**DALLAS AQUATIC MASTERS FALL SHORT COURSE METERS MEET**J.J. Pearce High School   
1600 North Coit Rd   
Richardson, TX 75080Sanction #266-S00x by USMS through North TX LMSC

**SATURDAY, NOVEMBER 19, 2016**

**Online Entry Deadline - Wednesday, November 16, 2016 at 11:59pm CST**[**http://www.damswim.com/pages/Competition**](http://www.damswim.com/pages/Competition)

**FIRST MEET FREE PROGRAM** - If this is your very first Masters meet, you can enter the meet for FREE! This promotion is brought to you by the North Texas Local Masters Swim Committee. If you do not have a 2016 USMS registration number, please register for your USMS card before entering the meet at www.ntmasters.org (2017 registrations begin Nov 1, 2017). To enter the meet, please go to <https://www.damswim.com/pages/first_meet_free_form>. All events are combined men & women, and will be swum slowest to fastest. Swimmers may enter up to five (5) individual events and four (4) relays.

**Warm-up: 9:00am**

**Meet Start: 10:00am**

**Event # Order**

1. *200 M Mixed Medley Relay*
2. 50 M Butterfly
3. 200 M Breaststroke
4. 200 M Backstroke
5. 400 M Freestyle
6. 50 M Freestyle
7. 100 M Butterfly

400 M Individual Medley  
10 min break

1. 200 M Freestyle
2. *200 M Women’s Medley Relay*
3. *200 M Men’s Medley Relay*
4. 100 M Backstroke
5. 200 M Individual Medley
6. 50 M Breaststroke
7. 100 M Freestyle

10 min break

1. *200 M Mixed Freestyle Relay*
2. 50 M Backstroke
3. 200 M Butterfly
4. 100 M Individual Medley
5. 100 M Breaststroke

10 min break

1. *200 M Women’s Freestyle Relay*
2. *200 M Men’s Freestyle Relay*
3. 1500 M Freestyle (restricted time limit will apply; anyone who has not completed 800m within 18 min will be stopped.)

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| **Dallas Aquatic Masters Fall Short Course Meters Meet** | | | |
| **Time and Location:** | | Saturday, November 19, 2016 | **Warm-up: 9:00am**  **Meet Start: 10:00am** |
| J.J. Pearce High School 1600 North Coit Rd. Richardson, TX 75080 | | | |
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| **Facilities:** | Six lanes, 25-meter indoor course. A Colorado electronic timing system with multi-line scoreboard will be used. | | |
| **Eligibility:** | Open to all USMS registered swimmers. Age for the meet is determined as of Dec 31, 2016, except for 18 year olds, who must be 18 by Nov 19, 2016. All swimmers must be currently registered with United States Masters Swimming (USMS). | | |
| **Rules:** | Current USMS rules will govern the conduct of this meet. THE NO FALSE START RULE WILL BE  ENFORCED. | | |
| **Sanctions:** | USMS, INC. and North Texas Masters Swim Committee sanction the meet 266-xxxx | | |
| **Seeding:** | Submit current best times, in meters. Meet will be seeded by time only, not by age groups. All events will be swum from slowest to fastest. Entries without seed times will be placed in the slowest heats. The 800 freestyle will be seeded together, men and women swim together. **All events will be deck seeded approximately 15 minutes before the anticipated start of each event. Positive check-in is required on the day of competition for EACH EVENT.** | | |
| **Entry Deadline & Fee:** | **ONLINE ENTRIES ARE PREFERRED!!**  **Complete the online meet entry at** [**http://www.damswim.com/pages/Competition**](http://www.damswim.com/pages/Competition)**.** The entry fee is $35.00 for all online individual entries received by Wednesday, November 16th at 11:59pm CST. After Nov 16th and up to Friday, Nov 18th at 11:59am, the entry fee is $45.00. **Deck entries** will be $50.00 and will be accepted up to 30 minutes prior to the meet start. A swimmer may enter a maximum of [5] individual events and [4] relays on Saturday. 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 or 2017 USMS REGISTRATION. **Positive check-in is required on the day of competition for EACH EVENT.** | | |
| **Relays** | Six relay events will be added this year. A swimmer is allowed to enter up to [4] relay events. Unattached swimmers may not swim on relay teams. All swimmers must sign the liability release form if not entered in individual events. There will be a maximum of 2 heats of relays in each relay event. The first 12 teams entered will be seeded. Relay entry fee is $8.00 per relay and due upon submitting the relay entry form. Please make checks payable to DAM. ALL RELAYS ARE DECK ENTRY. Medley Relays are due at 10:00am. Entries for Freestyle Relays are due at 10:45am. Entry forms will be posted at [**http://www.damswim.com/pages/Competition**](http://www.damswim.com/pages/Competition) **and available at the meet. Relay only entry fee is $15.00 per swimmer.** | | |
| **Age Groups** | Age for the meet is determined as of Dec 31, 2016, except for 18 year olds, who must be 18 by Nov 19, 2016. Age groups for individual events: 18-24, 25-29, 30-34, 35-39(five year increments as high as necessary). Relay events: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399….(40 year increments as high as necessary). The aggregate age of the four relay team members determines the age group. | | |
| **Meet Results:** | Final results will be available at <https://damswim.com/meet_results_archive> | | |
| **Special Note:** | **This meet is run fast! Be on time and be prepared!**  **NO REFUNDS will be given.** | | |