



LAC/NITRO Dual Meet: *Beat Breast Cancer Pink-Out Meet*
Hosted by Lakeside Aquatic Club
October 19, 2013
NT-Sanction # NT 045-13

Pink-Out: In support of National Breast Cancer Awareness month, we invite all attendees to participate in “Pink-Out” by wearing pink on Saturday, October 19th. Donations benefitting the Harold C. Simmons Comprehensive Cancer Center at UT Southwestern will be accepted at the Clerk of Course.

Location:

Keller ISD Natatorium

1000 Bear Creek Pkwy
Keller, Texas 76248
(817) 744-1350

Facility: 2-8 lane, 25 yard courses, with 2-25yd continuous warm-up lanes. Colorado timing system and 2 scoreboards will be utilized. The competition course has not been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool and 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for the other competition pool.

Meet Schedule:

	<u>Warm-up</u>	<u>Session Starts</u>
Session 1-Saturday	4:00-4:45 pm	5:00 pm

Teams: Lakeside Aquatic Club and Nitro Swimming (attached and unattached)

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 warm-up 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. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer’s club, if attached, to be held accountable for repairs. The use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, rest rooms or locker rooms. No athlete registration will be allowed at the meet. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

SANCTION AND LIABILITY: This meet is held under the sanction of USA Swimming, Inc., # NT 045-13. "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, LAKESIDE AQUATIC CLUB, AND KELLER 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, A RISING 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.

Eligibility:

A swimmer may enter any event. 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 sanctioned meet, must be a member of USA Swimming, Inc.

Unattached/Unaccompanied Swimmers: 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Entry Limit:

Each swimmer may participate in three (3) individual events and two (2) relays.

Each team is limited to 4 entries for 10 under events and 8 entries for 11-12, 13-14, and 15 and over events.

Entry Fees:

\$25 per swimmer, this includes \$11.50 for two individual events, \$3.00 North Texas surcharge, \$5.00 post meet meal, and \$5.50 donation the Harold C. Simmons Comprehensive Cancer Center at UT Southwestern.

Entry Deadline:

Entries must be received by Thursday, October 10, 2013 at 6pm. Entries must be submitted by registering online at Swimlac.org
: INDIVIDUAL E-MAIL ENTRIES WILL NOT BE ACCEPTED

All team entries shall be submitted using the team entry software adopted by the NTS House of Delegates.

•Fees shall be mailed and postmarked by Friday, October 11, 2013.

Checks for entry fees shall be made payable to LAC.

•The name, phone number and email address of the person preparing team entries shall be provided with the entries.

•All teams shall provide a printout of meet entry fees and a printout of individual entries, by name.

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:

indicates the swimmer will swim the event

scr indicates the swimmer will not swim the event

indicates the swimmer will not swim the event

Psych Sheets:

Psych sheets will be available for all sessions at a one-time charge of \$5.

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.

Scoring/Awards:

Scoring for individual events is 8-6-5-4-3-2-1 and relays are 10-5-3-0.

There will be no awards

Officials:

Meet Referee: Karen Rourke

Starter: Chuck Chinnis

Stroke and Turn Judges: Jay Leigh and Todd Straight

Admin Official: Deb Berhens

Head Safety Marshal: Pam Glynn

Meet Director: Jeff Jones (469) 323-7829

jeff.jones@swimlac.org**Schedule of Events:****Session 1 – Saturday, October 19th**

Women	Event	Men
1	10 & under 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	13-14 200 Medley Relay	6
7	15 and over 200 Medley Relay	8
9	10 and under 200 Free	10
11	11-12 200 Free	12
13	13-14 200 Free	14
15	15 and over 200 Free	16
17	10 and under 100 Back	18
19	11-12 100 Back	20
21	13-14 100 Back	22
23	15 and over 100 Back	24
25	10 and under 100 Breast	26
27	11-12 100 Breast	28
29	13-14 100 Breast	30
31	15 and over 100 Breast	32
33	11-12 200 Fly	34
35	13-14 200 Fly	36
37	15 and over 200 Fly	38
39	10 and under 50 Free	40
41	11-12 50 Free	42
43	13-14 50 Free	44
45	15 and over 50 Free	46
47	10 and under 500 Free	48
49	11-12 500 Free	50
51	13-14 500 Free	52
53	15 and over 500 Free	54
55	200 Mixed Medley Relay***	56
57	10 and under 100 Free	58

59	11-12 100 Free	60
61	13-14 100 Free	62
63	15 and over 100 Free	64
65	11-12 200 Back	66
67	13-14 200 Back	68
69	15 and over 200 Back	70
71	11-12 200 Breast	72
73	13-14 200 Breast	74
75	15 and over 200 Breast	76
77	10 and under 100 Fly	78
79	11-12 100 Fly	80
81	13-14 100 Fly	82
83	15 and over 100 Fly	84
85	10 and under 200 IM	86
87	11-12 200 IM	88
89	13-14 200 IM	90
91	15 and over 200 IM	92
93	10 and under 200 Free Relay	94
95	11-12 200 Free Relay	96
97	13-14 200 Free Relay	98
99	15 and over 200 Free Relay	100

***** Mixed relay is composed of a 10 and under, 11-12, 13-14 and 15 and over swimmer**

Thank you for participating in Pink-Out!

BENEFITTING

