The 74th Annual Frost Bank– West Texas Invitational
Long Course Team Championships
Sanction: WT 0607-18
June 6-9, 2019
Hosted By: The City of Midland Swim
Team FMH Foundation Natatorium
Midland, Texas

Location:	FMH Foundation Natatorium 3003 North A St., Midland, Texas
Facility:	The meet will be conducted in a 10 lane, 50 meter indoor pool with non- turbulent lane lines. Colorado Electronic Timing, Daktronics touch pads and Hy- Tek Meet Manager will be used. Sloped starting blocks with wedges and backstroke starting devices and turn flags are in place. Designated warm-up lanes will be available throughout the meet. Average water depth at the start end and the turn end is 2 meters. The competition course has been certified in accordance with 104.2.2C (4). Separate dressing rooms, showers and lavatories for men and women are available.
Meet Directors:	Jenna Purkey Tel: 432-684-7755 E-Mail: Jennap@comaquatics.com
Meet Referee:	Mark Helferich 432-684-7755 E-Mail: mhelferich.odessa@gmail.com
Head Coach:	Jenna Purkey Tel: 432-770-6048 E-Mail: jennap@comaquatics.com
Sanction:	This meet is sanctioned by West Texas Swimming. This meet is held under sanction # WT0606-19
Recording Devices:	Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks or in changing areas, rest rooms or locker rooms.
Deck Changing:	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Eligibility:	No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team shall be a member of USA Swimming Inc. Entry Chairperson must sign the Membership Certification Affidavit that all

swimmers entered have current 2019 USA Swimming Registration. 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 shall have qualified for this meet prior to the entry deadline. Swimmers that meet the entry qualification between June 1-8 must be deck entered according the rules and procedures herein.

Meet Format

- A/B final for all races 200 and shorter, A final only for 400s, Thursday's events are timed finals
- Preliminary Heats will be swum fastest to slowest with the first three heats circle seeded.
- Prelims will use chase starts if necessary
- Final events will be swum A final, then B final
- Entry times should be convert to long course
- Events 400 meters and longer will be deck seeded and will require positive check in the day of the event by 8:30 am
- Events 400 meters and longer will alternate boys/girls
- Swimmers may swim in no more than 3 individual and 2 relay events per day.
- Entering Swimmers must have achieved the meet qualifying time standard in any event entered
- The Age groups are 10 and under, 11-12, 13-14, 15 and over
- No Time Trials

Qualifying Times Required for every event.

Relays All relays are timed finals. Teams may enter an A and B relay in every age group/gender except for the mixed 18&Under relays. The Mixed 18&Under 200 Free Relay and 200 Medley Relay will be swum in finals and are limited to one entry per team and ONLY the top 10 seeded relays will swim. Teams that enter these relays and do not get to swim will have their entry fees refunded.

Meet Operations: At the referee's discretion, flyover and/or chase starts may be used to accommodate the timeline.

Rules: This meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

Entry Deadline: Entries will be accepted beginning May 1, 2019 at 8:00 am. Entries will be accepted until the timeline is at four hours in a session or until the entry deadline, whichever comes first. All entries must be received by May 31, 2019 by 5:00pm.

E- mail Entries: E-mailed entries in a Hy-Tek file to: Jenna Purkey at jennap@comaquatics.com Hard copy of entries and entry fee check must be postmarked no later than 1 day past due date. Teams will be notified within 48 hours after their entry is received as to whether or not their entry has been accepted into the meet. Do not make non-refundable travel arrangements until you receive verification of entries.

Each team entry must contain;

- The name, e-mail address, phone number of person preparing the entry.
- Each attending coach's name

Mail Entry Fee: Jenna Purkey
3003 North "A" Street
Midland, TX 79705

Entry Fees: $4.50 per individual event
$9.00 per relay
$2.50 Swimmer Surcharge
$5.00 Facility Surcharge (per swimmer)

Team Check for entry fees made out to COM Aquatics

Seeding: Preliminary Heats will be swum fastest to slowest with the first three heats circle seeded.

- All distance events will alternate girls/boys
- Finals will be swum A Final, followed by B final

Deck entries: $9.00 per individual event
$18.00 per relay

Deck entries will only be accepted through finals warm-ups for the following day. No deck entries will be accepted on Thursday. NO NEW HEATS will be formed for individual entries or relay entries. Meet host reserves the right to add additional heat if the timeline permits.

Positive check-in: Positive check-in is required for the 400 Individual Medley, 400 free, and 1500 free. Those events will be deck seeded. Swimmers must provide their own timers and counter for these individual events. Check-in for these events will close 30 minutes prior to the start of the appropriate session.

Scratching: Please turn in any scratches to the clerk of course.

Scratch Penalty: There is no penalty for failing to compete in a preliminary, timed final or relay heat, except that the event will be counted toward that swimmer's daily event limit. A swimmer qualifying for an A or B final who fails to compete shall be subject to a fine of $25 which must be paid before that swimmer is allowed to compete in any future preliminary or final events.

Awards:

Individual Events	
	1st - 3rd Medals
	4th - 10th Ribbons
Relays Events	1st - 10th Ribbons
High Point Awards	1st - 3rd Trophies
Team Awards	1st – 3rd Trophies

Awards may be picked up by coaches or their designated representative at the conclusion of the meet, we will not mail awards, please make arrangements to pick up your team's awards before leaving.

Scoring: Events will be scored by age groups (10 and under, 11-12, 13-14, 15 and over).

1st -10 points
2nd- 9 points
3rd - 8 points
4th - 7 points
5th - 6 points
6th - 5 points
7th - 4 points
8th - 3 points
9th - 2 points
10th – 1 point

Relay points will be awarded at double the rate of individual events.

Prize Money: Prize money will be offered to teams scoring points in the competition on the following basis.

- Top teams will receive Prize Money on the following basis
- 1st $2,500
- 2nd $1,500
- 3rd $500

In addition, teams will also, receive payment on the following basis.

- $1.00 will be paid for each point scored. 7,810 points available!

Total Prize money $12,000

No prize money will be paid to swimmers, parents, coaches or anyone else for swimmers competing unattached. Prize money will be paid to teams only. Checks will be mailed out to each team upon approval of the results.

Schedule

	Prelims		Finals	
	Warm-up	Meet Begins	Warm-ups	Meet Begins
Thursday			3:30-4:50pm	5:00pm
Friday	7:00-8:50am	9:00am	4:00-5:20pm	5:30pm
Saturday	7:00-8:50am	9:00am	4:00-5:20pm	5:30pm
Sunday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

Coach Meetings: Mandatory Coach Meetings will be held 30 minutes prior to the start of Thursday night's timed final session. All swimmers and coaches are responsible for any information shared or changed during this meeting. Additional coach meetings will be scheduled as needed.

Safety Guidelines: Safety marshals will be in place during warm-up periods and all USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the pool area.

Coaches are responsible for the following:

- Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices

- Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.

Officials: An officials' meeting will be held one hour prior to each session at the pool. Visiting officials should contact Mark Helferich at mhelferich.odessa@gmail.com

Timing Assignments: Each team entered in the meet may be asked to provide timers. Requests for timers will be made on Tuesday, June 5, 2018, if necessary.

Liability: USA Swimming, West Texas Swimming LSC, COM Aquatics and Frost Bank accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while

	participating in 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.
Banners:	May be hung in the pool area with the approval of the meet directors.
Hospitality:	Hospitality will be provided for officials, coaches and meet staff only.
Food concessions:	Concessions will be available at the meet.
Programs:	A Meet Program including the meet heat sheet will be available for purchase at all sessions of the meet.
Photographs:	A meet photographer may be available for individual photos.
Other:	Swim goods, souvenirs and meet shirts will be available.

Championship Meet

Female	THURSDAY, June 6 AFTERNOON Session I			Male
1	10&Under 400 Medley Relay			2
	11-12 400 Medley Relay			
3	13-14 400 Medley Relay			4
	15&Over 400 Medley Relay			
5	10&U 8:23.09 11-12 7:02.29	12 & Under 400 Freestyle	10&U 8:14.39 11-12 6:53.39	6
7	13-14 26:31.19 15&O 26:15.09	13 & Over 1500 Freestyle	13-14 25:34.19 15&O 24:32.39	8

Female	FRIDAY, JUNE 7 MORNING Session II			Male
9	10&Under 200 Free Relay*			10
	Relay 11-12 200 Free Relay*			
11	13-14 200 Free Relay*			12
	15&Over 200 Free Relay*			
13	Mixed 18&Under 200 Free Relay**			
15	10 & U 59.79 11-12 45.99	12 & Under 50 Butterfly	10 & U 57.69 11-12 46.79	16
17	13-14 3:32.59 15&O 3:28.29	13 & Over 200 Butterfly	13-14 3:20.85 15&O 3:11.29	18
19	10 & U 2:14.19 11-12 1:48.79	12 & Under 100 Backstroke	10 & U 1:57.29 11-12 1:46.09	20
21	13-14 1:39.09 15&O 1:37.59	13 & Over 100 Backstroke	13-14 1:33.49 15&O 1:29.39	22
23	10&U 49.49 11-12 42.59	12 & Under 50 Free	10&U 47.99 11-12 41.19	24
25	13-14 41.39 15&O 40.69	13 & Over 50 Free	13-14 37.79 15&O 35.89	26
27	10&U 4:35.09 11-12 3:49.29	12 & Under 200 IM	10&U 4:32.89 11-12 4:07.69	28
29	13-14 7:42.49 15&O 7:28.69	13 & Over 400 IM	13-14 7:16.79 15&O 6:56.39	30

**Swimming in Prelims Only* ***Swimming in Finals Only*

Female	SATURDAY, JUNE 8 MORNING Session IV			Male
31	13-14 200 Medley Relay*			32
	15 & Over 200 Medley Relay*			
33	10 & Under 200 Medley Relay*			34
	11-12 200 Medley Relay*			
35*	Mixed 18&Under 200 Medley Relay**			
37	13-14 1:29.79 15&O 1:27.79	13 & Over 100 Free	13-14 1:23.79 15&O 1:19.89	38
39	10&U 1:53.39 11-12 1:33.49	12 & Under 100 Free	10&U 1:51.39 11-12 1:30.39	40
41	13-14 1:53.19 15&O 1:51.19	13 & Over 100 Breaststroke	13-14 1:44.39 15&O 1:41.19	42
43	10&U 2:30.59 11-12 2:00.99	12 & Under 100 Breaststroke	10&U 2:25.19 11-12 1:59.09	44
45	13-14 3:32.49 15&O 3:28.19	13&Over 200 Backstroke	13-14 3:21.29 15&O 3:11.19	46
47	10&U 1:01.29 11-12 49.39	12 & Under 50 Back	10&U 59.99 11-12 48.19	48
49	13-14 6:44.09 15&O 6:36.39	13 & Over 400 Free	13-14 6:28.49 15&O 6:10.49	50

**Swimming in Prelims Only* ***Swimming in Finals Only*

Female	SUNDAY, JUNE 9 MORNING Session VI			Male
51	15 & Over 400 Free Relay*			52
	13-14 400 Free Relay*			
53	10 & Under 400 Free Relay*			54
	11-12 400 Free Relay*			
55	13-14 4:04.79 15&O 3:58.19	13&Over 200 Breaststroke	13-14 3:50.39 15&O 3:38.19	56
57	10&U 1:07.39 11-12 53.99	12 & Under 50 Breaststroke	10&U 1:07.29 11-12 54.89	58
59	13-14 1:36.89 15&O 1:34.19	13 & Over 100 Butterfly	13-14 1:30.39 15&O 1:26.09	60
61	10&U 2:24.29 11-12 1:47.19	12 & Under 100 Butterfly	10&U 2:22.19 11-12 1:45.79	62
63	13-14 3:12.69 15&O 3:08.99	13 & Over 200 Free	13-14 3:02.29 15&O 2:55.09	64
65	10&U 4:11.29 11-12 3:22.19	12 & Under 200 Free	10&U 3:56.29 11-12 3:16.89	66
67	13-14 3:39.39 15&O 3:33.59	13 & Over 200 IM	13-14 3:25.79 15&O 3:16.09	68

**Swimming in Prelims Only*

COM SWIM TEAM – 2018 Frost Bank-West Texas Invitational
CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

A. WARM-UP PROCEDURES

1. General Warm-up (first 50-70 minutes)

a. NO DIVING allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.

b. No sprinting or pace work allowed during this general warm-up session.

c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

2. Specific Warm-up (last 20-30 minutes)

a. Push/Pace Lanes – Open 30 minutes prior to the end of warm-up. Push off one or two lengths from starting end. Circle swim only. NO DIVING.

b. Diving Lanes – Open 20 minutes prior to the end of warm-up. Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)

c. General Warm-up Lanes - NO DIVING. Circle swim only.

d. Additional lanes may be opened at the request of a coach or athlete.

POOL	LANE USE		
	PUSH/PACE	SPRINT/DIVING	GENERAL WARM-UP
10 LANE	1&10	2,3,8,9	4,5,6,7

B. SAFETY GUIDELINES

1. Coaches Responsibilities

a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

2. Host Team Responsibilities

a. Marshaling

1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.

2) Marshals shall 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 or warm-up procedures.

b. The host team shall provide signs for each lane at the start end of the pool, which indicate the designated use during warm-up.

c. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

3. Miscellaneous:
    a. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
    b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
    c. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
    d. The Referee may restrict use of equipment during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

NOTE: Host club may, with the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.