

**2017 Short Course
Texas Age Group Swimming Championships
Entries due by 12:00PM (noon), Monday March 6, 2017**

**Hosted by
Mid-Cities Arlington Swimming (MARS)
March 9-12, 2017 Sanction No. NT 015-17
Time Trials Sanction No. NT 016-17**

LOCATION: Lewisville ISD Westside Aquatic Center, 1750 Duncan Lane, Lewisville, Texas 75028

MEET UPDATES: Important updates and other useful information pertaining to the meet and local amenities will be available on the MARS (www.marsswim.org) and North Texas websites (<http://www.ntswwim.org>).

POOL: Two- 8 lane 25 yard courses for prelims and a single 25 yard pool for finals. 5 lanes available for continuous warm-up and warm-down adjacent to each prelim pool. The competition pools are certified according to USA-S rule 104.2.2C (4). A copy of this certification is on file with USA-S. The depth of the competition pool(s) when measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.) meters) at the start wall is 7 feet 0 inches and when measured for a distance of 3 feet 3 1/2 inches to 16 feet 5 inches (5.0 meters) at the turn/ bulkhead is 8 feet 6 inches for one of the pools and 12 feet 0 inches at the turn end for the other competition pool.

MEET FORMAT: This is a prelims/finals meet with the exception of relays, the 1000/1650 freestyle and the 12&Under 500 freestyle, which will be timed finals events. Unless the meet host determines one pool is more appropriate, all preliminary sessions will swim in two pools with Girls in the West Pool and Boys in the East Pool with all heats swimming slowest to fastest. Finals will swim in the East Pool and shall consist of A, B heats for all individual P/F events and 1 heat of each relay event, with all heats swimming slowest to fastest. Meet timelines, pool configuration, and lane timing assignments will be designated in the psych sheet and posted on both the North Texas (<http://www.ntswwim.org>) and the MARS (<http://www.marsswim.org>) websites by Tuesday, March 7, 2017. Open warm-ups will be in effect for all finals sessions.

MEET OFFICIALS:

Meet Referee: Gloria Schuldt email: gloria_schuldt@att.net
Phone: 469-426-2850

Meet Directors: Shannon Gillespy email: coachshannon@marsswim.org
Phone: 214-697-4145

Brian Dangelmaier email: coachbrian@marsswim.org
Phone: 817-925-0505

Admin Referee: Lisa Stults and Karen Rourke
Starter: Robin Magen
Stroke & Turn: Rodney Yanai, Karen Raschio
Safety Marshal: Mike Blakely
National Evaluator: TBA

OFFICIALS: Help from visiting officials is always welcome. Visiting officials are asked to e-mail the Meet Referee with their certification level and availability so she can plan accordingly. All officials must attend a mandatory meeting beginning one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials.

GENERAL MEETING: All swimmers must be represented at a general meeting to be held Thursday, March 9, 2017 in the hospitality venue at the LISD Westside Aquatic Center. The meeting will begin immediately after the conclusion of Thursday's events. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any changes made during this meeting.

OPENING CEREMONIES: There will be a short opening ceremony and parade on Friday, March 10, 2017 at 9:00 am before the start of preliminaries. Team representatives may carry team banners or flags and each team will be announced. There will be a 10 minute break after the last team is announced and before the meet events begin. Team pep rallies and demonstrations may be held BEFORE the playing of the national anthem and AFTER the start of the first event at each session, but not between the two.

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

ELIGIBILITY: **Age/Registration:** All swimmers, age 14 and younger, must be registered as athletes for 2017 with USA Swimming Inc. by the entry deadline and must be registered as a member of one of the five (5) Texas Local Swimming Committees (LSC's). Entries with "applied for" or "pending" registration will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition.

Qualifying Times/Dates: All swimmers must meet the time standards established for each event he or she enters (time standards are included in the event tables) and must have achieved those times between **January 1, 2016 and March 8, 2017**. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.9.5.

Age Up Date: Competitors must indicate their USA Swimming number and their age, as of **March 9, 2017**.

Team Scoring/Awards Eligibility: Swimmers may compete with a team that is registered with any of the five (5) Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) for their swimmers to compete in any event and to earn team points and awards (see TSA MEMBERSHIP REQUIREMENTS below). All teams must comply with all TSA entry requirements.

Unattached Swimmers: A swimmer may swim "unattached" if he/she is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. If an unattached swimmer is not representing a team, that individual must pay the \$25.00 TSA dues to be eligible for the meet.

TSA MEMBERSHIP REQUIREMENTS: All teams must be a member of TSA for their swimmers to compete in any event and to earn team points and awards. TSA dues are \$25.00. TSA dues have been set up in OME. Please pay your dues under this specific OME activity. Late entries must pay the TSA dues at time of entry.

RULES, SANCTIONS AND LIABILITY:

The meet will be held under the sanction of USA Swimming, Inc. and North Texas Swimming, Inc. The current USA Swimming rules and regulations will govern this meet. 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., Mid-Cities Arlington Swimming (MARS) all meet officials 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. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

SCRATCH RULES:

Scratches for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. **Scratching for all Preliminary events is required prior to the deadlines stated below.** Failure to scratch an event counts as one of your seven (7) events for the meet.

CHECK-IN/SCRATCH DEADLINES:

Day/Event	Deadline
1000 Freestyle – Positive Check-in 500 Freestyle 12&U – Positive Check-in 800 Freestyle Relay –	Thursday 4:00 PM
Friday's Relay Events – Relay Cards Due/Declare AM/PM Friday's Individual Events – Scratch from Prelims	No later than 15 minutes after the conclusion of the general meeting
Saturday's Relay Events – Relay Cards Due/Declare AM/PM Saturday's Individual Events – Scratch from Prelims	Friday 6:00 PM
1650 Freestyle – Positive Check-in/Declare AM/PM Sunday's Relay Events – Relay Cards Due/Declare AM/PM Sunday's Individual Events – Scratch from Prelims	Saturday 6:00 PM

RELAY EVENTS:

- Relays will be swum as timed finals events.
- All 800 Freestyle relays will be swum fastest to slowest in the Thursday, March 9th session.

- Relays entered in the meet by the entry deadline may have the option to swim in preliminaries (AM) or finals (PM). The fastest 8 relay teams for each relay event that elect to swim in finals (PM) will swim in finals, with the remaining heats will be swum in the preliminary session. Deck entered relays will not be seeded into finals unless space is available.

- Relay cards are due to the Clerk of Course according to the schedule above under "Check-in". Relay cards not turned in on time will be considered scratched.

- The order of swimmers on relay teams will be strictly enforced in accordance with 102.3.7 USA Swimming Rules and Regulations. Relay only swimmers must be

entered in the meet to be eligible to swim relays or Time Trials. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or by aggregate, must be eligible to swim that event for this meet.

•All 13-14 200 Medley Relays will enter using the 400 Medley Relay time.

**DISTANCE
EVENTS:**

Positive Check-in: The 12&Under 500 freestyle, 1000 freestyle and 1650 freestyle events will be swum as timed final events. Positive check-in is required for these events. See CHECK-IN/SCRATCH DEADLINES above or the MEET SCHEDULE below for check-in deadlines.

12&Under 500 Free and 1000 Free: The 12&Under 500 freestyle and the 1000 freestyle events will be swum fastest to slowest as timed final events. Swimmers must provide their own lap counters and timers for these events. Entries for the 1000 freestyle will be seeded by entry time in the following order: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM. See ENTRIES section below regarding the option to swim the 1000 freestyle event if qualified in the 1650 freestyle event.

1650 Free: The 1650 freestyle check-in will include the option to swim during either the prelims (AM) or the finals (PM) session. The fastest 8 girls and the fastest 8 boys who check-in and who elect to swim in finals (PM) will swim during Sunday's finals session, in event order. All other heats will swim fastest to slowest as the final event in Sunday's preliminaries session. There will be a 10 minute break between the last relay event and the first 1650 freestyle heat in the Sunday prelims session. Each swimmer must provide her/his own timer(s) and lap counter during the 1650 free prelims session heats and a lap counter for the finals heats. Entries will be seeded by entry time in the following order: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM. See ENTRIES section below regarding the option to swim the 1650 freestyle event if qualified in the 1000 freestyle event.

ENTRIES:

Number of Events: Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay per day, except on Saturday when two relays are offered. On Saturday, swimmers may participate in two (2) relays. Time trial events will count as one of the three (3) events allowed per day, but not for one of the seven (7) meet events.

Bonus Swims: Swimmers with 1 regular cut get 1 bonus swims
Swimmers with 2 regular cuts get 1 bonus swim
Swimmers with 3 or more regular cuts get 0 bonus swim
Individual time standards only (relay times are not included in the Bonus cuts)

Scratching/No Shows: Please note that you must scratch the events you don't want to swim by the deadline specified in the CHECK-IN/SCRATCH DEADLINES section above or the MEET SCHEDULE below. Failure to scratch an event counts as one of your seven (7) allowed events for the meet and as one of your three (3) events for the day. Penalty for no-show counts as a disqualification and one of the seven (7) allowable swims. **A no-show for a finals qualifier will result in that swimmer being barred from the remainder of the meet.**

Seed Times: All seed times should be submitted in 100ths. Swimmers qualifying with a "non-conforming" time (long course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time.

13-14 Bonus Event 1000 Free: A swimmer that has the qualifying time for the 1650/1500 freestyle also qualifies for the 1000 freestyle. If entering the 1000 freestyle with the 1650/1500 freestyle qualification, the swimmer must enter the 1000 freestyle in OME using his/her 1650/1500 time. This will provide proof of time in

OME and will allow proper seeding of the event: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM.

13-14 Bonus Event 1650 Free: A swimmer that has the qualifying time for the 1000/800 freestyle also qualifies for the 1650 freestyle. If entering the 1650 freestyle with the 1000/800 freestyle qualification, the swimmer must enter the 1650 freestyle in OME using his/her 1000/800 time. This will provide proof of time in OME and will allow proper seeding of the event: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM.

ENTRY FEES:	<u>Individual events:</u>	\$15.00 per individual event
	<u>Relay events:</u>	\$20.00 per relay event
	<u>Swimmer Surcharge:</u>	\$5.00 per swimmer
	<u>TSA Dues:</u>	\$25.00 per team or per unattached swimmer
	<u>Time trials:</u>	\$20.00 per time trial event

Additional Relay Only swimmers added after entries close, but no less than 30 minutes before the meet starts, may be added at \$30.00 per swimmer. No additional relay only swimmers may be added after this deadline.

**ENTRY
PROCESS:**

• Entries for TAGS must be completed in USA Swimming's online meet entry (OME) system: www.usaswimming.org/OME. Entries will open in OME at 6 AM on January 30, 2017 and will close March 6, 2017 at 12:00pm.

• OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). Once all entries are complete and you have checked out in OME, you must send payment along with hard copy printouts of entries/fees from OME.

• Payment for entries made by check must be payable to "Mid-Cities Arlington Swimming (MARS)" and should be received by the entries chair (name and address below) by March 9, 2017.

• If you have trouble using OME, please contact Larry Herr with USA Swimming at lherr@usaswimming.org or 719 866-3562.

Team Manager/Team Unify: A Hy-Tek file will be available on MARS (www.marswim.org) and North Texas websites (www.ntswwim.org) for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek (Team Manager/Team Unify).

• If you have an entry question, please contact the Entries Chair (see name and contact information below) or the Meet Director (contact information on page 1). Email is preferred.

**ENTRY
DEADLINE:**

Monday, March 6, 2017 @ 12:00pm (noon) CST.

Any payments by check must be made out to **Mid-Cities Arlington Swimming** and be mailed to the Entries Chair, Brian Dangelmaier (coachbrian@marswim.org):

MARS
PO Box 13849
Arlington, TX 76094

All entries received after the deadline but before 4:30 PM March 9th will be accepted

as ON DECK entries with the applicable fees listed in the ON DECK ENTRIES section below. Exception: relay only swimmers added after entries close, but up to 30 minutes before the meet starts (see ENTRY FEES section above).

ON DECK ENTRIES:

•On-deck entries will be accepted no later than 30 minutes prior to the scheduled start of each session.

•Swimmers who on-deck enter must pre-prove their time with the Clerk of Course, be entered at that qualifying time, and if deck entered prior to the scratch deadline (see deadlines above) will be seeded into the event (except relays in finals - see RELAY section for details).

•If deck entered after the scratch deadline, the swimmer will be assigned to an open lane. A heat will be added if necessary, but there will be no standbys for open lanes.

•The late entry fee is \$30.00 per event plus a \$5.00/swimmer surcharge and \$25.00/team TSA fee if applicable.

•On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS database or Deck Pass.

Electronic verification of USA Swimming SWIMS database will be accepted.

NO DECK REGISTRATIONS WILL BE ACCEPTED.

Swimmers cannot deck enter with a Bonus Time Standard

TIME TRIALS:

Time Trials will be held under separate sanction, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 10 and Saturday, March 11. Time Trials entries will be accepted from 9:00 – 10:00 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$20 per event. A swimmer may swim only one time trial per day. The 1000 yard Freestyle event will only be offered for Time Trial on Friday and the 1650 Freestyle event will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of daily events (3 maximum) as outlined in the Entries section, but not as one of maximum of seven (7) events for the meet.

Time Trials will be deck-seeded. Events may be swum combined by distance, stroke and/or gender at the discretion of the Meet Referee. Time trial swimmers must provide their own timers/lap counters.

PROOF OF TIME:

OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches should refer to the TSA handbook. This is a pre-prove meet: all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay may not be entered in the meet. Any times not in the SWIMS database, including aggregate relay times, must be proven with supporting documentation supplied to the Entries Chair (see contact information above).

Swimmers qualifying with a "non-conforming" time (long course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time.

AWARDS:

Individual Events: Medals 1st through 8th Ribbons 9th through 16th

Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th

Teams: TAGS flags will be awarded to teams that finish in 1st through 10th. The first place team will receive the Leo Cancellare Award, the TAGS traveling trophy.

High Point Award: A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points earned in individual events during the meet.

Team Age Group Award: A white flag with red printing 3' x 2' in size will be given to the first place girls' and boys' teams in the following age groups using individual and relay events only: 10 & under, 11-12, and 13-14.

Horizon Award: Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last year's Short Course TAGS team rankings.

Bill Nixon Sportsmanship Award: A trophy will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each team, the meet director, head referee and pool referees will be entitled to one vote.

SCORING:

All events will be scored by age groups: 10&Under, 11-12 and 13-14.

Individual Events: 1st through 16th: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays Events: 1st through 16th: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team points will not be awarded for a relay performance that does not meet or better the minimum time standard for that event.

TIMERS:

Swimmers in Thursday's 500 freestyle event and 1000 freestyle event must provide their own lap counter and timer. Swimmers who swim the 1650 freestyle in the preliminary session on Sunday must provide their own timers and lap counters. Those swimmers swimming the 1650 freestyle in finals on Sunday will need to provide their own lap counter (timers will be provided).

Volunteer timers will be needed. All volunteer timers will receive snacks and drinks. MARS appreciates your help.

POOL DECK RESTRICTION:

Access to the pool/deck area will be limited to athletes, coaches, officials, and certified representatives of North Texas Swimming and Mid-Cities Arlington Swimming volunteers working the meet. Swimmers failing to comply with the safety rules governing the conduct of the meet are subject to disqualification and/ or expulsion from the meet at the discretion of the Meet Referee. Spectators wishing to observe the meet must do so from the upstairs seating area. Non-Athlete Registration cards from USA-Swimming do not grant access to the pool deck at any time.

DECK PASSES AND REGISTRATION:

Deck passes must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued deck passes. **Coaches and officials must present valid USAS Registration cards or DECK PASS to receive a deck pass.** All non-athletes requesting to receive a deck pass should be prepared to show a current USA - Swimming membership card or USA-S Deck Pass. Deck passes must be picked up at the registration desk. Replacement of a lost deck pass will cost \$20. Managers, trainers and chaperones are included in a team's allocation of deck passes, and must be registered with USAS.

Teams will receive deck passes based upon the number of athletes in the meet, and based upon the following formula:

1-3 athletes: 1 deck pass
7-9 athletes: 3 deck passes
21-30 athletes: 5 deck passes
41-50 athletes: 7 deck passes

4-6 athletes: 2 deck passes
10-20 athletes: 4 deck passes
31-40 athletes: 6 deck passes
51 or more athletes: 9 deck passes

DECK CHANGING

PROHIBITION: Deck changing is prohibited.

DRONE RESTRICTIONS: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

AUDIO/VISUAL RECORDING

DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms.

UNACCOMPANIED SWIMMERS:

Any swimmers 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. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet will not be given a deck pass and will not be allowed to compete in the meet.

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 two weeks in advance of the meet to reserve North Texas Swimming equipment (remote strobe).

CONCESSIONS: Concessions will be offered during all sessions.

HOSPITALITY: A hospitality room will be available for coaches and officials.

SPECTATOR SEATING:

Reserving seats before, between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted.

TEAM TENTS: An area on the south side of the pool building will be designated for teams tents.

TICKETS: All tickets will be general admission, and may be purchased on-site at the Natatorium.

All Sessions Pass: \$20 (includes Meet Program & Daily Finals Heat Sheet)

Single Session: \$5 (either prelims or finals of each day)

All Sessions Pass holders will receive a non-transferable bracelet for entry. Single Session purchasers will receive a hand stamp for each session purchased.

Preliminary Heat Sheets will be available electronically via Meet Mobile. Finals Heat Sheets available for purchase for \$5 (included in All Session Pass)

COMMITTEE**MEETINGS:**

An All Star Camp Committee meeting and a TAGS committee meeting will be held at the end of the prelims session on Saturday in the hospitality venue.

MEET SCHEDULE:

The following schedule will be used as a guideline for all activities:

Thursday, March 9

3:00 to 9:00 PM	Pool open for warm-up
3:30 to 4:45 PM	Warm-up for 1000 & 500 Freestyle only
4:00 PM	Deadline for Positive Check-in for 1000/500FR 800FR relay cards due
5:00 PM	Thursday session starts
End of Session	General Meeting in Hospitality
	Friday scratches & relay cards due
	Declare AM/PM due end of General Meeting

Friday, March 10

7:00 to 7:30 AM	1st Warm-up
7:30 to 8:00 AM	2nd Warm-up
8:00 to 8:30 AM	3rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Opening Ceremonies/Parade
After parade + 10 min	Friday Prelims session starts
9:00 - 10:00 AM	Friday time trial entries accepted
3:30 to 4:20 PM	Finalist warm-up
4:30 PM*	Finals session starts
6:00 PM	Saturday prelims scratches and relay cards/declare AM/PM are due

Saturday, March 11

7:00 to 7:30 AM	1st Warm-up
7:30 to 8:00 AM	2nd Warm-up
8:00 to 8:30 AM	3rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Saturday prelims session starts
9:00 - 10:00 AM	Saturday time trial entries accepted
End of Prelims	TAGS Committee/All Star Committee meeting in Hospitality
3:30 to 4:20 PM*	Finalist warm-up only
4:30 PM*	Finals session starts
6:00 PM	Sunday positive check-in/declare AM/PM for 1650FR, prelims scratches, and relay cards/declare AM/PM are due

Sunday, March 12

7:00 to 7:30 AM	1st Warm-up
7:30 to 8:00 AM	2nd Warm-up
8:00 to 8:30 AM	3rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Sunday prelims session starts
3:30 to 4:20 PM*	Finalist warm-up only
4:30 PM*	Finals session starts

* There will be a minimum three hour break between the end of the relays in the prelim session and the start of warm-ups for the finals session. The finals session warm-up will start no earlier than 3:30 PM but may start later, based on the end of the relays in the prelims session.

Warm-up Schedule:

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:00 to 7:30 AM	G	G	G
7:30 to 8:00 AM	G	G	G
8:00 to 8:30 AM	G	G	G
8:30 to 8:45 AM	Dive / Sprint Pace for all athletes		

A detailed warm-up schedule with team assignments to Groups will be posted on the North Texas Website (<http://www.ntswim.org>) and the MARS website (<http://www.marswim.org>) by 12:00 PM Tuesday, March 7th

A dedicated warm-up area for 10&U swimmers will be provided.

2017 SC TAGS Order of Events

(See attached 2017 TAGS Time Standards)

Girls Events	<u>Day 1 - Thursday, March 9th</u>	Boys Events
1	13-14 1000FR	2
3	10&Under 500FR	4
5	11-12 500FR	6
7	13-14 800FR Relay	8

NOTES FOR THURSDAY:

- **Positive check-in for all individual events and all 800FR relay cards are due by 4:00 PM.**
- Meet start is 5:00 PM.
- All events are timed finals events.
- All events will be swum fastest to slowest.
- Girls swim in the West Pool and Boys swim in the East Pool.
- Swimmers must provide their own lap counter and timer as needed.
- The General Meeting will be held in the hospitality venue immediately upon completion of Thursday's events.
- **Friday's prelims scratches & relay cards are due no later than 15 mins after the conclusion of the General Meeting.**

Girls Events	<u>Day 2 - Friday, March 10th</u>	Boys Events
9	11-12 200FL	10
11	13-14 100FL	12
13	10&Under 100BR	14
15	11-12 100BR	16
17	13-14 100BR	18
19	10&Under 200FR	20
21	11-12 200FR	22
23	13-14 200FR	24
25	10&Under 50BK	26
27	11-12 50BK	28
29	13-14 100BK	30
31	10&Under 100IM	32
33	11-12 100IM	34
35	13-14 400IM	36
37	10&Under 400FR Relay	38
39	11-12 400FR Relay	40
41	13-14 400FR Relay	42

NOTES FOR FRIDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- A short opening ceremony/parade will begin at 9:00AM. Friday's prelim events will begin 10 mins after the last team is announced.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals. The remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.
- **Saturday's prelims scratches and relay cards are due by 6:00 PM.**

Girls Events	<u>Day 3 - March 11, 2017</u>	Boys Events
43	13-14 200 Medley Relay	44
45	11-12 200 Medley Relay	46
47	10&Under 100FL	48
49	13-14 200FL	50
51	11-12 100BK	52
53	10&Under 200IM	54
55	11-12 200IM	56
57	13-14 50FR	58
59	10&Under 50FR	60
61	11-12 50FR	62
63	13-14 200BR	64
65	10&Under 50BR	66
67	11-12 200BR	68
69	13-14 500FR	70
71	11-12 100FL	72
73	10&Under 200FR Relay	74
75	13-14 200FR Relay	76
77	11-12 200FR Relay	78

NOTES FOR SATURDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.
- **Sunday's positive check-in/declare AM/PM for the 1650FR, prelim scratches & relay/declare AM/PM are due 6:00PM.**

Girls Events	<u>Day 4 - March 12, 2017</u>	Boys Events
79	11-12 50BR	80
81	13-14 1650FR	82
83	10&Under 100BK	84
85	11-12 200BK	86
87	13-14 200BK	88
89	10&Under 100FR	90
91	11-12 100FR	92
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99	11-12 50FL	100
101	10&Under 200 Medley Relay	102
103	13-14 400 Medley Relay	104
105	11-12 400 Medley Relay	106

NOTES FOR SUNDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- The 1650FR is a timed finals event with the fastest seeded 8 swimmers, who elect to swim in finals, swimming in finals. Remaining swimmers will swim in the prelims session, after the relays. There will be a 10 min break after the last relay event and before the first heat of the 1650FR
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin two hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.

Girls				Boys		
10 & U	11-12	13-14		10 & U	11-12	13-14
29.49	26.59	25.29	50 Free	29.19	25.79	23.19
1:04.99	57.39	54.69	100 Free	1:04.19	56.59	50.69
2:20.99	2:03.99	1:57.59	200 Free	2:19.39	2:03.69	1:49.39
6:13.89	5:30.39	5:14.89	500 Free	6:09.79	5:27.89	4:54.09
		10:46.89	1000 Free			10:12.59
		18:13.59	1650 Free			17:26.39
34.59	30.79		50 Back	34.59	29.99	
1:13.09	1:05.39	1:01.09	100 Back	1:14.29	1:04.59	57.19
	2:19.99	2:11.29	200 Back		2:18.19	2:03.09
38.99	34.49		50 Breast	38.89	33.49	
1:24.89	1:14.69	1:09.89	100 Breast	1:24.39	1:12.99	1:03.99
	2:41.19	2:31.79	200 Breast		2:37.79	2:19.39
32.49	28.89		50 Fly	32.39	28.49	
1:14.79	1:04.29	59.99	100 Fly	1:14.39	1:03.09	55.69
	2:23.99	2:14.39	200 Fly		2:22.89	2:04.19
1:14.29	1:06.19		100 IM	1:13.89	1:04.69	
2:40.59	2:21.59	2:13.69	200 IM	2:39.09	2:20.39	2:04.89
		4:42.89	400 IM			4:24.69
2:02.89	1:49.09	1:43.79	200 Free Relay	2:03.49	1:47.39	1:36.39
4:36.69	3:57.09	3:44.49	400 Free Relay	4:34.29	3:56.19	3:31.59
		8:05.39	800 Free Relay			7:45.89
2:20.19	2:02.69	1:55.09	200 Medley Relay	2:19.79	1:59.59	1:47.29
	4:28.29	4:10.79	400 Medley Relay		4:23.59	3:55.69

2017 TAGS BONUS TIME STANDARDS - SHORT COURSE YARD

Girls				Boys		
10 & U	11-12	13-14		10 & U	11-12	13-14
29.59	26.69	25.39	50 Free	29.29	25.89	23.29
1:05.29	57.69	54.99	100 Free	1:04.49	56.89	50.89
2:21.69	2:04.59	1:58.19	200 Free	2:20.09	2:04.29	1:49.89
6:15.79	5:31.99	5:16.49	500 Free	6:11.59	5:29.49	4:55.59
		10:50.09	1000 Free			10:15.69
		18:19.09	1650 Free			17:31.59
34.79	30.89		50 Back	34.79	30.09	
1:13.49	1:05.69	1:01.39	100 Back	1:14.69	1:04.89	57.49
	2:20.69	2:11.89	200 Back		2:18.89	2:03.69
39.19	34.69		50 Breast	39.09	33.69	
1:25.29	1:15.09	1:10.19	100 Breast	1:24.79	1:13.39	1:04.29
	2:41.99	2:32.49	200 Breast		2:48.59	2:20.09
32.69	28.99		50 Fly	32.59	28.59	
1:15.19	1:04.59	1:00.29	100 Fly	1:14.79	1:03.39	55.99
	2:24.69	2:15.09	200 Fly		2:23.59	2:04.79
1:14.69	1:06.49		100 IM	1:14.29	1:04.99	
2:41.39	2:22.29	2:14.39	200 IM	2:40.89	2:21.09	2:05.49
		4:44.29	400 IM			4:25.99

Update 1/12/17 BJA

2017 TAGS TIME STANDARDS - LONG COURSE METERS						
Girls				Boys		
10 & U	11-12	13-14		10 & U	11-12	13-14
33.09	29.89	28.69	50 Free	32.99	29.69	26.59
1:12.79	1:05.29	1:01.79	100 Free	1:12.49	1:03.69	57.49
2:37.99	2:21.69	2:13.59	200 Free	2:36.89	2:19.59	2:05.79
5:31.49	4:56.19	4:41.09	400 Free	5:33.79	4:53.79	4:29.09
		9:39.49	800 Free			9:18.09
		18:39.89	1500 Free			18:00.79
38.99	34.89		50 Back	39.39	33.49	
1:23.29	1:14.59	1:10.59	100 Back	1:23.69	1:14.49	1:06.19
	2:37.89	2:30.69	200 Back		2:37.49	2:23.59
44.19	38.69		50 Breast	44.09	38.59	
1:37.39	1:25.09	1:21.19	100 Breast	1:37.19	1:23.79	1:14.69
	3:03.29	2:55.69	200 Breast		3:01.19	2:41.89
36.09	32.39		50 Fly	36.49	32.09	
1:24.49	1:12.69	1:08.39	100 Fly	1:24.19	1:11.19	1:03.89
	2:43.69	2:32.29	200 Fly		2:41.99	2:23.39
2:59.59	2:41.19	2:30.79	200 IM	2:57.29	2:36.99	2:22.19
		5:21.19	400 IM			5:05.79
3:00.59	2:02.99	1:56.89	200 Free Relay	2:19.09	2:03.39	1:49.39
5:14.89	4:28.79	4:15.99	400 Free Relay	5:12.39	4:32.49	3:59.69
		9:15.69	800 Free Relay			8:46.09
2:39.19	2:18.09	2:13.09	200 Medley Relay	2:40.29	2:20.99	2:02.89
	5:02.89	4:48.69	400 Medley Relay		5:05.49	4:28.09

2017 TAGS BONUS TIME STANDARDS - LONG COURSE METERS						
Girls				Boys		
10 & U	11-12	13-14		10 & U	11-12	13-14
33.29	29.99	28.79	50 Free	33.09	29.79	26.69
1:13.19	1:05.59	1:02.09	100 Free	1:12.89	1:03.99	57.79
2:38.19	2:22.39	2:14.29	200 Free	2:37.69	2:20.29	2:06.39
5:33.09	4:57.69	4:42.49	400 Free	5:35.49	4:55.29	4:30.39
		9:42.39	800 Free			9:20.89
		18:45.49	1500 Free			18:06.19
39.19	35.09		50 Back	39.59	34.89	
1:24.69	1:14.99	1:10.89	100 Back	1:24.09	1:14.89	1:06.49
	2:38.69	2:31.39	200 Back		2:38.29	2:24.29
44.39	38.89		50 Breast	44.29	38.79	
1:37.89	1:25.49	1:21.59	100 Breast	1:37.69	1:24.49	1:15.09
	3:04.19	2:56.59	200 Breast		3:01.99	2:42.69
36.29	32.59		50 Fly	36.69	32.29	
1:24.89	1:13.09	1:08.69	100 Fly	1:24.59	1:11.49	1:04.19
	2:44.39	2:33.09	200 Fly		2:42.79	2:24.09
3:00.49	2:41.99	2:31.49	200 IM	3:01.39	2:37.79	2:22.89
		5:22.79	400 IM			5:07.29
						Update 10/1/16 BJA

SAFETY GUIDELINES AND WARM-UP PROCEDURES

- A. General warm-up.
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up after general warm-up.
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts in lanes 2-7 of the East and West Pools, swimming in one direction only.
 - 2. **PUSH/PACE**, push off from wall – no diving – circle swimming in lanes 1&8 of the East and West Pools.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS.**
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.