



DALLAS-FORT WORTH, TX



THE 2016 STAMPED

HOSTED BY LAKESIDE AQUATIC CLUB

FEBRUARY 25 - FEBRUARY 28



THE STAMPEDE

Hosted By: Lakeside Aquatic Club

February 25th - February 28th, 2016

SANCTION # NT 016-16

Location:

Lewisville ISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, Texas 75067

Eligible Teams:

Lakeside Aquatic Club, The Woodlands Swim Team, Loveland Swim Club, Rose Bowl Aquatics, Irvine Novaquatics, Sandpipers of Nevada, Colorado Springs Swim Team, Tampa Bay Aquatics, Rancho San Diego Dieguito, and North Texas Nadadores, MARS, OLY, Scottsdale Aquatic Club, AAAA, Austin Swim Club

Facility:

1-8 lane, 50 meter course, with 10-25yd continuous warm-up lanes. Colorado timing system and 1 scoreboard will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2, is 7 feet, 0 inches at the start end and 8 feet, 6 inches at the turn end for one competition pool.

Pools:

Prelims: Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. **Finals/ Timed Finals:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. An eight lane 25 yard diving well and separate 4 lane, 25 yard teach pool will be available for warm-up and cool down.

Meet Format:

This is a prelim/final meet with A, B, C and D finals (relays, 800 Free and 1500 will be swum as timed finals). The 50, 100, and 200 Freestyle events will have an E final that will swim before the D final.

Prelims will be held in short course yards and all final and timed final events will be long course meters.

Schedule:

THURSDAY

3:45-5:15 pm	Warm-up
5:30pm	Meet Starts

FRIDAY and SATURDAY

6:30-8:45am	Warm Up
9:00am	Prelim Session Starts
3:45-5:15 pm**	Finalist General Warm-up
5:30pm	Finals start for today's events

SUNDAY

6:30-8:45am

Warm Up

9:00am

Prelim Session Starts

3:15-4:15 pm**

Finalist General Warm-up

4:30pm

Finals start for today's events

**Distance races start based upon the determination of the meet director and the meet referee

Warm Up Procedure

During General Warm Up swimmers must enter the water feet first. Diving, sprints, and pacing are not allowed during the general warm up. The last 25 minutes of warm-up will allow diving and pace.

The diving period shall be as follows:

Lanes 1, 2, 7, and 8 – push swims from the starting end, NO DIVING

Lanes 3 and 6 – racing starts, one way only from the blocks

Lanes 4, 5 - general warm-up -- NO DIVING

Rules:

Current USA Swimming Inc. rules and regulations apply. North Texas Swimming safety guidelines and warm up procedures will be in effect. All spectators must remain in the seating area. No chairs are allowed in the spectator bleacher area except for “stadium seats”. No standing along the railing will be allowed.

In accordance with USA Swimming rule 202.4.9H the use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks.

Changing:

Deck changing is prohibited.

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmers With Disabilities:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least two weeks in advance of the meet to reserve proper equipment.

Sanction:

This meet is held under the sanction of USA Swimming and North Texas Swimming Inc.

Sanction number is NT 016-16.

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, LISD, Lakeside Aquatic Club 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.

Meet Updates:

Pertinent information about meet details: lodging, restaurants, warm-up times, etc, will be posted on the

LAC website--- www.swimlac.org

General Meeting

All swimmers must be represented at a general meeting to be held Thursday, February 25, 2016 at 4:00 pm in the hospitality room. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

Finals:

There will be A,B,C, and D finals.

The D final will swim first, then the C final, B final, and the A final.

The A final will report to the ready room and will be paraded out to the blocks

The 50, 100, and 200 Freestyle events will have an E final that will swim before the D final.

All relays will swim during the finals sessions.

Relays will be swum slowest to fastest.

Seeding:

For events of distances 200 and less, the meet will be pre-seeded with heats organized according to USA Swimming Rules 102.5. All events will be seeded fastest to slowest in the prelim sessions.

Seeding for preliminary heats shall be yards, long course meters, short course meters (YLS).

Seeding for the 800 free and 1500 free shall be in the following order: LCM, SCY, SCM. Relays will only be seeded with LCM times.

SCRATCHING:

Deadlines:

Thursday's event: 4:45 p.m. on Thursday, February 25

Friday's events: 7:00 p.m. on Thursday, February 25

Saturday's events: 7:00 p.m. on Friday, February 26

Sunday's events: 7:00 p.m. on Saturday, February 27

Scratch Box: The scratch book shall be located at the Clerk of Course.

FINALS AND SCRATCHING:

A swimmer qualifying for finals or consoles, in an event, will have 30 minutes from the announcement of the qualifiers to notify the clerk of course of their intent not to compete, or to defer the decision. Additionally, first and second alternates will be announced along with the qualifiers for the console heat, and/ or final heat. Alternates will not be penalized if unavailable to compete.

Those swimmers who scratch out of an event will not have their entry fee refunded.

Swimmers who no show for finals, may pay a fine of \$50.00 to be reinstated into the meet and swimming the next day's events unless excused by the meet referee because of illness or injury.

If the no show is on the final day of the swimmer's competition, the fine is \$50.00. Fines are

payable to North Texas Swimming before the next LSC meet. All fines collected will go to the Bill Nixon Memorial Scholarship Fund.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Thursday, February 11, 2016 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay the entry fee at the time of entry (\$20 individual, \$40 relay)
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers entering on-deck will be placed in any available open lanes first. This is a pre-seeded meet for distances 200 or shorter, only empty lanes shall be filled, and no additional heats should be created.
3. Swimmers must not exceed the allotted number of events allowed each day and may not exceed the meet limit of allowable events.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. All times need to be provable in USA Swimming's SWIMS database.

Number of Events: Swimmers may compete in a maximum of 3 individual events per day and 2 relay events per day. Swimmers may enter and compete in a maximum of 7 individual events for the entire meet. Teams may enter a maximum of 4 relays per event.

Age: Swimmer's age as of February 25, 2016

USA Swimming's Online Meet Entry System

There will be two different meets in OME for the Lakeside Stampede.

1. LAKESIDE STAMPEDE SHORT COURSE ENTRIES
Used for individual events 500 yards and shorter
2. LAKESIDE STAMPEDE LONG COURSE ENTRIES
Used for the 800 meter Free, 1500 meter Free, and all relays

Entry into the meet is exclusively through the USA-Swimming Online Meet Entry process. The OME entry process will be active beginning Tuesday, January 12, 2016 at 11:00 am Central Time. Entry via the OME will close at **6:00 PM** Central Standard Time Thursday, February 11, 2016. No entries will be accepted through the OME after that date.

The Online Meet entry system does not accept Hy-Tek Team Manager files. The entry system is connected to the USA Swimming times and membership database. Only proven times in Swims will be accepted for priority seeding. No "over ride" times will be allowed.

OME is not an eligibility report for your athletes. You must know what events you wish to enter your athletes in before starting your entry in OME. We will not accept additions if you forgot to enter an event because the time did not show up in OME.

You may modify the entry time of an event within OME up to the normal entry deadline. You may NOT Delete an on line entry once it has been submitted. Once you check out of the OME you may not go back and modify any entry times.

The qualifying period for all entry times closes when the will close at **6:00 PM** Central Standard Time Thursday, February 11, 2016. No improved times swam at events after this date will be

accepted as entry times for the meet.

Once you have completed your online entry, you will be sent confirmation via e-mail. Please keep all electronic correspondence and bring them with you to the meet (just in case). Entries made through the OME need to be paid as outlined below. Payment through the OME will not be permitted for this event.

Fees shall be mailed and postmarked by Friday, February 12, 2016

Checks for entry fees shall be made payable to LAC.

Entry fees should be mailed to:

**Lakeside Aquatic Club
P.O. Box 270189
Flower Mound, TX 75027**

If you have questions on how to use Online Meet Entry or have problems, please email or call:
Larry Herr, lherr@usaswimming.org, 719 866-3562

Online Meet Entry is the sole method of entry into the meet. Any club or individual needing special assistance must contact the Meet Director no later than Wednesday February 3, 2016.

Meet Director: Jeff Jones jeff.jones@swimlac.org 469-323-7829.

Entry Fees should be mailed to:

Lakeside Aquatic Club

P.O. Box 270189

Flower Mound, TX 75027

Fees: \$15.00 per individual event and \$30.00 for each relay event.

There will be a \$3.00 per swimmer surcharge

PROOF OF TIME: This is a pre-proved meet; all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet.

400 IM/500/800/1500/FREE EVENTS:

Entrants in the 400 IM, 500 free, 800 free and 1500 free events must check in to confirm their intention to compete in these events. All entrants will need to provide a timer and counter for all distance events during the prelims sessions. For prelims and timed finals, these events will have heats that will alternate one heat of girls then a heat of boys.

Check-in deadline times:

800 free – Thursday, February 25, 4:45 p.m.

400 IM – Thursday, February 25, 7:00 p.m.

500/400 free – Friday, February 26, 7:00 p.m.

1500 free – Saturday, February 27, 7:00 p.m.

The 400 IM, 500/400 free, 800 free and 1500 free will be deck seeded. At check-in, the 1500 free swimmers must declare their preference to swim AM or PM. The fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1500 free heats will be swum prior to finals. The Meet Director and Meet Referee have discretion to change the warm-up start time for the 1500 based on the number of entrants.

RELAY EVENTS:

Teams may enter a maximum of 4 relays per event.

All relays will swim during the finals sessions.

All relays must be entered with LCM times.

All relays will be seeded slowest to fastest

Properly completed relay cards must be turned in to the Clerk of Course by the following deadlines:

200 Medley & 200 Free Relays: 4:45 p.m. on Thursday, February 25

800 Free Relay: 5:30 p.m. on Friday, February 26

400 Medley Relay: 5:30 p.m. on Saturday, February 27

400 Free Relay: 4:30 p.m. on Sunday, February 28

TIME TRIALS:

There will be no time trials conducted at this meet.

FINALISTS:

The championship finalists of each event should report directly to the ready room prior to the start of the event at finals. Consolation, bonus and relay finalists should report directly to the starting blocks.

Eligibility:

NO ENTRIES WILL BE ACCEPTED UNLESS THE ENTRANT IS A REGISTERED ATHLETE MEMBER WITH USA SWIMMING, INC. EVERY CLUB ENTERED AS A TEAM IN NORTH TEXAS SWIMMING SANCTIONED MEETS MUST BE A MEMBER OF USA SWIMMING, INC. The complete USA Swimming registration numbers must be on the consolidated swimmer entry form.

All invited teams may select their entries however they see fit.

Check-In:

Check-in is required for 800 Free, 400 IM, 500/400 Free and the 1500 Free

Check-in has three options:

√ indicates that the athlete is present and will swim the event.

SCRATCH Indicates the swimmer has scratched from this event.

_____ Indicates swimmer is not swimming this event for reasons unknown.

Awards & Scoring:

Points will be awarded as follows:

- Individual events:

- 1st - 8th place - 20, 17, 16, 15, 14, 13, 12, 11

- 9th - 16th place - 9, 7, 6, 5, 4, 3, 2, 1

- Relay Events:

- 1st - 8th place - 40, 34, 32, 30, 28, 26, 24, 22,

- 9th - 16th place - 18, 14, 12, 10, 8, 6, 4, 2

Individual and Team Awards

No event awards will be given out

All meet participants will receive a free shirt.

Individual High Point Trophies, one male and one female

Team Trophies will be awarded to 1st – 3rd places.

Timers:

LAC provides timers for all events 200 yards and shorter during the prelim sessions and all finals sessions. All swimmers in the 400 IM, 500 Free, and 1500 will need to provide their own timers during the prelim sessions.

Admission to Deck:

All athletes and coaches with current USA Swimming registration cards will be issues a deck pass for the meet.

Meet Program:

Heat sheets will be available on Meet Mobile for a one time charge of \$10.00
Finals heat sheets will be posted the www.swimlac.org

Officials:

All officials are encouraged to attend an officials meeting 45 minutes prior to the start of each session. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for all Preliminary sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki.

List of Officials:

Meet Referee: Karen Rourke
Starter: Chuck Chinnis
Stroke and Turn Judges: Chad Wolf and Andy Taylor
Admin Referee: Deb Behrens
Head Safety Marshal: Craig Zettle
Meet Director: Simon Kent

Order of Events

Thursday

#	<u>Event</u>	#
1	200 Medley Relay	2
3	800 Free	4
5	200 Free Relay	6

All events on Thursday night will be swum slowest to fastest. The 800 freestyles will alternate girls and boys.

Friday

#	<u>Event</u>	#
7	200 Free	8
9	100 Breast	10
11	100 Back	12
13	400 IM	14
15	800 Free Relay	16

Saturday

#	<u>Event</u>	#
17	200 Breast	18
19	50 Free	20
21	200 Back	22
23	100 Fly	24
25	500 Free Prelims/400 Free Finals	26
27	400 Medley Relay	28

Sunday

#	<u>Event</u>	#
29	1500 Free**	30
31	100 Free	32
33	200 IM	34
35	200 Fly	36
37	400 Free Relay	38

****Only the top 8 female and male swimmers that declare PM for the 1500 will swim during the finals session. All other swimmers in the 1500 will swim after the short course prelim session has finished. The 1500s will start 30 minutes after the pool has been changed to the 50 meter course. The 1500 Freestyles will swim fastest to slowest alternating girls/boys prior to the finals.**

LAKESIDE



Aquatic Club


speedo 

Hotel Accommodations





LAC has negotiated special rates for out of town guests at the following local hotels:

 Hilton Garden Inn
785 SH 121 Bypass
Lewisville, TX 75067
(972)459-4600

Double Queen Rooms with full breakfast @ \$119.00 

[Click here to book special Stampede Rates at the Hilton Garden Inn](#)

 Town Place Suites
731 East Vista Ridge Mall
Lewisville, TX
(972)459-1275

Studio Queen Suite with full breakfast \$95.00
Studio King Suite with full breakfast \$95.00
Two Bedroom Suite with full breakfast \$140.00 

[Click here to book special Stampede Rates at the Towne Place Suites](#)

