

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

Entry Forms:

All Entry Forms and fees should be made payable to SWAT and placed in the payment box.

Entry Deadline:

All entries must be received no later than 6:00 p.m., Friday, September 18, 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:

<u> V </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

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	34.29	11 – 12	50 BACK	33.89	6
7	(13-14) 2:31.29 (15&O) 2:28.39	13 & Over	200 IM	(13-14) 2:21.89 (15&O) 2:15.69	8
9	2:38.59	11 – 12	200 IM	2:35.89	10
11	(13-14) 1:02.19 (15&O) 1:01.09	13 & Over	100 FREE	(13-14) 57.99 (15&O) 55.39	12
13	1:03.09	11 – 12	100 FREE	1:02.89	14
15	(13-14) 2:28.59 (15&O) 2:26.59	13 & Over	200 FLY	(13-14) 2:20.79 (15&O) 2:14.39	16
17	2:39.69	11 – 12	200 FLY	2:38.29	18
19	(13-14) 1:17.99 (15&O) 1:16.39	13 & Over	100 BREAST	(13-14) 1:12.29 (15&O) 1:09.19	20
21	1:22.19	11 – 12	100 BREAST	1:21.09	22
23	(13-14) 2:27.29 (15&O) 2:25.89	13 & Over	200 BACK	(13-14) 2:19.49 (15&O) 2:12.69	24
25	2:37.09	11 – 12	200 BACK	2:33.79	26
27	32.69	11 – 12	50 FLY	32.39	28
29*	6:09.29	11 – 12	500 FREE	6:04.69	30*
31*	(13-14) 5:52.99 (15&O) 5:48.39	13 & Over	500 FREE	(13-14) 5:39.39 (15&O) 5:25.29	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	1:14.89	11 – 12	100 BACK	1:12.29	38
39	(13-14) 1:08.69 (15&O) 1:07.69	13 & Over	100 BACK	(13-14) 1:04.89 (15&O) 1:01.29	40
41	29.79	11 – 12	50 FREE	28.59	42
43	(13-14) 28.69 (15&O) 28.19	13 & Over	50 FREE	(13-14) 26.59 (15&O) 25.39	44
45	37.99	11 – 12	50 BREAST	37.59	46
47	2:57.69	11 – 12	200 BREAST	2:52.99	48
49	(13-14) 2:47.99 (15&O) 2:44.69	13 & Over	200 BREAST	(13-14) 2:36.29 (15&O) 2:30.09	50
51	1:13.59	11 – 12	100 FLY	1:12.19	52
53	(13-14) 1:08.09 (15&O) 1:06.89	13 & Over	100 FLY	(13-14) 1:03.39 (15&O) 1:00.49	54
55	2:20.19	11 – 12	200 FREE	2:16.59	56
57	(13-14) 2:14.19 (15&O) 2:11.49	13 & Over	200 FREE	(13-14) 2:05.79 (15&O) 2:00.79	58
59	1:14.09	11 – 12	100 IM	1:12.19	60
61**	5:38.09	11 – 12	400 IM	5:31.99	62**
63**	(13-14) 5:19.59 (15&O) 5:14.09	13 & Over	400 IM	(13-14) 5:02.39 (15&O) 4:49.09	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.