

MAC / MARS Long Course "A" Invitational May 16-17, 2009

Hosted by Mansfield Aquatic Club and Mid-Cities Arlington Swimming
Sanction #021-09

Location: Mansfield ISD Natatorium, 1001 N. Holland Rd., Mansfield, TX 76063

Facility: 8 lane, 50m pool with 4-25yd continuous warm-up lanes. Daktronics timing system and 2 scoreboards will be utilized. Ample seating and dressing space are provided.

Meet Schedule:

	Warm-up		Session Starts
Session 1-Saturday	Group 1	7:30 - 8:15am	
	Group 2	8:15 - 9:00am	9:15am
**Session 2-Saturday	Group 1	12:30 - 1:15pm	
	Group 2	1:15 - 2:00pm	2:15pm
Session 3-Sunday	Group 2	7:30-8:15am	
	Group 1	8:15-9:00am	9:15am
**Session 4-Sunday	Group 2	12:30- 1:15pm	
	Group 1	1:15-2:00pm	2:15pm

*(** afternoon session warm-ups will begin 30 minutes after the finish of the morning sessions or at 12:30pm, whichever is later)*

Group 1: CLAS, FAST, HEAT, IS, LAC, MAC, MARS, NTN, QA, SWAT, SNAP, TRS, WW2

Group 2: ATAC, CAT, COPS, COR, DM, FA, LSCC, MTRO, ROCK, WEST

Warm-up groups may be altered if necessary, at the discretion of the Meet Referee. Teams with less than 10 swimmers, not listed can swim in either warm-up. Larger teams should contact meet director for instructions.

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 warmup procedures will be in effect. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck. **SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., #021-009. "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, MANSFIELD AQUATIC CLUB, AND MANSFIELD 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."

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.***

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. Swimmer's age as of 5/16/09 shall determine their age for the entire meet. NO DECK Registrations will be accepted.

Entry Limit:

Each swimmer may participate in five individual events per day, plus 1 relay

Entry Fees:

Entry fees are \$3.50 per individual event and \$7.00 per relay. 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.

Entry Deadline:

Entries must be received by Friday, May 1, 2009 at 6pm. Checks for entry fees shall be made payable to SWAT. Entries and payment must be submitted by either the payment/meet information box, Email to Coach Amy sisler818@yahoo.com or mailed to:

Amy Sisler
P.O. Box 380554
Duncanville, TX 75138

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 of \$5.

Awards:

Ribbons will be awarded for places 1-8. Awards will be made in age groups 10&U, 11-12, 13-14, 15&O. Relays will be awarded with ribbons for places 1-3.

Officials:

Meet Referee: Mike Gentry

Starter: Robert Steffner

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.

Schedule of Events:**Session 1 – Saturday morning, May 16th**

Women	"A" or faster	Event	"A" or faster	Men
1		200 Medley Relay 10 & Under 11-12		2
3	2:58.49 2:37.69	200FR 10&Under 11-12	2:52.39 2:34.89	4
5	1:46.99 1:33.79	100BR 10&Under 11-12	1:45.99 1:32.49	6

7	42.09 36.29	50FL 10&Under 11-12	40.99 36.19	8
9	1:35.29 1:23.29	100BK 10&Under 11-12	1:33.29 1:23.59	10
11	36.39 33.69	50FR 10&Under 11-12	36.09 32.59	12
13	2:59.29	200FL 11-12	2:58.49	14
15	3:19.89 2:59.29	200IM 10 & Under 11-12	3:18.89 2:58.09	16

Session 2 – Saturday afternoon, May 16th

Women	"A" or faster	Event	"A" or faster	Men
17		400 Medley Relay 13-14 15 & Over		18
19	2:31.79	200FR 13&Over	2:23.29	20
21	1:28.99	100BR 13&Over	1:21.29	22
23	1:17.79	100BK 13&Over	1:14.49	24
25	32.49	50FR 13&Over	30.29	26
27	2:48.29	200FL 13&Over	2:38.79	28
**29	6:00.99	400IM 13&Over	5:44.49	**30

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

Session 3 – Sunday morning, May 17th

Women	"A" or faster	Event	"A" or faster	Men
31		200 FR Relay 10 & Under 11-12		32
33	3:23.69	200BR 11-12	3:20.79	34

35	43.69 38.99	50BK 10&Under 11-12	43.89 38.69	36
37	1:37.89 1:22.89	100FL 10&Under 11-12	1:36.49 1:21.49	38
39	48.29 42.09	50BR 10&Under 11-12	48.49 43.09	40
41	6:05.89 5:32.39	400FR 10&Under 11-12	6:06.79 5:27.09	42
43	3:00.19	200BK 11-12	2:56.39	44
45	1:21.89 1:13.49	100FR 10&Under 11-12	1:20.59 1:11.39	46

Session 4 – Sunday afternoon, May 17th

Women	"A" or faster	Event	"A" or faster	Men
47		400 FR relay 13-14 15&Over		48
49	3:11.99	200BR 13&Over	3:01.99	50
51	1:16.49	100FL 13&Over	1:11.09	52
53	5:16.59	400FR 13&Over	5:02.79	54
55	2:47.39	200BK 13&Over	2:40.69	56
57	1:10.39	100FR 13&Over	1:05.99	58
59	2:51.49	200IM 13&Over	2:42.39	60
**61	20:39.79	1500FR 13&Over	19:55.69	**62

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