

DAM Spring Short Course Yards Swim Meet



SPONSORED BY DALLAS AQUATIC MASTERS

March 19, 2016



Saturday, March 19– Meet warm-up at 7:00am, Meet start at 8:00am. This meet is a sanctioned USMS meet and results will be submitted to USMS records and Top Ten. Sanction 266-S001.

Facility: Highland Park High School Natatorium, 4220 Emerson at Westchester, Dallas, TX 75205. The pool entrance is on Westchester Ave. Parking is in the multi-story garage on Westchester. Six lanes, 25-yard indoor pool, non-turbulent lane lines; fully automatic timing system with display board.

Eligibility: Open to all swimmers who are 18 years or older as of March 19, 2016 and are currently registered with United States Masters Swimming (USMS).

Entries and Fees: The entry fee is \$35.00 to enter. All entries must be completed online by Wednesday, March 16, 2016 at 11:59pm. The late entry fee is \$45 for all online entry forms received Thursday at 12:001am to 12:00pm Friday, March 18, 2016. Deck entries will be accepted and are \$45.00. A swimmer may enter a maximum of five [5] events. If you are registered outside of the North Texas LMSC, please send or bring a copy of your current USMS card for verification. NO ONE SWIMS WITHOUT 2016 USMS REGISTRATION. The online entry form is available at <https://www.damswim.com/pages/Competition>.

First Meet Free Promotion: Sponsored by North Texas LMSC, If you have never entered a Masters meet, you can enter the meet for FREE! To enter you must be a member of USMS for 2016. To enter go to https://damswim.com/pages/first_meet_free_form

For questions please email Laurie Dunlap at ldunlap@damswim.com or Bobby Patten at bobbypatten@damswim.com or call 214-219-2300.

Seeding: Submit current best times, in yards. Men and women will swim separate for distances 100 yards and under. For distances 200 yards and over, men and women will swim mixed and be seeded by time only. All events will be swum from slowest to fastest, with the exception of the 400 IM and the 1650 free which will be determined day of the meet. The 500 and 1650 free may swim two to a lane depending on time and number of entries. Entries without seed times will be placed in the slowest heats. **All events will be deck seeded approx. 15 minutes before the anticipated start of each event. Positive check-in is required on the day of competition for EACH event.**

Rules: Current USMS rules will govern the conduct of this meet. THE NO FALSE START RULE WILL BE ENFORCED.

USMS Split Notification Forms: Fully completed forms must be submitted prior to the start of the meet. Forms will be available at the meet or can be downloaded https://www.usms.org/admin/lmschb/gto_rectab_split_request.pdf.

Sanctions: Sanctioned by North Texas LMSC for USMS Inc. Sanction number 266-S00x. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Meet Results: Final results will be available on http://www.damswim.com/pages/meet_results_archive.

Special Note: This meet is run fast! Be prepared! No refunds will be given.

SCHEDULE OF EVENTS
For Saturday, March 19, 2016
Warm-up: 7:00am Meet start: 8:00am

Men and women swim separate for distances 100 and under.
 Men and women will swim mixed (together) for distances 200 or over. The meet results will be sorted by
 gender and age group.

EVENT #	GENDER	EVENT (Y=Yards)	
1	Mixed	400 Y	IM
3	Women	50 Y	Back
4	Men	50 Y	Back
5	Women	50 Y	Fly
6	Men	50 Y	Fly
7	Women	100 Y	Breast
8	Men	100 Y	Breast
9	Women	100 Y	Back
10	Men	100 Y	Back
11	Mixed	200 Y	Fly
10 min break			
13	Women	100 Y	Free
14	Men	100 Y	Free
15	Mixed	200 Y	IM
16	Mixed	500 Y	Free
17	Mixed	200 Y	Back
19	Women	50 Y	Breast
20	Men	50 Y	Breast
21	Women	50 Y	Free
22	Men	50 Y	Free
10 minute break			
23	Women	100 Y	IM
24	Men	100 Y	IM
25	Mixed	200 Y	Breast
26	Mixed	200 Y	Free
27	Women	100 Y	Fly
28	Men	100 Y	Fly
1650	Cancelled due	Time	restraint