



2016 SC TAGS

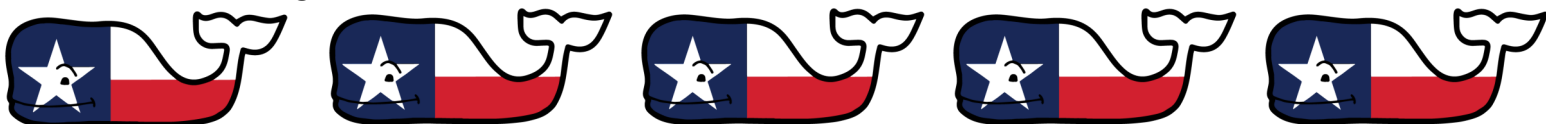
March 3 - 6 ~ Lewisville, Texas



Congratulations 2016 Short Course TAGS Team

**Captain Colin Feehery ~ Captain Sofia Maher ~ Captain David Mowles
Captain Maddie Williams ~ Captain Kit Kat Zenick**

Noah Beladi	Maci Finder	Michael Mitsynskyy
Parisa Beladi	Raegan Gutchess	Vincent Nguyen
Branden Beladi	Andrew Guziec	Keely Ohlhauser
Alicia Bi	Jessica Hanson	Halina Panczyszyn
Katelyn Brown	Maysen Hauck	Franca Pineda
Ethan Brown	Emma Hayes	Johan Pretorius
Stanley Cai	Grant Hu	Sylee Ramanathan
Leran Chang	Emily Jancosko	Michael Ryfa
Theodore Chen	Jay Jani	Raul Santos
Amelia Cicerelli	Aubrey Jaya	Donald Scott
Aidan Clark	Kaylyn King	Brooke Shumway
Brooke Dalbey	Alexia Koehne	Gwendolyn Smith
Madison Ebel	Kalie Landrum	Chloe Vasquez
Riley Edmundson	Sam Lucas	Emma Vega
David Eydelzon	Cooper Lucas	Jenna Watson
Ethan Fang	Margaret Mabry	Jasmine Weiland
Evan Fang	Gretchen Mabry	Priscilla Wongso
Taylor Felten	Cory McGrath	Julia Wozniak
Oliver Feng	Austin Milbeck	Ashley Zettle
		Andrew Zettle
		William Zhao



Understanding TAGS Cuts and New Bonus Time Rules

You have likely figured out that TAGS is a “Whale of a Meet” but I’d like you to fully understand what it is, and why it deserves all the excitement! TAGS is an acronym that stands for “Texas Age Group Swimming.” It is Texas’ name for our “State Championship,” the TAGS Championship. Swimmers 15 years and older are not eligible to compete in TAGS. This meet is strictly for “age-group” swimmers, or kids 14 years and younger.

There are 2 TAGS Championship meets held each year: the Short Course TAGS Championship held every March; and the Long Course TAGS Championship held annually in July. The 2016 TAGS short course time standards are listed for you in the table to the right. These time standards are reset every year in October by the Texas Swimming Association. The cuts are reviewed and changed to keep the meet highly competitive and the size of the meet manageable.

There are 3 age groups that compete: 10 & Under, 11-12, and 13-14. Unlike typical “A” meets, TAGS is widely known as one of the fastest age group championships meets in the country! Standards will range between the AA and AAAA cuts. To swim at TAGS, one must have achieved a TAGS time standard in an individual event, or participate on a relay whose cumulative times meet the set TAGS time standard. New this year to TAGS are bonus swims. This was incorporated so that families don’t incur a big travel expense for just one or two swims. If a swimmer has 3 or more cuts, no bonus swims are allowed. Only 1 bonus swim is allowed if a swimmer has achieved one or 2 hard cuts. Additionally, the bonus swim also must meet the bonus standard. The hard cuts are listed on this page, please click here for the bonus standards:

[2016 Short Course TAGS time standards](#)

Whether you are a first time TAGS swimmer, or a veteran TAGS swimmer, you should be proud of all the hard work and effort it takes to get here! LAC is poised to compete very well & hope you all fully enjoy the TAGS experience! I know our team will have great success and fast swims!

Best of luck at TAGS,

—Jason Walter, Head Coach



EVENT	10 & Under GIRLS	11-12 GIRLS	13-14 GIRLS
50 FREE	29.59	26.59	25.29
100 FREE	1:04.99	57.49	54.69
200 FREE	2:20.99	2:03.99	1:57.59
500 FREE	6:13.89	5:30.39	5:14.89
1000 FREE	event not offered	event not offered	10:46.89
1650 FREE	event not offered	event not offered	18:13.59
50 BACK	34.59	30.79	event not offered
100 BACK	1:14.09	1:05.39	1:01.09
200 BACK	event not offered	2:19.99	2:11.29
50 BREAST	38.99	34.69	event not offered
100 BREAST	1:24.89	1:14.69	1:09.99
200 BREAST	event not offered	2:41.19	2:321.89
50 FLY	33.09	28.99	event not offered
100 FLY	1:14.79	1:04.79	59.99
200 FLY	event not offered	2:23.99	2:14.39
100 IM	1:15.19	1:06.39	event not offered
200 IM	2:40.59	2:21.59	2:13.69
400 IM	event not offered	event not offered	4:42.89
200 FREE RELAY	2:03.69	1:49.79	1:43.89
400 FREE RELAY	4:36.69	3:57.69	3:44.49
800 FREE RELAY	event not offered	event not offered	8:05.39
200 MEDLEY RELAY	2:21.29	2:02.69	1:55.09
400 MEDLEY RELAY	event not offered	4:29.19	4:11.19
EVENT	10 & Under BOYS	11-12 BOYS	13-14 BOYS
50 FREE	29.19	25.79	23.29
100 FREE	1:04.69	56.59	50.69
200 FREE	2:19.39	2:03.69	1:49.39
500 FREE	6:09.79	5:27.89	4:54.09
1000 FREE	event not offered	event not offered	10:12.59
1650 FREE	event not offered	event not offered	17:26.39
50 BACK	34.59	29.99	event not offered
100 BACK	1:14.39	1:04.99	57.19
200 BACK	event not offered	2:18.89	2:03.09
50 BREAST	39.89	33.69	event not offered
100 BREAST	1:24.39	1:13.69	1:04.59
200 BREAST	event not offered	2:39.69	2:21.69
50 FLY	32.59	28.49	event not offered
100 FLY	1:14.39	1:03.39	55.79
200 FLY	event not offered	2:22.89	2:04.69
100 IM	1:14.09	1:04.69	event not offered
200 IM	2:39.49	2:20.39	2:04.89
400 IM	event not offered	event not offered	4:24.69
200 FREE RELAY	2:03.49	1:47.89	1:36.39
400 FREE RELAY	4:34.29	3:56.79	3:31.59
800 FREE RELAY	event not offered	event not offered	7:45.89
200 MEDLEY RELAY	2:19.79	2:00.79	1:47.29
400 MEDLEY RELAY	event not offered	4:25.69	4:24.69

SAY CHEESE!
WE WILL
TAKE OUR
TEAM PHOTO
BEFORE THE
PARADE ON
FRIDAY! BE
CAMERA READY
IN YOUR TAGS
TEAM SHIRT!



PASTA PARTY

After prelims on Friday, please join your LAC teammates and their families to carb-up for finals at

Bari's Italian Restaurant

This is a come and go lunch and they are expecting us. Visit their website at

<http://www.baris pizzapasta.com>

3472 Long Prairie Road

Flower Mound, TX



Whale-O swimmers! You've all been "prepping" for short course TAGS and we're looking forward to "tying" on some wins! Even though LAC is thrilled to have TAGS close to home, LAC is not the host. TAGS will be hosted by Mid-City Arlington Swimmers (MARS)

LOCATION: Lewisville ISD

Westside Aquatic Center,
1750 Duncan Lane,
Lewisville, Texas 75028

MEET UPDATES: Important updates including warm up times and warm up lane assignments will be posted no later than noon on March 1st. Please check www.marswim.org for most up to date meet information.

WHAT DO I WEAR?

As we “prep” to show everyone why “Every team should be this good”, let’s be sure that our club has a strong presence in the stands! We must look, act and participate as One Team, with One Vision and One Goal. Let’s demonstrate our preppy style and show how good we really are & look great doing it! It is EXPECTED that every swimmer follow our dress code, and it is encouraged that parents do the same in the stands!

Thursday = Gray LAC shirt

Friday = Navy TAGS team shirt

Saturday = Red LAC shirt

Sunday = Black LAC shirt

TAGS Gear Distribution

The TAGS committee will man a “Check-in” table on Thursday from 3:15 to 4:45, and on Friday morning from 7:15 to 8:15 just outside the front door of the pool. PLEASE make every effort to come get your gear on Thursday if possible. It will be VERY crowded on Friday due to the parade. Your TAGS backpack, shirt, cap, and parade props, as well as shirt orders will be available at this table.



MEET ITINERARY

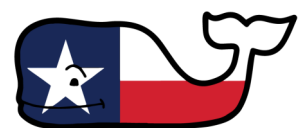
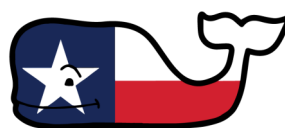
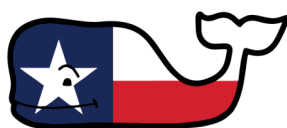
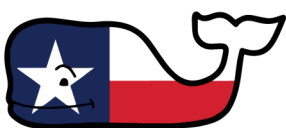


THURSDAY

- Wear gray LAC shirt
- Arrive at pool between 3:00 and 3:30pm - Check in at LAC table and get TAGS gear
- Warm-up is from 3:45-4:45pm for the 1000 & 500 freestyle only
- Meet starts at 5:00pm
- Swimmers not swimming tonight may loosen up during the evening finals session

FRIDAY:

- **Wear TAGS shirt. Pick up TAGS gear if you did not on Thursday.**
- Arrive at pool at least 15 minutes prior to designated warm up time
- Dry off quickly & line up for parade. All athletes WILL participate in the parade unless he/she is swimming the 11-12 year old 200 fly, or the 13-14 year old 100 fly. Those swimmers should be warming up in preparation for their race.
- TAGS Parade of Athletes is 9:00 am
- Meet will start at conclusion of parade or at 9:15 am
- **Join LAC friends for lunch at Bari’s Italian Restaurant following prelims (3472 Long Prairie Rd, Flower Mound, 75022)**
- Finalist warm-up 3:30-4:20 pm. Please arrive by 3:15 pm
- Non-finalist swimmers, arrive by 4:20pm in themed shirt and ready to cheer on teammates!
- Finals session starts at 4:30 pm



MEET ITINERARY CONTINUED



SATURDAY:

• **Wear Red LAC Shirt**

- Arrive at pool at least 15 minutes prior to designated warm up time
- 3:30-4:20 pm finalist warm up
- 4:30 finals begin

SUNDAY:

• **Wear Black LAC Shirt**

- Arrive at pool at least 15 minutes prior to designated warm up time
- 3:30-4:20 pm finalist warm up
- 4:30 finals begin

Please note, there will be minimum three hour break between the end of the relays in the prelim session and the start of warm-ups for the finals session. The finals session warm-up will start no earlier than 3:30 pm but may start later, based on the end of the relays in the prelim sessions.



MORE HELPFUL MEET INFORMATION

Meet Location: Lewisville ISD Westside Aquatic Center, 1750 Duncan Lane, Lewisville, Texas 75028

Parent Resource & Coach Contact Information: It is USA Swimming policy that coaches cannot respond to swimmer's texts. These numbers are for parents' use only. Parents, please text us should a need arise. If the question could be answered by a seasoned swim parent, we'd appreciate if you reach out to one of these parents first:

Jennifer Mabry: (214) 542-4218

Coach Heather: (817) 673-0597

Kelli Zenick: (817)528-0019

Coach Jeff: (469) 323-7829

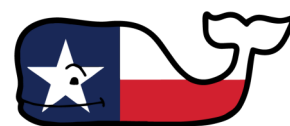
Leslie Lucas: (203)988-3763

Handy References:

- 2016 SC TAGS Championship is hosted by Mid-City Arlington Swimmers (MARS). Their team website is www.marswim.org. Please click on the Meets tab on their website, there is a page dedicated to TAGS. It is advisable to download and print out the meet information packet to have handy at the meet.
- Meet timelines and psych sheets will be posted on both the North Texas (<http://ntswim.org>) and the MARS (<http://marswim.org>) websites by Tuesday, March 1, 2016.
- Live meet results will be active for all sessions on Meet Mobile.

Racing Suit:

This is a *fast* championship meet. Please wear your fastest/newest technical suit. We are a team sponsored by Speedo and Speedo suits like the LZR Racer X and LZR Elite 2 are preferred over Arena, TYR, or BlueSeventy tech suits. Tech suits are for racing, practice suits should be worn during warm up.



HELPFUL MEET INFORMATION CONTINUED

Prelim / Final Instructions:

This is a prelims/finals meet with the exception of relays, the 1000/1650 freestyle and the 12 & Under 500 freestyle, which will be timed finals events. The top 16 finishers in relays and individual events score points for LAC. In the 11-12 and the 13-14 age groups, the top 16 finishers for individual events will come back to swim in finals. The 10 & Under age group is no longer limited to the top 8. Top 16 will swim in that age group now too. It is our expectation that *all swimmers swimming in finals will nap and rest between sessions!* It is also our expectation that if you are not swimming in finals, that you are on deck in the correct team shirt, and *cheering for your teammates!!* There is NO REASON LAC can't be every bit as loud as TWST and Nitro! This is OUR POOL and *everyone should know it!!!*

Check-In Instructions:

Swimmers are responsible for checking themselves in for the following events:

- Thursday's deadline to check in is 4:00pm for the 1000 free and the 12&U 500 free.
- For Sunday's 1650 free, swimmers must declare AM or PM and check in by Saturday at 6:00 pm.

Warm Up Instruction:

Please arrive at the pool at least 15 minutes before our designated warm up time to assure that you are ready to dive in when warm up starts! As soon as MARS announces the team warm up groups, we will post on our website under the TAGS meet tab. It will also be posted on the MARS website. The warm-ups will be staggered each day. Please be attentive to OUR warm up schedule arrive at the appropriate time. A dedicated warm up area for 10 & Under swimmers will be provided. As a reminder, please do not wear your technical suit during warm up! Practice suits are to be worn for warm up.

Scratch Instructions:

Swimmers cannot scratch events without a coaches signature, thus the coach must scratch events for the swimmer!! Scratches only apply to swimmers who have entered more than the allotted 7 events.

Time Trials:

Time Trials will be held under separate sanction, time permitting, for TAGS participants (name must appear on master entry sheet). This session will occur between preliminaries and finals on Friday, March 4 and Saturday, March 5. Time Trials entries will be accepted from 9:00 – 10:00 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$20 per event. A swimmer may swim only one time trial per day. Please have your USA Swim ID card.

Relay Information:

All relay swims are timed finals. That means each relay only swims once. The 8 relays with the fastest seed times swim in the finals session and relays seeded 9th and higher will swim in the prelim session. Coaches may make exceptions to this, that happens more frequently on Sundays if relay-only swimmers cannot stay for the evening session. It is important to check the psyche sheet to see if the relay is scheduled to swim in prelims or finals. Even if a relay is scheduled to swim in the evening, it is still expected that the swimmers come to the morning warm up. Relay-only swimmers, please check in with a coach to let them know you've arrived!

On Deck Instruction:

Parents are absolutely NOT allowed on the pool deck! All swimmers will be given a credential tag to get access to the pool deck.

