

NT 2008 A Invitational Long Course Meet Hosted by MAC/MARS

April 25-27, 2008
Mansfield ISD Natatorium
Sanction # NT 015-08

Location: Mansfield ISD Natatorium, 1001 N. Holland Rd., Mansfield, TX 76063

Facility: There is 8 – 50 meter racing lanes with three 25 yard cool down lanes.

Schedule:	Warm-Up	Meet Start
Session I – Friday PM, April 25	Warmup: 5:00 – 5:45 PM	6:00 PM
Session II – Saturday AM, April 26 (12&U)	*Warmup: 8:00 – 8:45 AM	9:00 AM
Session III – Saturday PM, April 26 (13&O)	**Warmup: 12:00 – 12:45 PM	1:00 PM
Session IV – Sunday AM, April 27 (12&U)	*Warmup: 8:00 – 8:45 AM	9:00 AM
Session V – Sunday PM, April 27 (13&O)	**Warmup: 12:00 – 12:45 PM	1:00 PM

* We reserve the right to change warm-ups based on the number of entries. Please check the MARS website (www.marswim.org) by 4:30PM Tuesday, April 22 for any changes.

** Afternoon sessions will begin 30 min after the end of the morning session but not before 12:00PM.

Pool Rules:

Current USA Swimming Rules and Regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. **COOLERS, GLASS CONTAINERS ARE NOT** allowed in the pool area. Climbing over the railings is prohibited. The pool deck is limited to swimmers, coaches, officials and meet personnel only. Parents and other spectators must remain in the bleacher area above the pool.

Sanction and Liability:

THIS MEET IS HELD UNDER THE SANCTION OF USA SWIMMING, INC. AND BY NORTH TEXAS, INC. THE SANCTION NUMBER IS NT 015-08. 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, MID-CITIES ARLINGTON SWIMMING, LLC, MID-CITIES ARLINGTON SWIMMING FOUNDATION, MANSFIELD AQUATIC CLUB, AND MANSFIELD ISD 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 THIS FACILITY, WHEN PROVEN, WILL CAUSE THE OFFENDING SWIMMER, IF UNATTACHED, OR THE OFFENDING SWIMMER'S CLUB, IF ATTACHED, TO BE HELD ACCOUNTABLE FOR ALL REPAIRS.

Eligibility:

No entries will be accepted unless the entrant is registered with USA Swimming Inc and North Texas Swimming. (NT P&P 4.3.2) Every club entered as a team in a North Texas Swimming sanctioned meet, must be a member of USA Swimming, Inc. A swimmer may enter any event for which they are eligible to compete at the "A" level. Any swimmer who has 3 or more "A" times can enter any event. **Swimmers age on April 25, 2008 determines the age for this meet.**

NO DECK REGISTRATIONS WILL BE ACCEPTED

Entry Fees and Limit:

Each swimmer may participate in a maximum of five (5) individual events and one (1) relay per day. Entry fees are \$3.25 per individual event, \$6.75 per relay event. **Absolutely no entries will accepted by phone or fax.**

Mail entries to: Mid-Cities Arlington Swimming
Attn: Meet Entries
P.O.Box 13849
Arlington, TX 76094

Make checks payable to: Mid-Cities Arlington Swimming

All entries must be received by 6:00PM, Tuesday, April 15, 2008.

Email Entries:

Entries may be emailed, in accordance with NT Policies and Procedures, as an attachment, along with a word document of the individual entries by name and the meet entry fee report.

Email entries to: coachsuzanne@marswim.org

Late Entries:

Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event. All late entries must be accompanied by a valid USA Swimming ID card and a copy of the swimmer's times from SWIMS. (NT Policies & Procedures 6.3.B)

Entry Times:

Swimmers may swim in any event in which they are eligible to compete at the "A" long course meet, as applicable.

Per North Texas Swimming Policy and Procedures 3.3 — once a swimmer achieves an "A" time in an event, regardless of that time being achieved in SCY, SCM, or LCM, "the swimmer has achieved the applicable "A" time. When entering an event in a meet where the swimmer has achieved a "A" time in that event and the course is non-conforming, then the appropriate course designation from which the time was made shall append the entered time and that course shall be used for seeding purposes (i.e. Y for SCY, S for SCM, and L for LCM).

Check-In:

Check-in posting will be separated by gender and age group.

Check in has three options:

Indicates a swimmer is present and wants to swim the event.

SCR Indicates a swimmer does not wish to swim the event.

Indicates a swimmer is not swimming the event for reasons unknown.

The check-in deadline for each event will be 30 minutes prior to the scheduled start of that event.

Rules:

The current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet.

Seeding:

All events will be conducted as timed finals and will be deck seeded.

Scoring:

Team scores will be recorded as follows:

Individual: 1st - 8th: 9, 7, 6, 5, 4, 3, 2, 1, respectively

Relay: 1st - 8th: 18, 14, 12, 10, 8, 6, 4, 2, respectively

Warm-Up:

All lanes: General warm-up for 30 minutes. NO DIVING!! Last 15 minutes: Lanes 1 and 8 push start, no diving. Lanes 2, 3, 6 and 7 racing starts, exit far end. Lanes 4 and 5 general, no diving.

Awards:

Ribbons: 1st — 8th place for individual events for ages 10 & UN, 11 - 12, 13 - 14, & 15 & OV

1st - 3rd place for relay events

Some events will be swum with age groups competing together, but ribbons will be awarded separately.

Timers: Swimmers in the 800 and 1500 Free need to provide their own timer.

Heat Sheets: Heat Sheets will be for sale at Clerk of Course.

Concessions: Concessions will be available for swimmers and spectators.

Hospitality: Available for coaches and officials only.

Results: Final results will be posted on the North Texas web site within ten (10) days of the last day of the meet.

List of Officials:

Referee: Tom Osterland
Starter: Robert Steffner
Stroke & Turn: Tracie Johnson, Jason Johnson

Order of Events

SESSION I – April 25

Warm-up: 5:00PM

MEET STARTS: 6:00PM

GIRLS EVENT #	FASTER THAN	AGE/EVENT	FASTER THAN	BOYS EVENT #
1	3:00.19(11-12) 3:20.59(10&U)	12 & Under 200IM	2:58.09(11-12) 3:18.89(10&U)	2
3	6:27.59(11-12) 6:02.29(13-14) 5:56.59(15&O)	11 & Over 400IM	6:24.29(11-12) 5:46.19(13-14) 5:29.99(15&O)	4
5	6:09.69	10 & Under 400 Free	6:06.79	6
7*	11:36.49 (11&O) 10:47.99(13-14) 10:41.89(15&O)	Women's 800 Free		
		Men's 1500 Free	22:27.89 (11-12) 20:13.09(13-14) 19:22.99(15&O)	8*

* We will swim events 7 and 8 the 800 Free and 1500 Free, respectively, fastest to slowest. Swimmers must provide their own timer and counter.

SESSION II – Saturday, April 26

Warm-up: 8:00AM

MEET STARTS: 9:00AM

GIRLS EVENT#	FASTER THAN	AGE/EVENT	FASTER THAN	BOYS EVENT#
9		10 & Under 200 Medley Relay		10
11		11 - 12 200 Medley Relay		12
13	1:21.89(10&U) 1:14.09(11-12)	12 & Under 100 Free	1:20.59(10&U) 1:11.59(11-12)	14
15	1:38.69(10&U) 1:22.89(11-12)	12 & Under 100 Fly	1:37.19(10&U) 1:22.09(11-12)	16
17	3:23.69	11 - 12 200 Breast	3:21.19	18
19	43.69(10&U) 39.19(11-12)	12 & Under 50 Back	44.19(10&U) 38.79(11-12)	20
21	48.29(10&U) 42.09(11-12)	12 & Under 50 Breast	48.49(10&U) 43.09(11-12)	22
23	3:00.69	11 - 12 200 Back	3:00.29	24
25*	5:32.39	11- 12 400 Free	5:29.19	26*

* Swimmers need to provide their own timer for the 400 Free.

SESSION III – Saturday, April 26

Warm-up: 12:00PM

MEET STARTS: 1:00PM

GIRLS EVENT #	FASTER THAN	AGE/EVENT	FASTER THAN	BOYS EVENT #
27		13 – 14 200 Medley Relay		28
29		15 & Over 200 Medley Relay		30
31	2:32.59(13-14) 2:29.39(15&O)	13 & Over 200 Free	2:24.99(13-14) 2:18.99(15&O)	32
33	1:17.29(13-14) 1:15.89(15&O)	13 & Over 100 Fly	1:11.99(13-14) 1:09.09(15&O)	34
35	2:51.39(13-14) 2:47.29(15&O)	13 & Over 200 Back	2:41.59(13-14) 2:34.29(15&O)	36
37	1:29.09(13-14) 1:27.69(15&O)	13 & Over 100 Breast	1:23.59(13-14) 1:20.59(15&O)	38
39	32.79(13-14) 32.29(15&O)	13 & Over 50 Free	30.59(13-14) 29.39(15&O)	40
41*	5:16.59(13-14) 5:12.19(15&O)	13 & Over 400 Free	5:05.59(13-14) 4:53.29(15&O)	42*

* We will swim events 43 & 44, the 400 Free, fastest to slowest, alternating heats of girls and boys. Swimmers must provide their own timer and counter.

SESSION IV – Sunday, April 27

Warm-Up: 8:00AM

MEET STARTS: 9:00AM

GIRLS EVENT #	FASTER THAN	AGE/EVENT	FASTER THAN	BOYS EVENT #
43		10 & Under 200 Free Relay		44
45		11 - 12 200 Free Relay		46
47	2:58.69(10&U) 2:39.19(11-12)	12 & Under 200 Free	2:52.39(10&U) 2:35.69(11-12)	48
49	42.09(10&U) 36.59(11-12)	12 & Under 50 Fly	40.99(10&U) 36.59(11-12)	50
51	1:47.09(10&U) 1:33.79(11-12)	12 & Under 100 Breast	1:45.99(10&U) 1:33.59(11-12)	52
53	1:35.29(10&U) 1:26.29(11-12)	12 & Under 100 Back	1:33.69(10&U) 1:23.59(11-12)	54
55	36.49(10&U) 33.69(11-12)	12 & Under 50 Free	36.19(10&U) 32.99(11-12)	56
57	3:02.59	11 - 12 200 Fly	3:00.89	58
59		12 & Under 400 Free Relay	3:00.89	60

SESSION V - Sunday, April 27

Warm-up: 12:00PM

MEET STARTS: 1:00PM

GIRLS EVENT #	FASTER THAN	AGE/EVENT	FASTER THAN	BOYS EVENT #
61		13 - 14 200 Free Relay		62
63		15 & Over 200 Free Relay		64
65	2:49.49(13-14) 2:44.69(15&O)	13 & Over 200 Fly	2:39.89(13-14) 2:32.19(15&O)	66
67	1:11.09(13-14) 1:09.59(15&O)	13 & Over 100 Free	1:06.59(13-14) 1:04.09(15&O)	68
69	3:11.99(13-14) 3:08.49(15&O)	13 & Over 200 Breast	3:02.39(13-14) 2:54.29(15&O)	70
71	1:20.09(13-14) 1:18.29(15&O)	13 & Over 100 Back	1:15.09(13-14) 1:11.69(15&O)	72
73	2:52.39(13-14) 2:48.09(15&O)	13 & Over 200 IM	2:42.79(13-14) 2:37.09(15&O)	74
75		13 & Over 400 Free Relay		76