

**2015 NT Metro 'Go the Distance' Short Course Invitational
HOSTED BY METROPLEX AQUATICS**

**April 10-12, 2015
SANCTION # NT 023-15**

Location: Lewisville Eastside ISD Aquatic Center, 5729 Memorial Dr., The Colony, Texas 75056

Facility: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized.

Pool Measurement: 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, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool. 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for the other competition pool. Ample seating and changing facilities.

Sanction: This meet is held under the sanction of USA Swimming, Inc., by North Texas Swimming Inc. Sanction number is NT 023-15.

Liability: 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, METROPLEX AQUATICS AND LEWISVILLE 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 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.

Schedule:

	Day	Warm-Up	Meet Starts
Session I	Friday April 11	Group 1 -- 4:30-5:00 pm Group 2 -- 5:00-5:30 pm All teams -- 5:30-5:45 pm	6:00 pm
Session II	Saturday April 12	Group 2 -- 7:30-8:00 am Group 1 -- 8:00-8:30 am All Teams -- 8:30-8:45 am	9:00 am
Session III	Sunday April 13	Group 1 -- 7:30-8:00 am Group 2 -- 8:00-8:30 am All Teams -- 8:30-8:45 am	9:00 am

Warm-up groups may be modified at the meet director's discretion. Groups assignments will be posted on the Metroplex Aquatics Swim Team website at www.metro-aquatics.org on Tuesday, 4/7/15.

Warm-up Procedures: North Texas Swimming, Inc. safety guidelines and warm-up procedures will be in effect at this meet.

General Warm-up (30 minutes)

- All lanes to be used for general warm-up.
- NO diving, sprinting or pace work during general warm-up.
- Swimmers shall enter the pool feet first in a cautious manner.

Specific Warm-up (last 15 minutes)

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 will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. *ALL SPECTATORS MUST REMAIN IN THE SEATING AREA.*

Unattached/Unaccompanied Athletes: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Due to pool restrictions, safety and time constraint, Metroplex Aquatics will only accept a limited number of athletes at this meet. Maximum number allowed to enter will be 400 athletes. If your team is interested in attending please notify Brent Mitchell coachmitchell@metro-aquatics.org with approximate number of athletes that will attend. You MUST have Brent's approval before sending athletes. Late entries will only be available for approved teams that are entered in the meet. Waitlist teams will be accepted before 11 pm on Friday, April 3, 2015, if room is available.

Eligibility: Any level swimmer can enter this meet. Recommend that you check with coach to make sure you are ready to enter a distance event. No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. No USA Swimming Registrations will be accepted at the meet. Swimmer's age as of 4/10/15 shall determine his/her age for the entire meet.

Swimmers with Disabilities: Coaches and or swimmers are responsible for notifying the meet referee or meet director of any disability prior to the competition and for providing their own assistant or equipment. Please contact the meet director/referee at least 2 weeks in advance of the meet to reserve proper equipment.

Entry Deadline: Zipped team manager/team unify entry file must be submitted by email with an attached document of the meet entries report by name and a meet entry fee report. Please include the team name, preparer's name, phone number and email address so that confirmation can be sent to the person who prepared the entries.

Individual entries and entry fees are due no later than 6:00 pm on Thursday, April 2, 2015.

Entry Fees and Limit: A swimmer may enter up to three (3) individual events per day. Entry fees are \$6.50 per individual event. North Texas surcharge of \$3.00 per swimmer will be charged.

Late Entries: Late entries will accepted up to 30 minutes prior to the start of each session at \$19.50 per individual event. Any athlete late entering the meet that is not already entered in the meet MUST present their current registration card or deck pass. Any athlete late entering an event MUST present a current print out of their short course best times from SWIMS on the USA Swimming Website or show times on deck pass **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

Email Entries to: Lisa Stults at lisa0908@att.net (Confirmation will be sent after entries are received.)
Problems or questions call 972-741-7416

Mail Checks to: **Metroplex Aquatics**
1314 W. McDermott Drive
Suite 106, #521
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

Seeding: All events will be conducted as timed finals and will be deck seeded. Seed times entered shall 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) shall be entered.

Meet Operations: All events will be swum fastest to slowest.

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

Indicates swimmer will swim the event.

SCR Indicates swimmer will not swim the event.

Indicates swimmer will not swim the event.

Meet Program: Psych sheets will be available for a one-time \$5 charge.

Awards and Scoring: 1st-8th place ribbons for the following age group 10&Under, 11-12, 13-14. The meet will not be scored.

Additional Information: Admission and parking are free. No flash photography at start of race.

Concessions: Concessions will be available for purchase.

Hospitality: Hospitality will be available for all meet officials and coaches.

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

Meet Referee: Scott Leeper

Starter: Julie Ayers and Mike McDonald

Stroke & Turn: Karen Blanchard, Jana Morrison, Jane Maxvill and Michele Morgan

Admin Officials: Lisa Stults

Meet Director: Gary Graham

Head Safety Marshal: Jennifer Looney

Warm-ups 4:30-5:45pm Friday April 11, 2015 session start 6:00pm		
Girls	Event Description	Boys
1	12&Under 200 IM	2
3	11&Over 400 IM	4
5	12&Under 500 Free **	6
7	13&Over 500 Free **	8

****Event swum alternating heats of girls and boys (Event 5/6 then 7/8).**

All swimmers must provide their own timer and lap counter.

Warm-ups 7:30-8:45am Saturday April 12, 2015 session start 9:00am		
Girls	Event Description	Boys
9	12&Under 200 Free	10
11	13&Over 200 Free	12
13	11&Over 200 Back	14
15	11&Over 1000 Free **	16

****Event swum alternating heats of girls and boys.**

All swimmers must provide their own timer and lap counter.

Warm-ups 7:30-8:45am Sunday April 13, 2015 session start 9:00am		
Girls	Event Description	Boys
17	11&Over 200 Breast	18
19	11&Over 200 Fly	10
21	11&Over 1650 Free **	22

****Event swum alternating heats of girls and boys.**

All swimmers must provide their own timer and lap counter.