

AAC/ MAC
North Texas Short Course 14 & Under Championships
January 31 - February 2, 2025

- Sanction #:** NT 014-25
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:** Arlington ISD Natatorium, 1001 E Division St, Arlington, TX. 76011
- Facility:** One 10 lane, or two 8 lane courses for competition with four or more lanes available for continuous warm up. One or two Colorado Gen7 timing systems and scoreboard will be in use. Hy-Tek Meet Manager will be in use. Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". ****Clear Bag Policy- see attachment****
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, 0 inches at the start end and the turn end is 6 feet, 7 inches measured for 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:** To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meet personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck. Admission will be \$5.00 per day.
- 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, Arlington ISD Natatorium 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:** Arlington ISD Natatorium 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 in 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 meet is a prelims/ final meet for individual events except for 500 Free, 1000 Free, 1650 Free and the 400 IM (see information below).

All relays are timed final events swimming in finals.

Prelims:

Events 200 and below will be pre-seeded fastest to slowest.

Events 400 and above will require positive check in. Athletes participating in events 400 and above will need to provide their own timers in prelims and finals. Athletes in the 500/ 1000/ 1650 Free will need to provide their own counter. Check in for the 500 Free and 400 IM will close 30 minutes prior to the start of the prelim session on the day the event will swim. In Prelims 13 and over 400 IM and 500 Free will swim top 3 seeded heats of women followed by top 3 seeded heats of men then remaining heats will alternate 1 heat of girls followed by 1 heat of boys fastest to slowest.

Finals:

10 and under: Top 10 will advance to finals.

11-12: Top 20 will advance to finals. Top 10 qualifiers A Final, 11-20 B Final.

13-14: Top 20 will advance to finals. Top 10 qualifiers A Final, 11-20 B Final.

Finals heats will swim slowest to fastest. All relays are timed finals and will swim in finals.

500 Freestyle for all age groups will be timed finals with the top 10 swimmers enter swimming in finals at night.

13 – 14 400 IM will be timed finals with the top 10 swimmers enter swimming in finals at night.

1000 Freestyle & 1650 is a timed final event. The 1000/ 1650 Free will swim in a session by itself. This session will swim prior to the final session on Sunday. Warm up and start time for the session will be announced after the 1000 check in closes Saturday at 5:00pm. The 1000/ 1650 will alternate 1 heat of girls followed by 1 heat of boys fastest to slowest.

For all age groups the 500 Free and 400 IM is a timed final event. Top 10 entries will swim in finals all other entries will swim in prelims.

Relays: All relays will swim in Finals. Please check over the relay rules. (***We are modeling the relays after what TAGS uses for the meet.***)

Mansfield Aquatic Club/ Arlington Aquatic Club reserves the right to change warm up sessions and start times depending on meet size.

Heat Sheets: Will be sold through Meet Mobile

Qualifying

Times: Swimmers participating in this meet must have North Texas Age Group time standards. Time standards are attached.

Relay Information

Each team may enter a relay if it has at least 3 athletes with one or more individual qualifying times. For every 4 additional athletes with individual qualifying times in the same age group and gender, teams may enter an additional relay.

Relay entry breakdown:

- 3 individual qualifying athletes = A Relay
- 7 individual qualifying athletes = B Relay

- 11 individual qualifying athletes = C Relay

Teams are permitted to use only one "relay-only" swimmer per age group per gender per event. This means that if a team enters B and C relays, they may still only use one "relay-only" swimmer for that relay event.

Age-Up Date: The age of the swimmer will be his/her age on January 31, 2025

Restrictions: Swimmers may participate in a maximum of three (3) individual events per session with a total of (7) events for the meet.

Teams

Invited: All North Texas Teams

Entry

Deadline: Thursday, January 23, 2025, by 6:00pm CST.

Entry

Procedures: All entries must be submitted 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.

Entries Chair:

Trey Hayes

Dhayes3@aisd.net

(806) 577-3240

Arlington Aquatic Club

1001 E. Division St. Arlington, TX. 76011

Make Checks payable to AAC

Send to:

c/o Trey Hayes

1001 E. Division St.

Arlington, TX. 76011

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached.

Session	Doors Open	Warm Up	Pace/One Way	Meet Start
Friday AM	8:00 am	8:30 – 9:30 am	9:30-9:50am	10:00am
Friday PM	3:30pm	3:45-4:30pm	4:30-4:50pm	5:00pm
Saturday AM	7:15am	7:30-8:30am	8:30-8:50am	9:00am
Saturday PM	3:30pm	3:45-4:30pm	4:30-4:50pm	5:00pm
Sunday AM	7:15am	7:30-8:30am	8:30-8:50am	9:00am
Sunday (distance races)	TBA	TBA	TBA	TBA
Sunday PM	3:30pm	3:45-4:30pm	5:00-5:20pm	5:00pm

Entry Fees: Individual Event: \$15.00

Relays: \$30.00

Surcharge: \$15.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No deck entries allowed

Meet Staff:

Meet Referee: Jason Roberts

Starter: Geli Brown

Stroke & Turn Officials: Sam Smith, Steve Plamondon & Henry Chin

Admin Official (or Referee): Jamie Heggan

Meet Director: Trey Hayes

Head Safety Marshall: Haleigh Brown
Club Safe Sport Chair: Jamie Heggan

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: AAC will attempt to provide all timers for this meet but may ask for volunteers.

Awards: Medals will be awarded for 1st – 3rd place individual events and ribbons will be awarded for 4th-8th place for individual events. Ribbons will be awarded for all relays 1st – 8th place. Awards must be picked up at the meet.

Scoring: Events will be scored by age group and gender as follows: Individual: 24-21-20-19-18-17-16-15-14-13 (Top 10) 11-9-8-7-6-5-4-3-2-1 (11-20). Relays will be double. Will score through prelims as needed to score top 20.

Order of Events

Session 1 & 2

Girls	Events	Boys
1	13- 14 400 Medley Relay *Timed Finals Swimming in Finals	2
3	11- 12 400 Medley Relay *Timed Finals Swimming in Finals	4
5	10 and under 200 Medley Relay *Timed Finals Swimming in Finals	6
7	13 - 14 200 Free	8
9	11 - 12 200 Free	10
11	10 and under 200 Free	12
13	11- 12 50 Butterfly	14
15	10 and under 50 Butterfly	16
17	13 - 14 200 Breaststroke	18
19	11 - 12 200 Breaststroke	20
21	13 – 14 100 Backstroke	22
23	11- 12 100 Backstroke	24
25	10 and under 100 Backstroke	26
27	13 – 14 50 Freestyle	28
29	11- 12 50 Freestyle	30
31	10 and under 50 Freestyle	32
33	13 – 14 400 Individual Medley *Timed Final- Top 8 Swim in Finals	34

Session 3 & 4

Girls	Events	Boys
35	13- 14 400 Free Relay *Timed Finals Swimming in Finals	36
37	11- 12 400 Free Relay *Timed Finals Swimming in Finals	38
39	10 and under 400 Free Relay *Timed Finals Swimming in Finals	40
41	11- 12 50 Breaststroke	42
43	10 and under 50 Breaststroke	44
45	13 – 14 200 Backstroke	46
47	11- 12 200 Backstroke	48
49	10 and under 100 Individual Medley	50
51	11- 12 100 Individual Medley	52
53	13 – 14 100 Butterfly	54
55	11- 12 100 Butterfly	56
57	10 and under 100 Butterfly	58
59	13 – 14 500 Freestyle *Timed Final- Top 8 Swim in Finals	60
61	11 - 12 500 Freestyle *Timed Final- Top 8 Swim in Finals	62
63	10 and under 500 Freestyle *Timed Final- Top 8 Swim in Finals	64

Session 5 & 7

Girls	Events	Boys
65	13- 14 200 Free Relay *Timed Finals Swimming in Finals	66
67	11- 12 200 Free Relay *Timed Finals Swimming in Finals	68
69	10 and under 200 Free Relay *Timed Finals Swimming in Finals	70
71	13 – 14 200 Individual Medley	72
73	11- 12 200 Individual Medley	74
75	10 and under 200 Individual Medley	76
77	13 - 14 100 Freestyle	78
79	11 - 12 100 Freestyle	80
81	10 and under 100 Freestyle	82
83	11 – 12 50 Backstroke	84
85	10 and under 50 Backstroke	86
87	13 – 14 200 Butterfly	88
89	11- 12 200 Butterfly	90
91	13 – 14 100 Breaststroke	92
93	11- 12 100 Breaststroke	94
95	10 and under 100 Breaststroke	96
97	11- 12 200 Medley Relay *Timed Finals Swimming in Finals	98
99	13 - 14 200 Medley Relay *Timed Finals Swimming in Finals	100

Session 6

Girls	Events (13 & over)	Boys
101	13 – 14 1000 Freestyle	102
103	13 – 14 1650 Freestyle	104



AGE GROUP CHAMPS TIME STANDARDS

SHORT COURSE YARDS

2024-2025

GIRLS			EVENTS	BOYS		
13-14	11-12	10 & U		10 & U	11-12	13-14
26.99	28.99	33.99	50 Freestyle	34.99	28.99	24.99
57.99	1:02.99	1:14.99	100 Freestyle	1:17.99	1:03.99	54.99
2:06.99	2:17.99	2:46.99	200 Freestyle	2:49.99	2:22.99	1:59.99
5:49.99	6:04.99	6:59.99	500 Freestyle	6:59.99	6:14.99	5:36.99
12:19.99	X	X	1000 Freestyle	X	X	11:48.99
20:19.99	X	X	1650 Freestyle	X	X	19:29.99
X	32.99	38.99	50 Butterfly	39.99	33.99	X
1:05.99	1:14.99	1:35.99	100 Butterfly	1:33.99	1:20.99	1:02.99
2:34.99	2:49.99	X	200 Butterfly	X	2:49.99	2:21.99
X	33.99	39.99	50 Backstroke	39.99	35.99	X
1:07.99	1:12.99	1:26.99	100 Backstroke	1:27.99	1:15.99	1:05.99
2:28.99	2:37.99	X	200 Backstroke	X	2:38.99	2:24.99
X	38.99	45.99	50 Breaststroke	46.99	39.99	X
1:16.99	1:24.99	1:38.99	100 Breaststroke	1:46.99	1:25.99	1:11.99
2:52.99	3:05.99	X	200 Breaststroke	X	3:08.99	2:41.99
X	1:13.99	1:25.99	100 Ind Med	1:27.99	1:18.99	X
2:28.99	2:41.99	3:09.99	200 Ind Med	3:12.99	2:45.99	2:22.99
5:29.99	X	X	400 Ind Med	X	X	5:09.99



AGE GROUP CHAMPS TIME STANDARDS

LONG COURSE METERS

2024-2025

GIRLS			EVENTS	BOYS		
13-14	11-12	10&U		10&U	11-12	13-14
30.99	32.99	38.99	50 Freestyle	39.99	33.99	28.99
1:05.99	1:11.99	1:23.99	100 Freestyle	1:25.99	1:11.99	1:02.99
2:24.99	2:41.99	3:19.99	200 Freestyle	3:16.99	2:39.99	2:17.99
5:09.99	5:34.99	6:59.99	400 Freestyle	6:29.99	5:39.99	4:59.99
11:06.99	X	X	800 Freestyle	X	X	10:34.99
20:59.99	X	X	1500 Freestyle	X	X	19:59.99
X	35.99	42.99	50 Butterfly	47.99	37.99	X
1:18.99	1:25.99	1:55.99	100 Butterfly	1:59.99	1:24.99	1:11.99
2:59.99	3:14.99	X	200 Butterfly	X	3:14.99	2:44.99
X	41.99	44.99	50 Backstroke	45.99	42.99	X
1:19.99	1:24.99	1:39.99	100 Backstroke	1:40.99	1:26.99	1:12.99
2:49.99	2:59.99	X	200 Backstroke	X	3:04.99	2:32.99
X	45.99	52.99	50 Breaststroke	55.99	45.99	X
1:32.99	1:38.99	1:59.99	100 Breaststroke	2:04.99	1:39.99	1:25.99
3:14.99	3:29.99	X	200 Breaststroke	X	3:29.99	3:06.99
X	X	X	100 Ind Med	X	X	X
2:46.99	2:59.99	3:49.99	200 Ind Med	3:54.99	3:04.99	2:42.99
6:09.99	X	X	400 Ind Med	X	X	5:39.99

Revised 1/7/2025

NEW BAG POLICY FOR ALL ARLINGTON ISD EVENTS

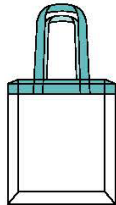
Limit one (1) bag per person



To provide a safer environment and to expedite entry into events, the Arlington ISD has implemented a new bag policy for all ticketed events that limit the size and type of items that may be brought into the venue.

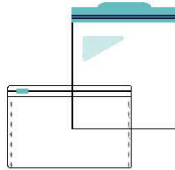


PERMITTED ITEMS



CLEAR TOTE

Bags that are clear plastic, vinyl or PVC and not exceeding **12"W x 6"D x 12"H**



ZIP TOP BAGS

Bags that are clear plastic, vinyl or PVC and not exceeding **1 GALLON**



SMALL CLUTCH

No larger than a hand or **4.5"W x 6"D x 6.5"H**

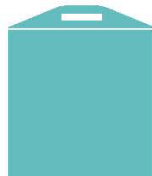


DIAPER BAG

if they are accompanied by an infant/small child

SIMPLE SEAT CUSHION

(with or without a back)
without pockets, zippers, compartments or covers



Bottled water, binoculars, phones or cameras can be carried into the venue as long as they are not in an unapproved bag. Exceptions will be made for medically necessary items.



PROHIBITED ITEMS

PURSES, TOTES OR BAGS LARGER THAN A CLUTCH BAG

COOLERS

CINCH BAGS

BACKPACKS

COMPUTER BAGS

BRIEFCASES

DUFFLE BAGS

FANNY PACKS

LUGGAGE BAGS

CAMERA BAG

BINOCULAR CASE



Non-service animals, outside food or drink, sports balls of any kind, drones, alcohol, laser pointers, glitter, confetti, streamers, baby powder or similar substance, skates, skateboards, bicycles, weapons or projectiles, mace or pepper spray, and any other illegal substances or contraband are also prohibited.



No in and out privileges. Re-entry requires purchase of a new ticket.

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.