

DALLAS AQUATIC MASTERS FALL SHORT COURSE METERS MEET

Robson & Lindley Aquatic Center and Barr-McMillion Natatorium

5550 SMU Blvd.

Dallas, TX 75206

Sanction #269-S006 by North TX LMSC for USMS, Inc.

SATURDAY, DECEMBER 14, 2019

Online Entry Deadline - Wednesday, December 11, 2019, at 11:59pm CST

<https://damswim.com/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 2019 or 2020 USMS registration number, please register for your USMS card before entering the meet. You must register with North Texas LMSC to take advantage of the promotion. 2020 registrations begin Nov 1, 2019, so you will get a full year registration plus two months. Swimmers may enter up to six (6) individual events. Relay entries will be deck entry.

First Meet Free Entry process:

Step 1: register for USMS through North Texas LMSC at [North Texas Masters](#).

Step 2: with new USMS number, fill out the online meet entry form at DAMSWIM.com.

Warm-up: 10:00am

Meet Start: 11:00am

Event # Order

1. 200 M Mixed Medley **Relay**
2. 200 M Women's Freestyle **Relay**
3. 200 M Men's Freestyle **Relay**
4. 50 M Butterfly
5. 200 M Breaststroke
6. 200 M Backstroke
7. 400 M Freestyle
8. 50 M Freestyle
9. 100 M Butterfly
10. 200 M Individual Medley
11. 200 M Freestyle
- 10 min break
12. 200 M Mixed Freestyle **Relay**
13. 200 M Women's Medley **Relay**
14. 200 M Men's Medley **Relay**
15. 100 M Backstroke
16. 400 M Individual Medley
17. 50 M Breaststroke
18. 100 M Freestyle
19. 50 M Backstroke
20. 200 M Butterfly
21. 100 M Individual Medley
22. 100 M Breaststroke
- 10 min break
23. 800 M Freestyle (restricted time limit will apply; anyone who has not completed 400m within 9 min will be stopped).

Dallas Aquatic Masters Fall Short Course Meters Meet

Time and Location:	Saturday, December 14, 2019	Warm-up: 10:00am Meet Start: 11:00am
Robson & Lindley Aquatics Center 5550 SMU Blvd. Dallas, TX 75206		
Facilities:	Eight lanes, 25-meter indoor course. A Colorado electronic timing system with multi-line scoreboard will be used. Continuous warm-up/warm-down lanes will be available during the meet.	
Eligibility:	Open to all USMS registered swimmers. Age for the meet is determined as of Dec 31, 2019, except for 18-year olds, who must be 18 by Dec 14, 2019. 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. Meet mgmt. reserves the right to adjust logistics in order to run an efficient meet.	
Sanctions:	Sanctioned by North Texas Local Masters Swimming Committee for USMS Inc. 269-S006. (d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.	
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 https://damswim.com/Competition The entry fee is \$35.00 for all online individual entries received by Wednesday, December 11 th at 11:59pm CST. After Dec 11th and up to Friday, Dec 13 th 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 [6] individual 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 2019 or 2020 USMS REGISTRATION. Positive check-in is required on the day of competition for EACH EVENT.	
Relays	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 16 teams entered will be seeded. Relay entry fee is \$12.00 per relay and due upon submitting the relay entry form. Please make checks payable to DAM. ALL RELAYS ARE DECK ENTRY and will be due by 10:30 AM. Entry forms will be posted at http://www.damswim.com/Competition and available at the meet. Relay only entry fee is \$15.00 per swimmer. 102.9.8 Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley,	

	200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle
Event Notes	The 800 M Freestyle – restricted time limit will apply; anyone who has not completed the 400m within the 9 minutes will be stopped.
Age Groups	Age for the meet is determined as of Dec 31, 2019, except for 18-year olds, who must be 18 by Dec 14, 2019. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 and so on (five-year increments as high as necessary). 102.3.2 SC and LC Meters Relays: 72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.
Meet Results:	Final results will be available at https://damswim.com/meet_results
Special Note:	This meet is run fast! Be on time and be prepared! NO REFUNDS will be given for meet entry fees.