



COPS 43rd Annual Greater Southwest January 18-20, 2025

Sanction #: NT 006-25

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: CISD Aquatics Center-1501 W Southlake Blvd, Southlake, TX 76092

Facility: 1 x 25 yard course (10 lanes each, 7 feet wide, short course yards) with blocks and touch pads. Colorado timing system Hy-Tek Meet Manager. 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 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, **CISD Aquatics 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.



Liability

Cont'd:

Non athletes will not be allowed on the pool deck unless they are volunteering. All swimmers must have a bag tag on deck.

Swimmers will not be allowed on the pool deck until a coach representing their team is on the pool deck.

Medical

Supervision:

CISD Aquatics 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.

Scratches:

For all final events swimmers are required to follow as outlined in the current USA Swimming, Inc. rules 207.11.6D and 207.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for finals heat. These alternates shall not be penalized if unavailable to compete in the Finals. For A and B Finals, those swimmers who qualify and then fail to scratch or declare their intention to scratch to the Clerk of Course within thirty (30) minutes after announcement of results and fail to compete in the event in the Finals will be barred from all subsequent competition in the meet. Swimmers may be excused from this penalty by the Meet Referee because of illness, injury or situations beyond the swimmers' control.

For prelim events, swimmers will not be penalized for Failure to Compete in an event during prelims; however, it will count as an event towards the total number of events per meet restrictions. Swimmers are encouraged to scratch the events if the swimmers know that they are not going to swim that event, so we can minimize empty lanes.

Scratch deadline: 5:30 PM on the day before competition.

Relays:

All Relays will be swum in finals seeded slowest to fastest. Only A and B relays will be accepted from each team. Only swimmers who are entered in the meet are allowed to swim in any relay events. All relay cards are due at the Clerk of Course before 10:00 AM on the day of the relay.

Coaches & Officials

Meeting:

There will be a meeting for coaches via Zoom to go over meet information and answer any questions about GSW. The Zoom will be held on January 15th and the Zoom invite will be sent out at a later date with more information regarding the time.



Meet

Format: This is a three-day meet and will be run as a prelims/finals. One 10 lane competition pool will be used for both Prelims and Finals.

Seeding

and Check-in:

- 500 free, 1650 free, and 400 IM will require positive check in and will close 45 minutes before the session starts.
- All relay cards are due at the Clerk of Course before 10:00 AM, the day of the relay events. All relays will be swum in finals.
- All events 200 yards and less will be deck seeded
- All events will be swum fastest to slowest in prelims, and slowest to fastest in finals.

500 Free & 400 IM:

- These events may be limited to the top 10 seeded times for 10&U (500 Free), top 20 seeded times for 11-12 and top 30 seeded times for 13&O.
- Timed finals for 12&U 500 free and 400 IM.
- Prelims/finals for 13&O for the 500 Freestyle and the 400 IM.
- Finals Heats will run consolation to championship heats.
 - 10&U: Top 10 seeded will swim at night.
 - 11-12: Top 20 seeded will swim, 11-20 seeded will swim in the morning and top 10 at night.
 - 13&O: Top 30 seeded will swim, followed by B/A Finals

Finals:

- 10&U events - one A final of 10 swimmers.
- 11&O events - one A final of 10 swimmers, one B final of 10 swimmers. It will be swum Consolation then Finals.
- Open events - one A final of 10 swimmers, one B final of 10 swimmers. It will be swum Consolation then Finals.
- Timed finals for 12&U 500 free and 400 IM.
 - 10&U will be limited to top 10 seeded times per gender.
 - 11-12 will be limited to top 20 seeded times per gender.
- The 1650 will be swum as timed finals limited to three heats, top 30 times per each gender. It will be swum as alternating Girls/Boys Heats fastest to slowest.

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

Qualifying

Times: Swimmers can enter and compete in events which they have achieved the 2021-2024 Motivational Time standards of A and above.
Open Events will require the A time standard in the age division the swimmer falls under.



Age-Up Date: Athletes will be his/her age as of 01/18/2025

Restrictions: Swimmers may swim up to 3 individual events per day with a total allowed of 9 over the course of the meet. Swimmers have the option to enter in more than the allowed limit as long as they scratch down to 9 events over the course of the weekend. The host team reserves the right to condense or add sessions and change start times depending on the number of entries. There will be a maximum cap of approximately 600 swimmers.

Teams

Invited: This is an Invitation only meet. Teams from the North Texas LSC will be given priority, contact entries@planoswimming.org to see if there is any space. The meet will be capped at approximately 600 swimmers.

Entry

Deadline: Entries will be open Monday December 16th and will close Thursday January 9th at 12:00 PM or until the cap is reached.

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, entries@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

Entry Fees: Individual Events: \$10.00
Relay: \$15.00
Athlete Surcharge: \$35.00
(\$3.00 will go to North TexasSwimming, Inc.)

Deck Entries: Deck Entries will not be accepted

Meet Staff:

Meet Referee: Bryce Leach

Starter: Christy Maycock

Stroke & Turn Officials: Robert Hendricks & Bruce Truchon

Admin Official (or Referee): Kenneth Chung

Meet Director: Wendy Jones meetdirector@planoswimming.org

Head Safety Marshall: Karen Sakalys

Club Safe Sport Chair: Wendy Jones



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. We will be using fly-over starts.

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:

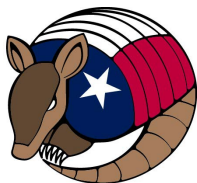
There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes taken are required to contact the Meet Director prior to the beginning 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. Uniform will be white over navy for prelims and navy over khakis for finals.
[Officials application to officiate](#)

Timers: Host team will attempt to provide timers for the duration of the meet. Other teams may be asked to provide timers.
Swimmers will need to provide their own timers and counters for the 500 and the 1650 free.
Timers will be allowed on deck approximately three heats before the conclusion of the prior event.

Awards: An award will be given to 1-10 place of each individual event. Top 3 receive medals, 4-10 receive ribbons. Swimmers should pick up their award at the awards table. Sunday 1650 will receive awards as shown above. High point awards will be given to top scoring athlete in their respective age group and gender.

Team high point award will be given to highest scoring team and will be awarded Monday after the finals session.

Kathy Kuipers Spirit Award: Awarded to the team who exhibits the highest level of sportsmanship throughout the meet and will be awarded Monday after prelims.

Hot Heat: Winners of these randomly selected heats will win a prize. Hot heats will be announced prior to or during the heat.

Scoring: This Meet will be scored and team/ high point awards will be announced after the Finals session on Monday.

Daily Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template. Warm-up details will be sent to coaches no later than Tuesday, January 14, 2025. Please note that the following start times are meet-host best estimates. Meet-host holds the rights to modify warm-up/start times after the entries are received and a meet timeline is established. Each team will be responsible for disseminating this information to their members.

The host team reserves the right to alter session and warmup times, change the number of lanes used in competition pool, add in necessary breaks to allow for rest, including but not limited to: change of warmup and number of sessions depending on meet size, etc.



Order of Events

Saturday, January 18th 2025

Warmup Start 7:00 AM, Prelims Start 8:30 AM, Finals Start 5:00 PM

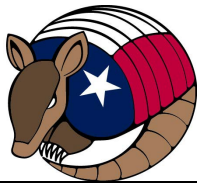
1	*12&U 200 Freestyle Relay*	2
3	*13&O 200 Freestyle Relay*	4
5	10&U 100 Butterfly	6
7	11-12 100 Butterfly	8
9	13-14 200 Butterfly	10
11	Open 200 Butterfly	12
13	10&U 50 Freestyle	14
15	11-12 50 Freestyle	16
17	13-14 50 Freestyle	18
19	15&O 50 Freestyle	20
21	10&U 100 IM	22
23	11-12 100 IM	24
25	13-14 200 IM	26
27	15&O 200 IM	28
29	10&U 500 Freestyle	30
31	11-12 500 Freestyle	32
33	13&O 500 Freestyle	34

Relays will be swum in Finals

Sunday, January 19th 2025

Warmup Start 7:00 AM, Prelims Start 8:30 AM, Finals Start 5:00 PM

35	*12&U 200 Medley Relay*	36
37	*13&U 200 Medley Relay*	38
39	10&U 50 Backstroke	40
41	11-12 50 Backstroke	42
43	13-14 100 Backstroke	44
45	15&O 100 Backstroke	46
47	10&U 200 Freestyle	48
49	11-12 200 Freestyle	50
51	13-14 100 Freestyle	52
53	15&O 100 Freestyle	54
55	10&U 100 Breaststroke	56
57	11-12 100 Breaststroke	58
59	13-14 200 Breaststroke	60
61	Open 200 Breaststroke	62
63	10&U 50 Butterfly	64
65	11-12 50 Butterfly	66
67	13-14 100 Butterfly	68
69	15&O 100 Butterfly	70



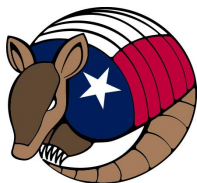
	10 MINUTE BREAK	
71	Open 1650 Freestyle	72

Relays will be swum in Finals

Monday, January 20th 2025

Warmup Start 7:00 AM, Prelims Start 8:30 AM, Finals Start 4:00 PM

73	11-12 400 IM	74
75	13&O 400 IM	76
77	10&U 100 Freestyle	78
79	11-12 100 Freestyle	80
81	13-14 200 Freestyle	82
83	15&O 200 Freestyle	84
85	10&U 50 Breaststroke	86
87	11-12 50 Breaststroke	88
89	13-14 100 Breaststroke	90
91	15&O 100 Breaststroke	92
93	10&U 100 Backstroke	94
95	11-12 100 Backstroke	96
97	13-14 200 Backstroke	98
99	Open 200 Backstroke	100
101	10&U 200 IM	102
103	11-12 200 IM	104



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.