

**The City Of Plano Swimmers 28th Annual
SPEEDO Greater Southwest Invitational Swim Meet
February 5, 6, & 7, 2010
Loos Natatorium, Addison, TX
Sanction # NT 002-10**

Meet Schedule:

Day	Warm-Ups	Meet Starts
Friday, February 5, 2010		
Prelims:	6:30, 7:10 & 7:50am	9:00am
Finals:	5:00pm	6:00pm
Saturday, February 6, 2010		
Prelims:	6:30, 7:10 & 7:50am	9:00am
Finals:	5:00pm	6:00pm
Sunday, February 7, 2010		
Timed Finals	6:30, 7:10 & 7:50am	9:00am

Final warm-up assignments will be made available via the COPS Website at www.planoswimming.org by Monday February 1, 2010 and also sent to those teams who register a team email address with us.

Special Note: We have many teams at this meet who travel a great distance to compete. In order that we may assist to make the trip home for these teams easier the entire Sunday Session will be timed finals. Friday and Saturday Events will be Prelim/Finals just as in the past.

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 shall be a member of USA Swimming, Inc.

The **complete** 2010 USA Swimming registration number must be placed on each consolidated entry sheet.

Any swimmer is eligible to compete in the Greater Southwest Invitational provided he or she has achieved the current national "A" time. **Swimmers must have the "A" time, in SCY, SCM or LCM, in every event which they enter up to the daily limit and meet limit.** Swimmers who do not meet the entry qualification times will not be allowed to enter the event and the meet entry fees will not be refunded.

Awards:

Team:

Age Group Team High Point - one for girls and one for boys in each age group.
Team trophies will be awarded in 1st through 6th places.

Individual:

Medals 1st through 8th places
Individual High Point Award, one female and one male

Relays:

Medals 1st through 3rd (all events)
Ribbons 4th through 8th (12 and under only)

Scoring:

Individual events are based on the top 16 places, final heat places 1 through 8 and consolation places 9 thru 16. Places 9 through 16 will be scored from prelims for all 10 & Under events. Relay events are based on the top 8 places.

Points scored are calculated in the age group in which the event was swum.

Events will be scored as follows:

Individual Events: 20, 17, 16, 15, 14, 13, 12, 11,
9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22

**SPEEDO Greater Southwest Invitational
Schedule of Events
Friday, February 5, 2010**

Girls Event #	"A" Time	Event	"A" Time	Boys Event #
1	1:11.89	10 & Under 100 Yd Free	1:10.79	2
3	1:03.09	11 – 12 100 Yd Free	1:02.69	4
5	1:02.19	13 – 14 100 Yd Free	57.39	6
7	1:00.79	SENIOR 100 Yd Free	55.19	8
9	2:55.99	10 & Under 200 Yd IM	2:55.29	10
11	2:37.59	11 – 12 200 Yd IM	2:35.59	12
13	2:30.49	13 – 14 200 Yd IM	2:20.29	14
15	2:26.99	SENIOR 200 Yd IM	2:15.09	16
17	37.29	10 & Under 50 Yd Fly	36.69	18
19	32.39	11 – 12 50 Yd Fly	32.09	20
21	1:07.79	13 – 14 100 Yd Fly	1:02.89	22
23	1:06.59	SENIOR 100 Yd Fly	1:00.09	24
25*	6:48.39	10 & Under 500 Yd Free	6:44.59	26*
27*	6:09.29	11 – 12 500 Yd Free	6:04.69	28*
29*	5:52.99	13 – 14 500 Yd Free	5:35.19	30*
31*	5:47.39	SENIOR 500 Yd Free	5:24.29	32*

* Swimmers need to provide their own timer and counter for events 25 through 32, the 500 yd Free.

**SPEEDO Greater Southwest Invitational
Schedule of Events
Saturday, February 6, 2010**

Girls Event #	"A" Time	Event	"A" Time	Boys Event #
33		10 & Under 200 Yd Free Relay		34
35		11 – 12 200 Yd Free Relay		36
37		13 – 14 200 Yd Free Relay		38
39		Senior 200 Yd Free Relay		40
41	2:36.39	10 & Under 200 Yd Free	2:31.89	42
43	2:19.89	11 – 12 200 Yd Free	2:16.19	44
45	2:13.79	13 – 14 200 Yd Free	2:05.29	46
47	2:10.39	SENIOR 200 Yd Free	2:00.09	48
49	41.99	10 & Under 50 Yd Breast	42.19	50
51	37.79	11 – 12 50 Yd Breast	37.29	52
53	1:17.59	13 – 14 100 Yd Breast	1:12.09	54
55	1:15.69	SENIOR 100 Yd Breast	1:08.09	56
57	1:22.19	10 & Under 100 Yd Back	1:21.29	58
59	1:14.19	11 – 12 100 Yd Back	1:12.29	60
61	2:27.29	13 – 14 200 Yd Back	2:18.19	62
63	2:23.89	SENIOR 200 Yd Back	2:12.3 9	64
65	1:22.59	10 & Under 100 Yd IM	1:21.09	66
67	1:13.99	11 – 12 100 Yd IM	1:11.49	68
69	5:17.79	13 – 14 400 Yd IM	5:00.49	70
71	5:09.89	SENIOR 400 Yd IM	4:47.79	72

**SPEEDO Greater Southwest Invitational
Schedule of Events
Sunday, February 7, 2010
ALL EVENTS WILL BE TIMED FINALS ON SUNDAY**

Girls Event #	"A" Time	Event	"A" Time	Boys Event #
73		10 & Under 200 Yd Medley Relay		74
75		11 – 12 200 Yd Medley Relay		76
77		13 – 14 200 Yd Medley Relay		78
79		SENIOR 200 Yd Medley Relay		80
81	1:26.69	10 & Under 100 Yd Fly	1:25.59	82
83	1:13.19	11 – 12 100 Yd Fly	1:11.69	84
85	2:28.59	13 – 14 200 Yd Fly	2:20.29	86
87	2:24.49	SENIOR 200 Yd Fly	2:13.39	88
89	38.09	10 & Under 50 Yd Back	38.29	90
91	33.89	11 – 12 50 Yd Back	33.49	92
93	1:08.49	13 – 14 100 Yd Back	1:04.19	94
95	1:06.59	SENIOR 100 Yd Back	1:01.09	96
97	1:33.39	10 & Under 100 Yd Breast	1:31.79	98
99	1:22.19	11 – 12 100 Yd Breast	1:20.49	100
101	2:46.79	13 – 14 200 Yd Breast	2:36.29	102
103	2:42.79	SENIOR 200 Yd Breast	2:30.09	104
105	32.19	10 & Under 50 Yd Free	31.59	106
107	29.49	11 – 12 50 Yd Free	28.59	108
109	28.69	13 – 14 50 Yd Free	26.29	110
111	27.99	SENIOR 50 Yd Free	25.29	112
113**	12:51.69	11 – 12 1000 Yd Free	12:42.89	114**
115**		13 & Over 1000 Yd Free		116**
	12:07.59	13 – 14	11:36.39	
	11:55.89	SENIOR	11:12.19	

**Events 113 – 116 (1,000 yd Free) are timed final events. Positive check-in needs to be complete by Saturday, February 6, at 6:00pm at the Clerk of Course. The 1,000 yd Free will swim together, fastest to slowest, but scored separately by age groups.

Swimmers need to provide their own timer and counter for events 113 – 116, the 1,000 Yd Free and swimmers will need to provide their own timer on Saturday for the 400 IM.

We will limit the 1,000 yd Free to the top 16 11 – 12 Yr old swimmers in events 113 & 114 **after** the check-in deadline. We will limit the 1,000 Yd Free to the top 40 13 & Over swimmers in events 115 – 116 **after** the check-in deadline. Those swimmers who do not make the top 16 11 – 12 yr olds or top 40 13 & Over swimmers after check-in will be given a refund of their entry fee. Those swimmers who scratch out of the event will not have their entry fee refunded.

Proof of Times:

Proof of Time must be submitted for the 1000 yd Free. Please send a copy of a Team Manager Best Times Report that includes the meet name. If proof of time is not submitted, then the swimmers will not be entered in the event and must late enter at the meet. The entry fees for that event for the swimmer will be forfeited.

Pool:

Loos Natatorium is a 50-meter facility, divided into two 25 yd, 8 lane pools. It is located in Addison, TX. The address is 3815 Spring Valley Road. Phone 972.888.3191.

General Information:

Events 33 through 40, 73 through 116 are timed finals.

All relays will be swum at the beginning of prelims on a timed final basis at the appropriate ends of the pool.

In events 113 – 116, 1000 yd Free, will be swum as timed finals during preliminaries. The 13 & Over 1,000 yd Free will swim together, fastest to slowest, but scored separately. Check-in for this event must be done by 6:00pm on Saturday, February 6.

All other events are prelims and finals, except the Sunday events, which will all be timed finals. All finals will be conducted in the deep end of the pool with the exception of the 1,000 yd Free. The 1,000 yd Free will swim in either pool as determined by the meet referee (girls in the deep end & boys in the shallow end or vice versa).

Finals will consist of final and consolation heats for 11 – 12 and 13 – 14 events. Senior events will consist of finals, consolation **and** bonus heats. Finals for Events 25 through 32, the 500 yd Free, and events 69 through 72, the 400 yd IM, will consist of final heats only. Points will be awarded for swims 9 through 16 in prelims. All of Sunday events will be TIMED FINALS.

10 and Under events will be final heats only. Points will be awarded for swims 9 through 16 in prelims.

Rules:

Current USA Swimming, Inc. rules will apply.

- ? Paragraphs 207.5.9(D) and 207.5.9(E) of USA Swimming Rules and Regulations will define the scratch procedures and penalties for this meet. A swimmer qualifying for finals or consols in an event will have 30 minutes from the announcement of the qualifiers to notify the announcer of their intent not to compete or to defer the decision. Additionally, first and second alternates will be announced along with the qualifiers for the consol heat and/or final heat. Alternates will not be penalized if unavailable to compete.

Sanction: NT 002-10

This meet is held under the sanction of USA Swimming, Inc. 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 Independent School District 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 proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

This meet is held under the sanction of USA Swimming, Inc., and issued by North Texas Swimming, Inc.
The sanction number is NT002-10

“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.”

Timers:

The City of Plano Swimmers will be providing timers for the meet. However, if your club has anyone who would like to volunteer to help time, please send them to the Head Timer at any time.

Swimmers who are competing in the 500 yd Free or the 1,000 yd Free need to provide their own timers.

Seeding:

The 500 Free (Events 25 – 32), 400 IM (Events 69 – 72), and 1,000 Free (Events 113 – 116) will be deck-seeded events.

The 500 Free and 400 IM will be swum as prelims-finals events with the top 8 qualifiers from the preliminary session advancing to the finals session. The 500 Free and the 400 IM will be seeded according to USA Swimming Rules and Regulations Paragraph 102.5.1; However, in reverse order of heats (Fastest to Slowest). The first three heats of the 500 Free (Events 25 – 32) and 400 IM (Events 69 – 72) will be swum first in event order as defined by the pool assignments for that session. The remaining heats of the 500 Free and 400 IM will be swum in event order after the first three heats have concluded for all events of the 500 Free and 400 IM.

Events 113 – 114, will be limited to the top 16 11 – 12 yr olds and events 115 – 116 will be limited to the top 40 13 & Over swimmers after the check-in deadline. We will swim these events in event order, fastest to slowest.

Entry Information:

Age: Swimmer's age as of February 5, 2010

Fees: Individual Events: \$5.00
Relays: \$10.00
Late Entries: \$15.00

Entry Fees must accompany entry sheets.

Limit: A swimmer may only compete in a total of seven (7) individual events plus two (2) relays during the entire meet with no more than three (3) individual events and one (1) relay during any one day.

For teams from out of the North Texas LSC, the meet will be limited to the first **400** swimmers. Please be sure to check with COPS prior to setting up your meet travel.

Late Entries: Swimmers must be entered in the meet by the January 26, 2010 deadline in at least one (1) event to be allowed to deck enter events, **where there are empty lanes available...on a first come first serve basis. No new heats will be created.** Swimmers may only enter for events that are swum on that day. Those late entries will be accepted at \$15.00 per event until 30 minutes prior to the start of each session. **Time or event number changes that are submitted after the entry deadline of January 26th, 2010 will be considered and charged as a late entry.**

THERE WILL NOT BE ANY LATE ENTRIES FOR THE 1,000 Yd Free.

Relay Entries: **All relay entries must accompany individual entries, no exceptions.** All relay only swimmers must be entered in the meet. Swimmers' names must be confirmed with the Clerk of Course by 6:00pm the night before the relay events. **There are no late entries for relays.**

Deadline: **ALL ENTRIES MUST BE RECEIVED NO LATER THAN 6:00 P.M., TUESDAY, JANUARY 26th, 2010.** All teams are asked to complete the enclosed Team Summary Sheet. **Entries without complete USA Swimming numbers will not be accepted.**

Teams are encouraged to send their entries in on Hy-Tek Team Manager software plus one hard copy of the team's entries and meet entry fees. No phone or fax entries will be accepted.

Mail Entries

To: Meet Entries
City of Plano Swimmers
2925 W. 15th St.
Plano, Texas 75075-7632
Meet Director: Karen Pittman

Make checks payable to: COPS, Inc.

? **Email entries must follow NTS Policies and Procedures and may be emailed to liz@planoswimming.org**

Warm-Up:

North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. Warm-up times will be divided into three 30minute sessions, followed by a 20minute open warm-up. Both ends of the pool will be available. Final warm-up assignments will be made available via the COPS Website at www.planoswimming.org by Monday February 1, 2010 and also sent to those teams who register a team email address with us.

Guidelines:

General Warm-Up (30 minutes)

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

Specific Warm-Up (last 10 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 at the end of the lane. |
| ? Lane 4 and 5 | General Warm-up: | Circle swimming only. NO DIVING. |

During the 20minute open warm-up, the SHALLOW END will be GENERAL WARM-UP, with lanes 1 & 2 designated as "safe" for 12 & Under swimmers. The DEEP END will be used for starts in lanes 2 – 7 and lanes 1 & 8 for push pace.

Warm-up lanes will be assigned based on number of participating swimmers from each club.

Check-In:

There will not be any check-in for the pre-seeded events.

There will be check-in postings for the 500 yd Free, 400 yd IM and 1,000 yd Free.

Check-in has three options:

- ? ~~????????~~ will swim the event
- SCRATCH – will not swim the event
- _____ - will not swim the event for reasons unknown.

Check-in deadline for the 500 yd Free and 400 yd IM will be 10am on the day of that event. Check-in deadline for the 1,000 yd Free will be 6:00pm on Saturday, February 6, 2010.

Results:

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

Admissions and Concessions:

No admission will be charged. Food concessions, operated by the school district, will be available. Shirts, swimwear and souvenir items will be available for sale at the front main entrance.

In accordance with DISD and Dallas Health Department regulations, absolutely no food or drink is allowed on the deck.

Seating capacity of this facility is very large. Dressing rooms and showers are available for team use.

Admission to Deck:

Deck Passes will be issued to meet workers and to USAS registered Coaches, Officials and Meet Marshals who are working in an official capacity at the SPEEDO Greater Southwest Invitational. Spectators serving as timers will be allowed on deck only while

timing. The deck will be closed to all other non-swimmers. All coaches will have USA Registration Credentials checked prior to being allowed on deck. All teams should provide the names of all attending coaches as part of the meet entries on the Team Summary Sheet.

Programs:

Programs for prelims will be on sale for \$10.00 each with coupons to redeem for finals heat sheets. Please note that programs will be available in heat sheet format with championship seeding, except for the distance events, which will be in psyche sheet format.

Hospitality:

A Hospitality area will be provided for coaches and officials.

Officials:

This meet will be used for National Certification for all qualified officials. No application for evaluation is required prior to the meet. The application for National Certification is included in this meet information and is also available online at www.usaswimming.org.

**City of Plano Swimmers
SPEEDO Greater Southwest Invitational
February 5-7, 2010**

List of Officials

Referee:	Mike Eubanks
Starter:	Bob Rogers
Stroke & Turn:	Scott May, Angie Lee
Safety Marshal	Jack Mason
Meet Director	Karen Pittman

City of Plano Swimmers Inc.
Greater Southwest Swim Meet Host Hotels



**EMBASSY SUITES
HOTELS***

14021 Noel Road
Dallas, Texas 75240

Contact: May Feraren (972-364-3659)
may.feraren3@Hilton.com

Spacious All Suite Hotel with Complimentary Full cooked to order breakfast and managers reception daily included in guestroom rate.
Complimentary shuttle within a 3 mile radius this includes Loos Natatorium, Galleria Mall and over 150 restaurants.

Booking code: GSW
www.dallasgalleria.embassysuites.com



4451 Beltline Rd.
Addison, Texas 75001

Contact: Genevie Flores (972) 788-1342
E-mail: genevie.flores@hilton.com

Beautiful newly renovated Spacious All Suite Hotel with private bedroom and separate living area with Full size sofa sleepers in all suites. Fully equipped kitchenettes and 32" LCD televisions in bedroom and living area, great for families! Complimentary Hot Breakfast Buffet served daily and Complimentary Dinner served Mon-Thurs. Complimentary shuttle within a 5 mile radius, including Loos Natatorium that is only 2 miles from hotel, Galleria and Valley View Malls and within walking distance to over 150 restaurants.

Booking Code: GSW
www.dallasaddison.homewoodsuites.com



4505 Beltway Drive
Addison, TX 75001

Contact: Julie Vogel (972) 991-2800
E-mail: julie.vogel@hilton.com

Beautiful newly renovated guestrooms including 32" LCD televisions! Complimentary Hot Breakfast and 100% Hampton Guarantee; Complimentary shuttle, within a 5-mile radius; walking distance to several restaurants; hotel located only 2.0 miles away from the Loos Swimming Center!

Booking code: GSW
www.dallasaddison.hamptoninn.com

City of Plano Swimmers
28th Annual SPEEDO Greater Southwest
Invitational Swim Meet
February 5, 6, 7, 2010

Team Summary Sheet

Name of Club: _____

Club Code: _____ LSC Code: _____

Attending Coaches Names: _____

Number of Individual entries _____ x \$5.00 = _____

Number of Relay entries _____ x \$10.00 = _____

TOTAL ENCLOSED _____

Team Address: _____

Email Address: _____ (used to notify you of the warm-up
schedule for the 3 days)

Telephone: _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, North Texas Swimming, COPS and all meet officials and Volunteers.

Signature of coach or club representative: _____

Make checks payable to COPS, Inc.

Send entries to: Meet Entries
City of Plano Swimmers
2925 W. 15th St.
Plano, TX 75075-7632

Email entries to: liz@planoswimming.org