

# MARS Long Course "A" Invitational

## June 4-6, 2010

Hosted by Mid-Cities Arlington Swimming  
Sanction #NT032-10

**Location:** University of Texas at Arlington Outdoor Pool, 801 Greek Row (PE Bldg), Arlington, TX 76013

**Facility:** 8 lane, 50m outdoor pool with adjacent 6-25yd indoor continuous warm-up lanes. Colorado Timing system and scoreboard will be utilized. Ample seating and dressing space are provided. Adjacent grassy areas for tents will be available. The competition course has not been certified in accordance with 104.2.2C(4)

### Meet Schedule:

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Friday	5:00-5:45pm	6:00pm
Session 2-Saturday	Group 1 7:30-8:15am Group 2 8:15-9:00am	9:15am
Session 3-Sunday	Group 2 7:30- 8:15am Group 1 8:15-9:00am	9:15am

*Group 1: CLAS, FAST, HEAT, IS, LAC, MAC, MARS, NTN, QA, SWAT, SNAP*

*Group 2: ATAC, CAT, COPS, COR, DM, FA, LSCC, MTRO, RACE, WEST, TRS, WW2*

### Warm-up:

General warm-up will last for the first 30 minutes of each warm-up session, with NO DIVING. The last 15 minutes will allow diving, as noted below. The diving period shall be as follows:

Lanes 1 and 8 – push swims from the starting end, NO DIVING

Lanes 2 and 7 – racing starts, one way only from the blocks

Lanes 3, 4, 5 and 6 - general warm-up -- NO DIVING

### Rules:

Current USA Swimming, Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. **SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #NT032-10. "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, MID-CITIES ARLINGTON SWIMMING, AND UNIVERSITY OF TEXAS AT ARLINGTON 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."**

### Eligibility:

No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. registered in the North Texas LSC. Every club entered as a team in a North Texas Swimming sanctioned meet shall be a member of USA Swimming, Inc. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form. A swimmer may enter any event in which the swimmer has achieved the "A" qualifying time standard; furthermore, a swimmer who has three current "A" times may enter any event (**\*\*exception – there is no time standard for the open water event. Any USAS registered swimmer may compete in this event**). Swimmer's age as of 6/04/10 shall determine their age for the entire meet. NO DECK Registrations will be accepted.

**Entry Limit:**

Each swimmer may participate in up to four individual events per day, but not more than 8 for the entire meet. POW swim on Sunday does not count in the daily or meet total limit.

We will limit the 1500m Free to the top 16 swimmers in events 7 & 8 **after** the check-in deadline. Those swimmers who do not make the top 16 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.

**Entry Fees:**

Entry fees are \$3.50 per individual event. Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$10.50 per individual event. All late entries must be accompanied by the swimmer's USA Swimming ID card. Proof of time from the USA Swimming site (SWIMS) is also required for all swimmers late entering.

**Entry Deadline:**

**Entries must be received by Tuesday, May 25, 2010** at 6pm. Entries must be submitted by Email, to [coachsuzanne@marswim.org](mailto:coachsuzanne@marswim.org) with an attached file of the meet entries report by name and a meet entry fee report. If your team elects to submit entries by regular mail and is willing to accept the assessments described below, then those entries should be mailed to:

Mid-Cities Arlington Swimming  
PO Box 13849  
Arlington, TX 76094

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 Mid-Cities Arlington Swimming.

- Fees shall be mailed and postmarked by Friday, May 28, 2010. **Checks for entry fees shall be made payable to MARS.**
- The name, phone number and email address of the person preparing team entries shall be provided with the entries.
- All teams shall provide a printout of meet entry fees and a printout of individual entries, by name.

**Seeding:**

All events will be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, N.T. (No Time) should be entered. **Long course times should be entered.**

**Check-In:**

Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of each event. There are three check-in options:

- X** indicates the swimmer will swim the event
- scr** indicates the swimmer will not swim the event
- indicates the swimmer will not swim the event

**Psyche Sheets:**

Psyche sheets will be available for all sessions at a one-time charge.

**Awards:**

Ribbons will be awarded for places 1-8. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O.

**RESULTS:** A copy of the final results will be posted to the North Texas Swimming website within 10 days of the conclusion of the event.

**Pool Open Water (POW) events:** There will be a 20 break following the end of session 3 to convert the competition pool for open water. An OW buoy will be placed in the indoor pool to allow POW practice near the end of session 3. 12 & Unders will swim 1500m (10 Laps around a 50 meter pool), 13 & Overs will swim 3000m (20 Laps around the pool). Swimmers will be started in waves in an order determined by the meet referee depending upon registration. Swimmers will use an in water start. All USAS registered swimmers are eligible for these events. There are no time standards.

**Officials:**

Meet Referee: Robert Steffner

Starter: Bill Brown

Stroke and Turn Judges: Don Whitfield, Craig Tipton, Craig Loria, Rodney Yanai, Christie Tisdall, Brent Bunnell

Head Safety Marshal: David Coward

Meet Director: Suzanne Dangelmaier (214-793-4773) or [coachsuzanne@marswim.org](mailto:coachsuzanne@marswim.org)

MARS Head Coach: Brian Dangelmaier (817-925-0505) or [coachbrian@marswim.org](mailto:coachbrian@marswim.org)

**Schedule of Events:**

**Session 1 – Friday, June 4th**

<b>Women</b>	<b>"A" and faster</b>	<b>Event</b>	<b>"A" and faster</b>	<b>Men</b>
1	3:19.89 2:59.29	<b>200IM</b> 10 & Under 11-12	3:18.89 2:58.09	2
3	6:00.99	<b>400IM</b> 13 & Over	5:44.49	4
5	6:05.89 5:32.39	<b>400FR</b> 10 & Under 11-12	6:06.79 5:27.09	6
7	20:39.79	<b>1500FR**</b> 13 & Over	19:55.69	8

\*\*Event swum fastest to slowest, alternating heats of women and men. All swimmers must provide their own timer and lap counter.

**Session 2 – Saturday, June 5<sup>th</sup>**

<b>Women</b>	<b>"A" or faster</b>	<b>Event</b>	<b>"A" or faster</b>	<b>Men</b>
9	2:58.49 2:37.69 2:31.79	<b>200FR</b> 10&Under 11-12 13&Over	2:52.39 2:34.89 2:23.29	10
11	1:46.99 1:33.79 1:28.99	<b>100BR</b> 10&Under 11-12 13&Over	1:45.99 1:32.49 1:21.29	12
13	42.09 36.29	<b>50FL</b> 10&Under 11-12	40.99 36.19	14
15	2:51.49	<b>200IM</b> 13&Over	2:42.39	16
17	1:35.29 1:23.29 1:17.79	<b>100BK</b> 10&Under 11-12 13&Over	1:33.29 1:23.59 1:14.49	18
19	36.39 33.69 32.49	<b>50FR</b> 10&Under 11-12 13&Over	36.09 32.59 30.29	20
21	2:59.29 2:48.29	<b>200FL</b> 11-12 13&Over	2:58.49 2:38.79	22

**Session 3 – Sunday, June 6<sup>th</sup>**

<b>Women</b>	<b>"A" or faster</b>	<b>Event</b>	<b>"A" or faster</b>	<b>Men</b>
23	3:23.69 3:11.99	<b>200BR</b> 11-12 13&Over	3:20.79 3:01.99	24
25	43.69 38.99	<b>50BK</b> 10&Under 11-12	43.89 38.69	26
27	1:37.89 1:22.89 1:16.49	<b>100FL</b> 10&Under 11-12 13&Over	1:36.49 1:21.49 1:11.09	28
29	1:21.89 1:13.49 1:10.39	<b>100FR</b> 10&Under 11-12 13&Over	1:20.59 1:11.39 1:05.99	30
31	48.29 42.09	<b>50BR</b> 10&Under 11-12	48.49 43.09	32
33	3:00.19 2:47.39	<b>200BK</b> 11-12 13&Over	2:56.39 2:40.69	34
35		<b>400FR</b>		36

	5:16.39	13 & Over	5:02.79	
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**Session 4 – Sunday, June 6<sup>th</sup> (Pool Open Water Events)**

37	NT	12 & Under – 1500m	NT	38
39	NT	13 & Over – 3000m	NT	40

***(\*\* There will be a 20 break following the end of session 3 to convert the competition pool for open water. An OW buoy will be placed in the indoor pool to allow POW practice near the end of session 3. 12 & Unders will swim 1500m (10 Laps around a 50 meter pool), 13 & Overs will swim 3000m (20 Laps around the pool). Swimmers will be started in waves in an order to be determined by the meet referee depending upon registration. Swimmers will use an in water start.)***