean@planoswimming.org](mailto:sean@planoswimming.org)**

**City of Plano Swimmers**

**Attn: Meet Entries**

**2925 West 15th Street**

**Plano, TX 75075-7632**

**(972) 398 7946 or (214) 773-8800**

**Make checks payable to: COPS, Inc.**

**Relays:** Relay cards with swimmers' names must be turned into the Clerk of Course by 8:30AM for Sessions 1 and 3, and by 1:00PM for Sessions 2 and 4. Teams may make changes to their relay up to the start of the event.

**Proof of Times:** All times must be provable in SWIMS (or equivalent international database).

**Late Entries:** Late entries will be accepted at clerk of course, Current USA registration and Current proof of times from SWIMS or equivalent international database must be provided at the time of late entry. Those late entries will be accepted at \$12.00 per event. NO DECK REGISTRATIONS WILL BE ACCEPTED.

**Warm Up:** North Texas Swimming Inc. Safety guidelines and warm-up procedures will be in effect at the meet. The first 30 minutes will be a general warm up, all lanes. No sprinting or pace work will be allowed during the general warm up session. NO DIVING will be allowed from the blocks or the edge of the pool. Swimmers shall enter the pool feet first in a cautious manner.

The last 15 minutes of each session, warm up per lane will be: PUSH PACE RACING STARTS  
GENERAL WARM UP 1 & 8 2-5 6,7 and Warm Pool Push pace lanes: Push off one or two lengths from starting end. Circle swimming only. Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction only and exit the pool on the opposite end in the same specified lane. General warm up lanes: NO DIVING. Circle swimming only.

**Changing:** 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.

**Seeding:** All events shall be conducted as timed finals. All events will be swam slowest to fastest except the 400IM and 500 Free, which will be swam fastest to slowest. All events will be pre-seeded except the 400 IM and the 500 Free. Swimmers in those 2 events will need to do a positive check in. Seed times entered should be the swimmer's best time for the stroke and distance.

**Check-In:** Check in is required for only the 400 IM and the 500 Free events. Check-in postings will be separated by age and sex.

Check-in has three options and is required.

   √    Indicates that the athlete is present and will swim the event.

SCRATCH Indicates the swimmer has scratched from this event.

           Indicates swimmer is not swimming this event for reasons unknown.

The check-in deadline for each event will be 30 minutes prior to the scheduled start of that event.

**Scratch Rule:** Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, will be seeded in the event unless he / she notifies the clerk of course before seeding for that event has begun that he / she wishes to scratch. Failure to scratch prior to seeding and not swimming the event shall not be penalized.

**Awards & Scoring:** Ribbons shall be awarded for 1st – 8th place for individual events by age group. Relay ribbons will be awarded 1st – 3rd place by age group. Points will be awarded as follows: No points will be awarded.

Timers: COPS provides timers for the meet with the exception of the distance events at the end of the sessions. However, if your club has anyone who would like to volunteer to help time, please send them to the Head Timer at any time. There may be a few instances where timers are needed and will be called for from the stands. Swimmers who are competing in the 500 Free or the 400 IM need to provide their own timers.

**Admission:** No admission will be charged for the event for spectators in the stands. Admission to Deck: Deck Passes will be issued to meet workers, Officials, and Meet Marshals who are working in an

official capacity at the Invitational. Spectators serving as timers will be allowed on deck only while timing. The deck will be closed to all other non-swimmers. All coaches will have USA Registration Credentials checked prior to being allowed on deck.

**Heat Sheets:** Heat sheets will be available for all sessions at a onetime charge of \$5.00

**Concessions & Hospitality:** Concessions will be sold by RISD. Hospitality will be provided for coaches and officials

**Officials:** All officials are encouraged to attend an officials meeting one hour prior to the start of each session. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for all sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate.

### **List of Officials/Operations personnel:**

All officials are required to show current USA Swimming credentials to work this meet.

Referee Jack Dowling

Admin Referee Stephanie Jones

Starter: Bob Lang

Stroke and Turn Judges: Sammie Krepp and Ruchi Srivastava

Meet Director: John Easton

Head Safety Marshall Mehran Mobasseri

### Schedule of Events

COPS reserves the right to run 1 or 2 courses based on number of entries per session

**Saturday Session #1 Warm-up 7:30-8:30 am Meet starts 9:00 am**

<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
<b>1</b>	<b>13 &amp; Over 200 Medley Relay</b>	<b>2</b>
<b>3</b>	<b>13-14 200 Breast</b>	<b>4</b>
<b>5</b>	<b>15 &amp; Over 200 Breast</b>	<b>6</b>
<b>7</b>	<b>13-14 50 Free</b>	<b>8</b>
<b>9</b>	<b>15 &amp; Over Free</b>	<b>10</b>
<b>11</b>	<b>13-14 200 Fly</b>	<b>12</b>
<b>13</b>	<b>15 &amp; Over 200 Fly</b>	<b>14</b>
<b>15</b>	<b>13-14 100 Back</b>	<b>16</b>
<b>17</b>	<b>15 &amp; Over 100 Back</b>	<b>18</b>
<b>19</b>	<b>13-14 200 Free</b>	<b>20</b>
<b>21</b>	<b>15 &amp; Over 200 Free</b>	<b>22</b>
<b>23</b>	<b>13-14 400 IM</b>	<b>24</b>
<b>25</b>	<b>15 &amp; Over 400 IM</b>	<b>26</b>

**Saturday Session #2 Warm-up 12:30-1:15 pm Meet starts at 1:30 pm**

<b>27</b>	<b>11-12 200 Fly</b>	<b>28</b>
<b>29</b>	<b>11-12 200 Medley Relay</b>	<b>30</b>
<b>31</b>	<b>10 &amp; Under 200 Medley Relay</b>	<b>32</b>
<b>33</b>	<b>11-12 200 Breast</b>	<b>34</b>
<b>35</b>	<b>10 &amp; Under 50 Fly</b>	<b>36</b>
<b>37</b>	<b>11-12 50 Fly</b>	<b>38</b>
<b>39</b>	<b>10 &amp; Under 50 Free</b>	<b>40</b>
<b>41</b>	<b>11-12 50 Free</b>	<b>42</b>
<b>43</b>	<b>10 &amp; Under 100 Back</b>	<b>44</b>
<b>45</b>	<b>11-12 100 Back</b>	<b>46</b>
<b>47</b>	<b>10 &amp; Under 50 Breast</b>	<b>48</b>
<b>49</b>	<b>11-12 50 Breast</b>	<b>50</b>
<b>51</b>	<b>10 &amp; Under 200 Free</b>	<b>52</b>
<b>53</b>	<b>11-12 200 Free</b>	<b>54</b>
<b>55</b>	<b>10 &amp; Under 200 IM</b>	<b>56</b>
<b>57</b>	<b>11-12 400 IM</b>	<b>58</b>

**Sunday Session #3 Warm-up 7:30 am-8:30 am; Meet starts 9:00 am**

<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
<b>59</b>	<b>13 &amp; Over 200 Free Relay</b>	<b>60</b>
<b>61</b>	<b>13-14 100 Fly</b>	<b>62</b>
<b>63</b>	<b>15 &amp; Over 100 Fly</b>	<b>64</b>
<b>65</b>	<b>13-14 200 Back</b>	<b>66</b>
<b>67</b>	<b>15 &amp; Over 200 Back</b>	<b>68</b>
<b>69</b>	<b>13-14 100 Free</b>	<b>70</b>
<b>71</b>	<b>15 &amp; Over 100 Free</b>	<b>72</b>
<b>73</b>	<b>13-14 100 Breast</b>	<b>74</b>
<b>75</b>	<b>15 &amp; Over 100 Breast</b>	<b>76</b>
<b>77</b>	<b>13-14 200 IM</b>	<b>78</b>
<b>79</b>	<b>15 &amp; Over 200 IM</b>	<b>80</b>
<b>81</b>	<b>13-14 500 Free</b>	<b>82</b>
<b>83</b>	<b>15 &amp; Over 500 Free</b>	<b>84</b>



**Sunday Session #4 Warm-up 12:30-1:15 pm; Meet starts 1:30 pm**

85	<b>11-12 200 Back</b>	86
87	<b>10 &amp; Under 200 Free Relay</b>	88
89	<b>11-12 200 Free Relay</b>	90
91	<b>11-12 100 IM</b>	92
93	<b>10 &amp; Under 100 Breast</b>	94
95	<b>11-12 100 Breast</b>	96
97	<b>10 &amp; Under 100 Fly</b>	98
99	<b>11-12 100 Fly</b>	100
101	<b>10 &amp; Under 100 Free</b>	102
103	<b>11-12 100 Free</b>	104
105	<b>10 &amp; Under 50 Back</b>	106
107	<b>11-12 50 Back</b>	108
109	<b>10 &amp; Under 100 IM</b>	110
111	<b>11-12 200 IM</b>	112
113	<b>10 &amp; Under 500 Free</b>	114
115	<b>11-12 500 Free</b>	116