



COPS Reindeer Games December 14 & 15, 2024

- Sanction #:** NT 095-24R
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older or those who turn 18 during the meet) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- SAFE SPORT:** To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual's ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is on-going.
- Venue:** 1205 T L Townsend Dr, Rockwall, TX 75087
- Facility:** 2 x 25 yard courses (10 lanes each, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary. Daktronics timing system Hy-Tek Meet Manager. 4 x 25 yd lanes - continuous WU/WD
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Spectators are allowed to view the meet from the upper deck only. No Spectators are allowed on the pool deck unless you are a volunteer.
- Photography is not permitted from the behind the blocks on deck or in the stands and flash Photography is always prohibited.**
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be currently registered as athletes with USA Swimming by the meet entry deadline. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- Liability:** 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, **Rockwall Aquatic Center and City of Plano Swimmers** 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 team, if attached, to be held accountable for repairs.



Medical

Supervision: Rockwall Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. All should also be prepared to present their USA Swimming Account as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This will be a timed finals meet. It is pre-seeded and will be swum fast to slow.

Heat Sheets: Heat Sheets will be available for purchase on Meet Mobile.

Qualifying

Times: Swimmers may enter and swim events that they have achieved the 2021-2024 BB time standard and below

Age-Up Date: Athletes will be his/her age as of 12/14/2024

Restrictions: Swimmers may swim up to 4 events per session per day.
The host team reserves the right to condense or add sessions and change start times depending on the number of entries.

Teams

Invited: This Meet is for East Division Group B. Please reach out to entries@planoswimming.org to see if there is extra space to accommodate teams outside of the division/group.

Entry

Deadline: Entries must be received on or before Thursday, December 5 2024 by 12:00 PM, Late entries will not be accepted.

Entry

Procedures: All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.
Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Entries Chair: Dean Mijares, dean@planoswimming.org

COPS office: 972 398-7946

All checks will be made payable to: City of Plano Swimmers 2925 W. 15th Street Plano, Texas 75075



Daily

Schedule: Warmup times and session times may change due to the amount of swimmers at this meet.
Saturday: Warmup: 8:00 –9:00 AM
Sunday: Warmup: 8:00- 9:00 AM
Meet Start: 9:15 AM

Entry Fees: Individual Events: \$6.00
Athlete Surcharge: \$25.00
(*\$3.00 will go to North TexasSwimming, Inc.*)

Deck Entries: Deck Entries will not be accepted

Meet Staff: **Meet Referee:** Nadia Atumah
Starter: Bruce Truchon
Stroke & Turn Officials: Christy Maycock & Robert Hendricks
Admin Official (or Referee): Lawrence Tan
Meet Director: Wendy Jones meetdirector@planoswimming.org
Head Safety Marshall: Karen Sakalys
Club Safe Sport Chair: Peter Calabrese

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time

Drone

Restrictions: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Racing Starts: 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 without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges.

Unaccompanied

Swimmers: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)



**Swimmer
Photographs
and Videos:**

There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes taken are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

**Deck
Changing:**

Deck changes are prohibited.

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. In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated under Article 105.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Timers:

Host team will attempt to provide timers for the duration of the meet.
Swimmers will need to provide their own timers and counters for the 500 free.

Awards:

Ribbons will be given for 1st-8th place for the following categories.
10 & Under
11 & 12
13 & 14
15 & Over

Scoring:

This meet will not be scored



Order of Events

December 14th 2024

Warmup start 8:00 AM, Meet Start 9:15 AM

1	12 & under 100 free	2
3	13 & over 100 free	4
5	12 & under 50 back	6
7	13 & over 100 back	8
9	12 & Under 100 Fly	10
11	13 & Over 200 Fly	12
13	12 & Under 100 IM	14
15	13 & Over 200 IM	16
17	12 & under 50 Breast	18
19	13 & Over 100 Breast	20
21	12 & Under 500 Free	22
23	13 & Over 500 Free	24

December 15th 2024

Warmup start 8:00 AM, Meet Start 9:15 AM

25	12 & under 200 Free	26
27	13 & Over 200 Free	28
29	12 & Under 50 Fly	30
31	13 & Over 100 Fly	32
33	12 & Under 100 Breast	34
35	13 & Over 200 Breast	36
37	12& Under 50 free	38
39	13 & over 50 free	40
41	12 & Under 100 Back	42
43	13 & Over 200 Back	44



NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.