

2009 NT COPS SC B/C Swim Meet
May 9 & 10, 2009
Oak Point Swim Center, Plano, TX
Sanction # NT 017-09

Time: Session I: Saturday, May 9, 2009
Warm-up: 8:00am – 8:30am
Meet Starts: 8:45am

Session II: Saturday, May 9, 2009
Warm-up: 11:30am – 12:00noon
Meet Starts: 12:15pm

Session III: Sunday, May 10, 2009
Warm-up: 8:00am – 8:30am
Meet Starts: 8:45am

Pool: Oak Point Swim Center. The pool is located on the campus of Collin County Community College. The address is 6000 Jupiter Rd., Plano, TX.

Age: Swimmer's age as of May 9, 2009

Eligibility: A swimmer may enter any event for which they are eligible to compete at the "B/C" level. A swimmer may not enter any event in which he/she has achieved a "BB" time. A swimmer with 2 "BB" times may swim those events as exhibition (no awards or team points). No entries will be accepted unless the entrant is registered with USA Swimming Inc. **NO DECK REGISTRATIONS WILL BE ACCEPTED.** Every club entered as a team, in a North Texas Swimming sanctioned meet, must be a member of USA Swimming, Inc.

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.**

Entry Limit: Each swimmer may participate in a maximum of 5 individual events per day and one relay per day. **8 & under swimmers may swim in only one session on Saturday.**

Entry Fees: \$3.25 per individual event
Checks payable to: **SWAT**

Turn in entries and fees to either the payment/meet box, mailed to the address below or Coach Amy after practice. Entries can be emailed to Coach Amy at asisler818@yahoo.com.

Mail: Coach Amy Sisler
P.O. Box 380554
Duncanville, TX

All entries must be received by 6:00 p.m., Friday, April 24, 2009.

Late Entries: Late entries will be accepted up to 30 minutes prior to the scheduled start of each session at \$9.75 per individual event.

Check-In: Check-in postings will be separated by sex and age group. Check-in has three options: _____? indicates swimmer is present and wants to swim the event.
SCRATCH indicates swimmer does not wish to swim the event.
_____ indicates swimmer isn't swimming the event for reasons unknown.
The check-in deadline for each event will be 30 minutes prior to the scheduled start of that event.

Rules: The current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet.

Sanction: NT 017-09

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 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 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, by North Texas Swimming, Inc.

“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.”

Seeding: All events will be conducted as timed finals and will be deck seeded.

Scoring: Team scores will be kept as follows:
Individual: 1st – 8th: 9, 7, 6, 5, 4, 3, 2, 1
Relay: 1st – 8th: 18, 14, 12, 10, 8, 6, 4, 2

Warm-Up: All lanes: General warm-up for the first 20 minutes. **NO DIVING!!**
 Last 10 minutes: Lanes 1 and 8 push start, no diving.
 Lanes 2, 3, 4, 5, 6 and 7 racing starts, exit far end.
 All shallow end lanes will be used for general warm up, no diving.

Awards: Ribbons: 1st - 8th place for individual events
 1st - 3rd place for relay events
 Best time ribbons will be given to 8 & under swimmers who improve their seedtime. All events will be swum with "B" and "C" swimmers competing together, but ribbons will be awarded separately.

Timers: COPS will be providing timers for the meet, however, if you have volunteers who would like to help time, please send them to see the head timer

Heat Sheets: Heat Sheets will be available for \$5.00.

Concessions: Concessions will be available for swimmers and spectators.

Admission: No charge for admission.

Hospitality: Available for coaches, officials and volunteers only.

Results: Final results will be posted on the North Texas Swimming web site within ten (10) days of the last day of the meet. Copies may be purchased for \$5.00 each at the Clerk of Course.

List of Officials

Referee: Bob Rogers

Starter: Mike Eubanks

Stroke & Turn: Gary Gettel, Scott May

**2009 NT COPS SC B/C Swim Meet
 May 9 & 10, 2009
 Order of Events**

Session I: Saturday Morning

Girls	Slower Than	Event	Slower Than	Boys
1		8 & U 100 Free Relay		2
3		8 & U 25 Freestyle		4
5		8 & U 25 Backstroke		6
7		8 & U 25 Breaststroke		8
9		8 & U 25 Butterfly		10
11		8 & U 50 Free		12

Session II: Saturday Afternoon

Girls	Slower Than	Event	Slower Than	Boys
13	2:51.79	11 – 12 200 Fly	2:48.29	14
15		10 & Un 200 Free Relay		16
17		11 – 12 200 Free Relay		18
19	1:33.79 1:20.09	12 & Un 100 IM 10 & Un 11 – 12	1:31.19 1:17.59	20
21	35.99 31.89	12 & Un 50 Freestyle 10 & Un 11 – 12	35.19 30.99	22
23	43.49 36.79	12 & Un 50 Backstroke 10 & Un 11 – 12	43.69 36.49	24
25	1:46.69 1:29.29	12 & Un 100 Breaststroke 10 & Un 11 – 12	1:43.69 1:27.79	26
27	2:58.29 2:31.49	12 & Un 200 Freestyle 10 & Un 11 – 12	2:50.89 2:27.49	28
29	42.99 35.09	12 & Un 50 Fly 10 & Un 11 – 12	41.99 35.19	30
31*	13:55.99	11 – 12 1000 Freestyle	13:46.49	32*

**Events 31 & 32, the 1000yd Free will be swum fastest to slowest, alternating heats of girls and boys.*

Session III: Sunday Morning

Girls	Slower Than	Event	Slower Than	Boys
33		11 – 12 200 Medley Relay		34
35		10 & Un 200 Medley Relay		36
37	2:48.89	11 – 12 200 Backstroke	2:45.59	38
39	1:21.59 1:08.29	12 & Un 100 Freestyle 10 & Un 11 – 12	1:19.99 1:07.89	40
41	1:42.09 1:20.19	12 & Un 100 Butterfly 10 & Un 11 – 12	1:40.39 1:18.69	42
43	47.79 40.89	12 & Un 50 Breaststroke 10 & Un 11 – 12	47.89 40.79	44
45	1:33.99 1:21.09	12 & Un 100 Backstroke 10 & Un 11 – 12	1:32.09 1:19.09	46
47	3:19.39 2:50.69	12 & Un 200 IM 10 & Un 11 – 12	3:18.09 2:49.39	48
49	3:11.69	11 – 12 200 Breaststroke	3:07.29	50
51**	7:39.49 6:40.09	12 & Un 500 Freestyle 10 & Un 11 – 12	7:35.19 6:35.09	52**

*** Events 51 & 52, the 500yd Free will be swum fastest to slowest, alternating heats of girls and boys.*