

2008 NT COPS BB Long Course Invitational Swim Meet
Oak Point Swim Center, Plano, TX
Sanction Number: NT012-08

Date: April 18, 19, & 20, 2008

Location: Oak Point Swim Center. Oak Point is located on the SE corner of Spring Creek and Jupiter in Plano, TX. Exit Spring Creek from I-75 and go east on Spring Creek. Turn right on Jupiter and then left into the parking lot.

Warm Up:

Session I – Friday, April 18th
Warm-up 5:00pm – 5:45pm
Meet starts 6:00pm

Session II – Saturday, April 19th (12 & under)
Warm-up 8:00am – 8:45am
Meet starts 9:00am

Session III – Saturday, April 19th (13 & over)
Warm-up 12:30pm – 1:15pm
Meet starts 1:30pm

Session IV – Sunday, April 20th (12 & under)
Warm-up 8:00am – 8:45am
Meet starts 9:00am

Session V – Sunday, April 20th (13 & over)
Warm-up 12:30pm – 1:15pm
Meet starts 1:30pm

There will be no lane assignments or diving during the first 30 minutes of warm up. During the last 15 minutes of warm up the following procedures will be in effect:

Lanes 1 & 8:	Push pace, NO DIVING
Lanes 2, 3, 6 & 7:	Racing starts, exit far end of the pool
Lanes 4 & 5:	General warm up, NO DIVING

Sanction and Liability:

Held under the sanction of USA Swimming, Inc.
Sanction # .NT012-08

In granting this sanction, it is understood and agreed that USA Swimming, Inc, North Texas Swimming, Inc, all meet officials, The City of Plano Swimmers, Inc, The City of Plano, and Plano Parks and Recreation Dept. shall be free of liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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.

“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, DALLAS INDEPENDENT SCHOOL SYSTEM, AND CITY OF PLANO SWIMMERS 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.”

Rules: Current USA Swimming, Inc. Rules and Regulations apply. North Texas Swimming, Inc. safety guidelines and warm up procedures will be in effect at the meet.

Meet Operations:

Events # 11 – 12, the 400M Freestyle, will be swum fastest to slowest, alternating heats of girls and boys. Swimmers need to provide their own timers for these events.

Eligibility:

No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet, shall be a member of USA Swimming, Inc.

Swimmers should be eligible to compete at the BB level according to NTS Rules and Regulations. All swimmers 13 & above, who are not “A” swimmers are eligible to swim any event.

Entry Limit:

Swimmers may swim a maximum of 5 individual events per day and one relay per day.

Entry Fees:

\$3.25 per individual event.
\$6.50 per relay.
Late entries will be \$9.75 per event and will close 30 minutes prior to the scheduled start of the session.

Entry Deadline:

Email entries should also be submitted with an attached file that contains the team’s meet entry report by name and meet entry fees report. All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, shall pay double the entry fees to the meet host. Fees shall be mailed and postmarked by the entry date.

All entries must be received no later than 6:00pm Tuesday, April 8th, 2008.

Entries:

The name, email, and phone number of the person preparing the entries shall be included. **Make checks payable to COPS, Inc.** Send entries and payment to:

City of Plano Swimmers, Inc
Attn: Meet entries
2925 W. 15th St.
Plano, TX 75075-7632

Email entries, along with an attached file with meet entry fees and team entries by name, to: liz@planoswimming.org

Seeding:

All events shall be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer’s best time for stroke and distance. If the swimmer has not previously competed in the stroke and distance, NT (No Time) should be entered.

Check in:

Positive check in is required for each event no later than 30 minutes prior to the scheduled start of the event or the swimmer will be scratched.

There are 3 options for check in:

√	Indicates swimmer will swim the event
<u>SCR</u>	Indicates swimmer will not swim the event
_____	Indicates swimmer will not swim the event

Awards:

Top 8 individual places for each event, in each age group, will receive ribbons. Top 3 relay places will receive ribbons.

Scoring:

Individual events: 9, 7, 6, 5, 4, 3, 2, 1
Relay events: 18, 14, 12, 10, 8, 6, 4, 2

Heat sheets/Final Results:

Psyche sheets will be available for \$5.00. A copy of final results may be ordered from Clerk of Course for \$5.00 each.

Concessions/Hospitality:

Concessions will be available for swimmers and spectators. Hospitality will be available for coaches and officials only.

Questions: Contact the COPS office – 972.398.7946.

List of Officials

Meet Referee: Scott May
 Starter: Mike Eubanks
 Stroke and Turn: Walter Marks, Bob Rogers

LIST OF EVENTS

Session I – Friday, April 18th

Warm ups: 5:00pm – 5:45pm

GIRLS	Slower Than	EVENT	Slower Than	BOYS
1	(11-12) 2:39.19 (13-14) 2:32.59 (15&O) 2:29.39	11 & Over 200 Free	(11-12) 2:35.69 (13-14) 2:24.99 (15&O) 2:18.99	2
3*	6:09.69	10 & Under 400 Free	6:06.79	4*
5	(10&Un) 3:20.59 (11-12) 3:00.19	12 & Under 200 IM	(10&Un) 3:18.89 (11-12) 2:58.09	6
7*	(11-12) 6:27.59 (13-14) 6:02.29 (15&O) 5:56.59	11 & Over 400 IM	(11-12) 6:24.29 (13-14) 5:46.19 (15&O) 5:29.99	8*

*Events 3 & 4, the 400 Free and events 7 & 8, the 400 IM, will be swum fastest to slowest, alternating heats of girls then boys. Swimmers must provide their own timers for these events.

Session II – Saturday, April 19th

Warm ups: 8:00am – 8:45am

GIRLS	Slower Than	EVENT	Slower Than	BOYS
9	3:02.59	11 – 12 200 Fly	3:00.89	10
11	(10&Un) 1:35.29 (11-12) 1:26.29	12 & Un 100 Back	(10&Un) 1:33.69 (11-12) 1:23.59	12
13	(10&Un) 1:21.89 (11-12) 1:14.09	12 & Un 100 Free	(10&Un) 1:20.59 (11-12) 1:11.59	14
15	(10&Un) 42.09 (11-12) 36.59	12 & Un 50 Fly	(10&Un) 40.99 (11-12) 36.59	16
17	(10&Un) 43.69 (11-12) 39.19	12 & Un 50 Back	(10&Un) 44.19 (11-12) 38.79	18
19	3:23.69	11 – 12 200 Breast	3:21.19	20
21		10 & Un 200 Medley Relay		22
23		11 – 12 200 Medley Relay		24

Session III – Saturday, April 19th

Warm ups: 12:30pm – 1:15pm

GIRLS	Slower Than	EVENT	Slower Than	BOYS
25		13 & Ov 200 Medley Relay		26
27	13&O (2:49.49) 15&O (2:44.69)	13 & Ov 200 Fly	13&O (2:39.89) 15&O (2:32.19)	28
29		13 & Ov 100 Free		30

	13&O (1:11.09) 15&O (1:09.59)		13&O (1:06.59) 15&O (1:04.09)	
31	13&O (1:29.09) 15&O (1:27.69)	13 & Ov 100 Breast	13&O (1:23.59) 15&O (1:20.59)	32
33	13&O (1:20.09) 15&O (1:18.29)	13 & Ov 100 Back	13&O (1:15.09) 15&O (1:11.69)	34
35	13&O (2:52.39) 15&O (2:48.09)	13 & Ov 200 IM	13&O (2:42.79) 15&O (2:37.09)	36
37*	13&O (5:16.59) 15&O (5:12.19)	13 & Ov 400 Free	13&O (5:05.59) 15&O (4:53.29)	38*

*Events 37 & 38, the 400 Free, will be swum fastest to slowest, alternating heats of girls then boys. Swimmers must provide their own timers for these events.

Session IV – Sunday, April 20th

Warm ups: 8:00am – 8:45am

GIRLS	Faster Than	EVENT	Faster Than	BOYS
39	3:00.69	11 – 12 200 Back	3:00.29	40
41	(10&Un) 36.49 (11-12) 33.69	12 & Un 50 Free	(10&Un) 36.19 (11-12) 32.99	42
43	(10&Un) 48.29 (11-12) 42.09	12 & Un 50 Breast	(10&Un) 48.49 (11-12) 43.09	44
45	(10&Un) 1:38.69 (11-12) 1:22.89	12 & Un 100 Fly	(10&Un) 1:37.19 (11-12) 1:22.09	46
47	(10&Un) 1:47.09 (11-12) 1:33.79	12 & Un 100 Breast	(10&Un) 1:45.99 (11-12) 1:33.59	48
49	2:58.69	10 & Un 200 Free	2:52.39	50
51*	5:32.39	11 – 12 400 Free	5:29.19	52*
53		10 & Un 200 Free Relay		54
55		11 – 12 200 Free Relay		56

*Events 51 & 52, the 400 Free, will be swum fastest to slowest, alternating heats of girls then boys. Swimmers must provide their own timers for these events.

Session V – Sunday, April 20th

Warm ups: 12:30pm – 1:15pm

GIRLS	Slower Than	EVENT	Slower Than	BOYS
57		13 & Ov 200 Free Relay		58
59	13&O (2:51.39) 15&O (2:47.29)	13 & Ov 200 Back	13&O (2:41.59) 15&O (2:34.29)	60
61	13&O (3:11.99) 15&O (3:08.49)	13 & Ov 200 Breast	13&O (3:02.39) 15&O (2:54.29)	62
63	13&O (32.79) 15&O (32.29)	13 & Ov 50 Free	13&O (30.59) 15&O (29.39)	64
65	13&O (1:17.29) 15&O (1:15.89)	13 & Ov 100 Fly	13&O (1:11.99) 15&O (1:09.09)	66
67*	13&O (10:47.99) 15&O (10:41.89)	13 & Ov 800 Free	13&O (10:31.29) 15&O (10:04.59)	68*

*Events 67 & 68, the 800 Free, will be swum fastest to slowest, alternating heats of girls then boys. Swimmers must provide their own timers and counters for these events.