

2009 NT COPS 11 & Over "A" Invitational
 October 3rd and 4th, 2009
 Loos Natatorium, Addison, Texas
 Sanction # NT 033-09

Meet Schedule:

| DAY | WARM-UPS | | MEET STARTS |
|--------------------|-----------------|------------|-------------|
| Saturday, Oct. 3rd | 7:30am – 8:15am | Division 2 | 9:15am |
| | 8:15am – 9:00am | Division 1 | |
| Sunday, Oct. 4th | 7:30am – 8:15am | Division 1 | 9:15am |
| | 8:15am – 9:00am | Division 2 | |

Pool:

Loos Natatorium is a 50 Meter indoor facility, divided into two 25 Yard, 8 lane pools. It is located on Spring Valley, between Marsh and Midway, in Addison.

Age:

Swimmer's age as of October 3rd, 2009 will determine their age for the meet.

Eligibility:

No entries will be accepted unless the entrant is registered with USA Swimming, Inc. Every club, entered as a team in a North Texas Swimming meet, must be a member of USA Swimming, Inc. Swimmers must have achieved an "A" time to swim that event. Additionally, if a swimmer has 3 or more "A" times, then they are able to enter any event at their actual time.

Entry Limit:

Swimmers may enter a total of 4 individual events per day.

Entry Fees:

Entry fees are \$5.00 per individual event and \$7.50 per relay. Late entries, for individual events are \$9.75 and will be accepted up to 30 minutes prior to the scheduled start of the meet.

Entry Forms:

Teams are encouraged to send their entries in on Hy-Tek Team Manager software plus one hard copy of the team's entries. If entries are not on Hy-Tek, please make one copy of the enclosed consolidated entry form for each swimmer entered in the meet and send with entry fees.

Mail Entries To:

Meet Entries
 City of Plano Swimmers
 2925 W. 15th Street
 Plano, TX 75075-7632
Make checks payable to: COPS, Inc.

Email Entries To:

Entries may be emailed according to NT Swimming Policies and Procedures to:
liz@planoswimming.org

Entry Deadline:

All entries must be received no later than 6:00 p.m., Tuesday, September 22, 2009.

Awards:

Ribbons will be awarded for places 1 – 8 for individual events and places 1 – 3 for relay events.

Scoring:

Events will be scored as follows:

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

Some events may be combined or swum together, but will be scored and awarded separately as follows:

11 - 12, 13 - 14, 15 - over.

Rules:

Current USA Swimming Inc. rules will apply.

Sanction:

This meet is held under the sanction of USA Swimming, Inc. The sanction number is NT .

In granting this sanction it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., The City of Plano Swimmers, Inc., The Dallas I. S. D., and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to a facility, when proven, 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, THE CITY OF PLANO, 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.”

Special Note on New North Texas LSC ruling for 14 & under swimsuits:

Effective January 1, 2009 at all North Texas Swimming, age-group defined, sanctioned meets:

- 1. Swimsuits worn by females for all 14 & Under defined competitions shall not cover the neck, extend past the shoulder, nor past the hip.**
- 2. Swimsuits worn by males for all 14 & Under defined competitions shall not extend above the hips nor below the knees.**

Warm-Up:

North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet.

Guidelines:

General Warm-Up (30 minutes)

- ? All lanes to be used for general warm-up.
- ? **NO DIVING.**

Specific Warm-Up (last 15 minutes)

- | | | |
|------------------------|------------------|--|
| ? Lanes 1 and 8 | Push/Pace: | Circle swimming only, NO DIVING. |
| ? Lanes 2, 3, 6, and 7 | Racing Starts: | Swimming one direction only. Exit far end of the pool. |
| ? Lane 4 and 5 | General Warm-up: | Circle swimming only. NO DIVING. |

There will be no lane assignments by club.

Seeding:

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

Check-In:

Check-in postings will be separated by sex and age group.

Check-in has three options:

 v
 SCRATCH

- Indicates that the swimmer will swim that event
- Indicates that the swimmer will not swim that event
- Indicates that the swimmer is not swimming for reasons unknown

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

Timers:

COPS will be providing timers for the meet, however, if you would like to volunteer, please see the Head Timer.

Results:

Final results will be emailed to participating teams within ten (10) days of the last day of the meet.

Admissions and Concessions:

No admission will be charged. Food concessions will be available.

Psyche Sheets:

Programs will be on sale for \$5.00 each.

Hospitality:

A Hospitality area will be provided for coaches, officials and volunteers.

List of Officials

Referee: Mike Eubanks
 Starter: Gary Gettel
 Stroke & Turn: Scott Stubblefield, Bob Rogers

SCHEDULE OF EVENTS

Saturday, October 3rd, 2009

| Girls Event # | Faster Than | Event Description | | Faster Than | Boys Event # |
|---------------|-----------------------------------|-------------------|----------------|-----------------------------------|--------------|
| 1 | | 11 – 12 | 400 Free Relay | | 2 |
| 3 | | 13 & Over | 400 Free Relay | | 4 |
| 5 | 33.89 | 11 – 12 | 50 BACK | 33.49 | 6 |
| 7 | (13-14) 2:30.49 (15&O) 2:26.99 | 13 & Over | 200 IM | (13-14) 2:20.29 (15&O) 2:15.09 | 8 |
| 9 | 2:37.59 | 11 – 12 | 200 IM | 2:35.59 | 10 |
| 11 | (13-14) 1:02.19 (15&O) 1:00.79 | 13 & Over | 100 FREE | (13-14) 57.39 (15&O) 55.19 | 12 |
| 13 | 1:03.09 | 11 – 12 | 100 FREE | 1:02.69 | 14 |
| 15 | (13-14) 2:28.59 (15&O) 2:24.49 | 13 & Over | 200 FLY | (13-14) 2:20.29 (15&O) 2:13.39 | 16 |
| 17 | 2:38.59 | 11 – 12 | 200 FLY | 2:35.29 | 18 |
| 19 | (13-14) 1:17.59 (15&O) 1:15.69 | 13 & Over | 100 BREAST | (13-14) 1:12.09 (15&O) 1:08.89 | 20 |
| 21 | 1:22.19 | 11 – 12 | 100 BREAST | 1:20.49 | 22 |
| 23 | (13-14) 2:27.29 (15&O) 2:23.89 | 13 & Over | 200 BACK | (13-14) 2:18.19 (15&O) 2:12.39 | 24 |
| 25 | 2:35.89 | 11 – 12 | 200 BACK | 2:32.89 | 26 |
| 27 | 32.39 | 11 – 12 | 50 FLY | 32.09 | 28 |
| 29* | 6:09.29 | 11 – 12 | 500 FREE | 6:04.69 | 30* |
| 31* | (13-14) 5:52.99 (15&O) 5:47.39 | 13 & Over | 500 FREE | (13-14) 5:35.19 (15&O) 5:24.29 | 32* |

* The 500 Freestyles will be swum fastest to slowest. Swimmers must provide their own timers and lap counters. Depending on pool assignments, the 500s may also alternate female and male.

Sunday, October 4th, 2009

| Girls Event # | Faster Than | Event Description | | Faster Than | Boys Event # |
|---------------|-----------------------------------|-------------------|----------------|-----------------------------------|--------------|
| 33 | | 11 – 12 | 400 Med. Relay | | 34 |
| 35 | | 13 & Over | 400 Med. Relay | | 36 |
| 37 | 1:14.19 | 11 – 12 | 100 BACK | 1:12.29 | 38 |
| 39 | (13-14) 1:08.49 (15&O) 1:06.59 | 13 & Over | 100 BACK | (13-14) 1:04.19 (15&O) 1:01.09 | 40 |
| 41 | 29.49 | 11 – 12 | 50 FREE | 28.59 | 42 |
| 43 | (13-14) 28.69 (15&O) 27.99 | 13 & Over | 50 FREE | (13-14) 26.29 (15&O) 25.29 | 44 |
| 45 | 37.79 | 11 – 12 | 50 BREAST | 37.29 | 46 |
| 47 | 2:56.89 | 11 – 12 | 200 BREAST | 2:52.89 | 48 |
| 49 | (13-14) 2:46.79 (15&O) 2:42.79 | 13 & Over | 200 BREAST | (13-14) 2:36.29 (15&O) 2:30.09 | 50 |
| 51 | 1:13.19 | 11 – 12 | 100 FLY | 1:11.69 | 52 |
| 53 | (13-14) 1:07.79 (15&O) 1:06.29 | 13 & Over | 100 FLY | (13-14) 1:02.89 (15&O) 1:00.09 | 54 |
| 55 | 2:19.89 | 11 – 12 | 200 FREE | 2:16.19 | 56 |
| 57 | (13-14) 2:13.79 (15&O) 2:10.39 | 13 & Over | 200 FREE | (13-14) 2:05.29 (15&O) 2:00.09 | 58 |
| 59 | 1:13.99 | 11 – 12 | 100 IM | 1:11.49 | 60 |
| 61** | 5:36.09 | 11 – 12 | 400 IM | 5:28.89 | 62** |
| 63** | (13-14) 5:17.79 (15&O) 5:09.89 | 13 & Over | 400 IM | (13-14) 5:00.49 (15&O) 4:47.79 | 64** |

** The 400 IMs will be swum fastest to slowest. Swimmers must provide their own timers. Depending on pool assignments, the 400s may also alternate female and male.