

Level 3 Dual Meet
Closed meet for RACE-NT and MTRO-NT
Hosted by RACE
October 25-26, 2014
Sanction # NT 049-14

Location: RISD Aquatic Center 2 x 25 yard courses **both pools will be used if necessary**
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 AM	9:00 AM
Session 2 – Saturday	11:00 am	12:00 PM
Session 3 – Sunday	8:00 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 meets personnel only. Parents and other spectators must remain in the seating area above the pool. In accordance with USA swimming Rule 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 049-14.

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 (October 25th, 2014) will determine their age for the entire meet.

An athlete may enter any event in which the athlete has not achieved the "BB" time standard in the event entered.

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.

Swimmers With Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion 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 participate in 5 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: \$3.75 Individual \$7.00 Relay

Entry Deadline: All entries shall be received, not later than 6:00PM Central Time, on October 16th, 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: No Late Entries Please email Tom Applegate to get in a late entry before Thursday OCT 24. 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:

<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
This is a pre seeded meet.
All events will be swam 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, N.T. (No Time) should be entered.

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 and time standard classification based on the swimmers entry time. Relay ribbons will be awarded 1st – 3rd place by age group. All athletes swimming in an 8 & Under individual event who swims a time faster than their seed time shall be awarded a Best Time Ribbon. The award shall be provided by the meet host. Swimmers who enter the event with “No Time” are not eligible for this award. No team points will be used during this meet.

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

List of Officials/Operations personnel:

Referee – Lorraine Temple Ltemple1013@gmail.com
Starter - Kathy Kuipers
Admin Referee – Richele Conner
Stroke and turn judges – Jean Wang, Fatemah Sani
Meet Director – Dallas Manly
Head Safety Marshall – Tim Conner

Events:

Saturday OCT 25 Session 1 8:00 AM warm up 9:00 AM meet start		
Girls	Event Description	Boys
1	8 & Under 50 Free	2
3	8 & Under 100 Free Relay	4
5	8 & Under 25 Fly	6
7	8 & Under 25 Back	8
9	8 & Under 25 Breast	10
11	8 & Under 25 Free	12

Saturday OCT 25 Session 2 11:00 AM warm up 12:00 PM meet start

Girls	Event Description	Boys
13	10 & Under 100 IM	14
15	11-12 100 IM	16
17	11-12 200 Breast	18
19	13-14 200 Breast	20
21	15&O 200 Breast	22
23	10 & Under 50 Fly	24
25	11-12 50 Fly	26
27	13-14 200 Fly	28
29	15&O 200 Fly	30
31	10 & Under 50 Free	32
33	11-12 50 Free	34
35	13-14 50 Free	36
37	15&O 50 Free	38
39	10 & Under 100 Back	40
41	11-12 100 Back	42
43	13-14 100 Back	44
45	15&O 100 Back	46
47	11-12 200 Fly	48
49	10 & Under 50 Breast	50
51	11-12 50 Breast	52
53	13-14 200 Free	54
55	15&O 200 Free	56
57	10 & Under 200 Free	58
59	11-12 200 Free	60
61	13 and Over 200 Med Relay	62
63	10 & Under 200 Med Relay	64
65	11-12 200 Med Relay	66
67	*10 & Under 500 Free	68
69	*11-12 500 Free	70
71	*13-14 500 Free	72
73	*15&O 500 Free	74

Sunday October 26th 8:00 am warm up 9:00 am Meet start

Girls	Event Description	Boys
75	11-12 200 Back	76
77	13-14 100 Breast	78
79	15&O 100 Breast	80
81	10 & Under 100 Breast	82
83	11-12 100 Breast	84
85	13-14 100 Fly	86
87	15&O 100 Fly	88
89	10 & Under 100 Fly	90
91	11-12 100 Fly	92
93	13-14 100 Free	94
95	15&O 100 Free	96
97	10 & Under 100 Free	98
99	11-12 100 Free	100
101	13-14 200 Back	102
103	15&O 200 Back	104
105	10 & Under 50 Back	106
107	11-12 50 Back	108
109	13-14 200 IM	110
111	15&O 200 IM	112
113	10 & Under 200 IM	114
115	11-12 200 IM	116
117	13 and Over 200 Free Relay	118
119	10 & Under 200 Free Relay	120
121	11-12 200 Free Relay	122
123	*13-14 400 IM	124
125	*15&O 400 IM	126
127	*11-12 400 IM	128
129	*11-12 1000 Free *13-14 1000 Free *15&O 1000 Free	130

*400 IM, 500 free, and 1000 Free will be swum fastest to slowest alternating girls and boys. Swimmers in events 400 and longer need to provide their own timers and lap counters.