

**2010 NT COPS "A" Invitational
Hosted by City of Plano Swimmers**

October 2nd and 3rd, 2010

Oak Point Swim Center; 6000 Jupiter Rd.; Plano, Texas 75074
Sanction # NT052-10

Meet Schedule:

Saturday October 2, 2010

Session 1 13 & Over

**Group 2 warm-up 7: 15-7:45 am
Group 1 warm-up 7:45-8:15 am
Dive and Pace 8:15-8:30 am**

Meet starts 8:45am

Session 2 12 & Under

**Group 2 warm-up 1: 15-1:45 pm
Group 1 warm-up 1:45-2:15 pm
Dive and Pace 2:15-2:30 pm**

Meet starts 2:45pm

Sunday October 3, 2010

Session 3 13 & Over

**Group 1 warm-up 7: 15-7:45 am
Group 2 warm-up 7:45-8:15 am
Dive and Pace 8:15-8:30 am**

Meet starts 8:45am

Session 4 12 & Under

**Group 1 warm-up 1:15-1:45 pm
Group 2 warm-up 1:45-2:15 pm
Dive and Pace 2:15-2:30 pm**

Meet starts 2:45pm

Warm Up Groups:

Group 1 – CLAS, FAST, IS, LAC, MAC, MARS, MTRO-FW, NTN, QA, SGMA, SNAP, SWAT TCU, TRS, WEST, WKB, WW2

Group 2 – ATAC, CAT, COPS, COR, DM, FA, LSCC, MTR0, ROCK, RACE, SMU

Pool:

Oak Point Pool is a 50 Meter indoor facility. The meet end of the pool will be one 25 yard course with 8 lanes. The south end of the pool will be available for continual warm-up and warm down. Colorado timing system will be used. The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2.3 is 11 feet at the start end and 6 feet at the turn end.

Age:

Swimmer's age as of October 2, 2010 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.

Unaccompanied/Unattached Swimmers:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Entry Fees:

Entry fees are \$3.25 per individual event and \$6.50 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:
ted@planoswimming.org

Entry Deadline:

All entries must be received no later than 6:00 p.m., Tuesday, September 21, 2010.

Awards:

Ribbons will be awarded for places 1 – 8 for individual events for 12 & under events only.

Scoring:

Events will be scored as follows:

Individual Events: 9...7...6...5...4...3...2...1

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 NT052-10 .

In granting this sanction it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., The City of Plano Swimmers, Inc., the City of Plano, 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.”

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:

- | | |
|--------------------|--|
| <u> </u> √ | Indicates that the swimmer will swim that event |
| <u>SCRATCH</u> | Indicates that the swimmer will not swim that event |
| <u> </u> | 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

Meet Director: Bob Tierney
 Referee: Mike Eubanks
 Starter: Walter Marks
 Stroke & Turn: Sammi Krepp and Rikki Dworkin

SCHEDULE OF EVENTS**Session 1 Saturday, October 2, 2010 13 & Overs**

| Girls Event # | Faster Than | Event Description | | Faster Than | Boys Event # |
|---------------|-----------------------------------|-------------------|------------|-----------------------------------|--------------|
| 1 | (13-14) 2:30.49 (15&O) 2:26.99 | 13 & Over | 200 IM | (13-14) 2:20.29 (15&O) 2:15.09 | 2 |
| 3 | (13-14) 1:02.19 (15&O) 1:00.79 | 13 & Over | 100 FREE | (13-14) 57.39 (15&O) 55.19 | 4 |
| 5 | (13-14) 2:28.59 (15&O) 2:24.49 | 13 & Over | 200 FLY | (13-14) 2:20.29 (15&O) 2:13.39 | 6 |
| 7 | (13-14) 1:17.59 (15&O) 1:15.69 | 13 & Over | 100 BREAST | (13-14) 1:12.09 (15&O) 1:08.89 | 8 |
| 9 | (13-14) 2:27.29 (15&O) 2:23.89 | 13 & Over | 200 BACK | (13-14) 2:18.19 (15&O) 2:12.39 | 10 |
| 11* | (13-14) 5:52.99 (15&O) 5:47.39 | 13 & Over | 500 FREE | (13-14) 5:35.19 (15&O) 5:24.29 | 12* |

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

Session 2, Saturday October 2, 2010 12 & Unders

| | | | | |
|-----|-------------------------------------|-----------------------|-------------------------------------|-----|
| 13 | (10 & u) 38.09 (11-12) 33.89 | 12 & Under 50 Back | (10 & u) 38.29 (11-12) 33.49 | 14 |
| 15 | (10 & u) 2:55.99 (11-12) 2:37.59 | 12 & Under 200 IM | (10 & u) 2:55.29 (11-12) 2:35.59 | 16 |
| 17 | (10 & u) 1:11.89 (11-12) 1:03.09 | 12 & Under 100 Free | (10 & u) 1:10.79 (11-12) 1:02.69 | 18 |
| 19 | 2:38.59 | 11-12 200 Fly | 2:35.29 | 20 |
| 21 | (10 & u) 1:33.39 (11-12) 1:22.19 | 12 & Under 100 Breast | (10 & u) 1:31.79 (11-12) 1:20.49 | 22 |
| 23 | 2:35.89 | 11-12 200 Back | 2:32.89 | 24 |
| 25 | (10 & u) 37.29 (11-12) 32.39 | 12 & Under 50 Fly | (10 & u) 36.69 (11-12) 32.09 | 26 |
| 27* | (10 & u) 6:48.39 (11-12) 6:09.29 | 12 & Under 500 Free | (10 & u) 6:44.59 (11-12) 6:04.69 | 28* |

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

Session 3 Sunday, October 3, 2010 13 & Overs

| Girls Event # | Faster Than | Event Description | | Faster Than | Boys Event # |
|---------------|-----------------------------------|-------------------|------------|-----------------------------------|--------------|
| 29 | (13-14) 1:08.49 (15&O) 1:06.59 | 13 & Over | 100 BACK | (13-14) 1:04.19 (15&O) 1:01.09 | 30 |
| 31 | (13-14) 28.69 (15&O) 27.99 | 13 & Over | 50 FREE | (13-14) 26.29 (15&O) 25.29 | 32 |
| 33 | (13-14) 2:46.79 (15&O) 2:42.79 | 13 & Over | 200 BREAST | (13-14) 2:36.29 (15&O) 2:30.09 | 34 |
| 35 | (13-14) 1:07.79 (15&O) 1:06.29 | 13 & Over | 100 FLY | (13-14) 1:02.89 (15&O) 1:00.09 | 36 |
| 37 | (13-14) 2:13.79 (15&O) 2:10.39 | 13 & Over | 200 FREE | (13-14) 2:05.29 (15&O) 2:00.09 | 38 |
| 39** | (13-14) 5:17.79 (15&O) 5:09.89 | 13 & Over | 400 IM | (13-14) 5:00.49 (15&O) 4:47.79 | 40** |

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

Session 4 Sunday October 3, 2010 12 & Unders

| | | | | |
|----|-------------------------------------|----------------------|-------------------------------------|----|
| 41 | (10 & u) 1:22.19 (11-12) 1:14.19 | 12 & Under 100 Back | (10 & u) 1:21.29 (11-12) 1:12.29 | 42 |
| 43 | (10 & u) 32.19 (11-12) 29.49 | 12 & Under 50 Free | (10 & u) 31.59 (11-12) 28.59 | 44 |
| 45 | (10 & u) 41.99 (11-12) 37.79 | 12 & Under 50 Breast | (10 & u) 42.19 (11-12) 37.29 | 46 |
| 47 | (10 & u) 1:26.69 (11-12) 1:13.19 | 12 & Under 100 Fly | (10 & u) 1:25.59 (11-12) 1:11.69 | 48 |
| 49 | (10 & u) 2:36.39 (11-12) 2:19.89 | 12 & Under 200 Free | (10 & u) 2:31.89 (11-12) 2:16.19 | 50 |
| 51 | (10 & u) 1:22.59 (11-12) 1:13.99 | 12 & Under 100 IM | (10 & u) 1:21.09 (11-12) 1:11.49 | 52 |
| 53 | 2:56.89 | 11-12 200 Breast | 2:52.89 | 54 |