

RACE Intrasquad Meet
Closed meet for RACE-NT
September 20th, 2014
Sanction # NT 048-14

- Location:** RISD Aquatic Center 2 x 25 yard courses
1205 T. L. Townsend 8 x 9 foot wide lanes & starting blocks for all
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 | 8:00 -8:45 AM | 9:00 AM |
- Rules:** Current USA Swimming, Inc. rules and regulations apply. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meet personnel only. Parents and other spectators must remain in the seating area above the pool. In accordance with USA Swimming rules 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 NT 048-14.
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, ROCKWALL AQUATIC CENTER OF EXCELLENCE 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.
- 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 (September 20th, 2013) will determine their age for the entire meet.
An athlete may enter any event.
- 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.

Entry Fees and Limits:

Each swimmer may participate in 3 individual events and 1 relays per day. North Texas Swimming charges a \$3.00 per swimmer surcharge for all swimmers entered in the meet.

Entry Fees: \$2 per swimmer Total Fee is \$5

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: All entries shall be received, not later than 6:00PM Central Time, on September 11th, 2014. Swimmers submitting entries on their own should use the NTSI consolidated meet entry form and a complete registration number must be included.

Email an attached meet entry file, a meet entries report by name, and a meet entry fee report to rockwallswimentries@gmail.com

All team entries shall be submitted using Hy-Tek Team Manager software.

Fees shall be mailed and postmarked by the entry date.

The name, phone number and email address of the person preparing team entries shall be provided with the entries.

Mail entries to: Tom Applegate
 1205 T. L. Townsend
 Rockwall, TX 75087
 rockwallswimentries@gmail.com
 469-698-7410

Make checks payable to: R.A.C.E

Late Entries: There will not be late entries the day of the meet.

RACE will accept late entries from the coach of either team until 12pm on September 19th. Coaches are to send Tom Applegate a North Texas Consolidated entry form along with copy of current USA swimming card and proof of times. Late entries will be at normal entry cost. No athlete registration will be accepted at the meet.

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:

<u>PUSH PACE</u>	<u>RACING STARTS</u>	<u>GENERAL WARM UP</u>
1 & 8	2, 3, 6 & 7	4, 5

Push pace lanes: Push off one or two lengths from starting end. Circle swimming only. NO DIVING.

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 Pre-seeded, and check in sheets will be for practice purposes only. 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, N.T. (No Time) should be entered.

Check-In: check in is for practice purposes only.

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: There will be no awards or scoring

Heat Sheets: Heat sheets will be available for all sessions at a onetime charge of \$1.00

Concessions & Hospitality:

Concessions will be sold by RISD.

Hospitality will be provided for coaches and officials

List of Officials/Operations personnel:

Referee – Lorraine Temple Ltemple1013@gmail.com

Starter - Kathy Kuipers

Stroke and turn judges – Jean Wang, Stacy Harmon

Meet Director – Dallas Manly

Head Safety Marshall – Tim Conner

Admin Referee – Richele Conner

Events:

Saturday September 20th Session 1 8:00 AM warm up 9:00 AM meet start				
Girls		Event Description		Boys
1		8 & Under 25 Free		2
3		10 & Under 50Free		4
5		11-12 50 Free		6
7		13-14 50 Free		8
9		15&O 50 Free		10
11		8 & Under 25 Fly		12
13		10 & Under 50 Fly		14
15		11-12 50 Fly		16
17		13-14 100 Fly		18
19		15&O 100 Fly		20
21		200 Free Relay		22
23		8 & Under 25 Back		24
25		10 & Under 50 Back		26
27		11-12 50 Back		28
29		13-14 100 Back		30
31		15&O 100 Back		32
33		8 & Under 25 Breast		34
35		10 & Under 50 Breast		36
37		11-12 50 Breast		38
39		13-14 100 Breast		40
41		15&O 100 Breast		42
43		10 & Under 100 IM		44
45		11-12 100 IM		46
46		13-14 200 IM		48
47		15&O 200 IM		50