



14 & Under Division A B/C meet

October 11th & 12th 2025

Sanction # NT 081-25

Hosted by:
Iron Horse
Aquatics

MEET DIRECTOR Matt Franks, franksma@friscoisd.org, 469-633-6170	MEET REFEREE Suba Vedala, subashini.vedala@gmail.com
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SANCTION	- Held under the sanction of USA Swimming through North Texas Swimming: NT 081-25 - In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, Iron Horse Aquatics, and Bruce Eubanks Natatorium shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	Bruce Eubanks Natatorium 7411 N. First Street Frisco, TX 75033 469-633-6160 8 lanes, 25 yards (SCY) - Water depth range of 13 ft at the starting end and 6ft 5in at the turning end. - Meet host will ensure the required course dimensions.
TIMING SYSTEM	Automatic timing will be used.
Available Medical Supervision/Equipment	Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.
ELIGIBILITY	- Open to all registered USA Swimmers. - No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
DISABILITY SWIMMERS	Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TEAMS INVITED	- A+ Swimming, Iron Horse Aquatics, LAC (Eastside), Metroplex Aquatics, PAC, SELECT and any other teams approved by the meet host. - Each session will be capped at 450 athletes.
RULES	- Current USA Swimming rules shall govern this meet. - All 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 MAAPP is a condition of participation in the conduct of this competition. - No on-deck USA-S registration is permitted. - In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NTSI policy, the use of equipment capable of taking pictures (e.g., cell phones,

	cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must be under the supervision of a certified USA Swimming member coach during warm-up/ down and competition. The Meet Director & Meet Referee may assist the swimmer in making arrangements, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. • Any swimmer entered in the meet must be certified by a USA member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • Operation of a drone or any other flying devices 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. • The Meet Director and the NTSI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	• The age of the swimmer will be their age on October 11th, 2025. • All events are timed finals. • Athletes may enter no more than 4 (four) events per day for a total of 8 (eight) events for the meet. Athletes may enter any event they have not achieved a USA Swimming "BB" time or better.
POSITIVE CHECK IN/ SCRATCHING	• Positive Check-In will be required for the 400 IM & 500 Free. Positive Check-in will close at the start of each session. • No show for positive check in events will result in \$10 fine paid to the host.
SEEDING	• Events will be seeded fastest to slowest.
SCORING	• This meet will not be scored.
AWARDS	• Ribbons will be awarded to the top 8 places for each age group in each event.
PROGRAMS	• Heat Sheets will be on Meet Mobile starting Friday October 10th.
WARM-UP	• The prescribed NTSI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • 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.
CREDENTIALS	• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR INFORMATION	• The Bruce Eubanks Natatorium has seating for 800 Spectators.
TIMERS	• The host team will attempt to provide backup timers for the meet but volunteers from visiting teams may be needed. In the event that timing spots have not been filled, the host team will

	send out a signup genius to the attending teams to help fill the spots prior to the start of the meet. Swimmers must provide their own timers for the distance events.
OFFICIALS	• Officials interested in volunteering should reach out to the meet referee, Suba Vedala. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive briefing for officials will precede each session during warm-ups.
ENTRY DEADLINE	<u>Thursday, October 2nd by 6:00pm</u> IMPORTANT: Second Thursday prior to the start of the meet unless the meet starts Wednesday or Thursday, then it will be the Thursday prior to the meet. The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
ENTRY PROCEDURES	• Entries should be submitted by email to the Meet Director/ Entry Chair. • Include in the subject of the email, "Meet Name - *****" with the club's initials in place of the asterisks. If your team submits multiple entry files, include the training site in the subject of the email. • Include in the entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director/ Entry Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined by NTSI according to the Policies & Procedures.
ENTRY FEES	Per Swimmer Surcharge: \$15.00 Relay event fee: n/a (\$5 to NTSI) Individual event fee: \$6.00 • Make checks payable to <u>Iron Horse Aquatics</u>. • Checks may be <u>mailed to</u>: FISD Swim Center c/o Iron Horse Aquatics, 7210 Stadium Lane, Frisco, TX 75034 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by check. • Entry fees are due with meet entry unless other arrangements are made.
SCHEDULE	• The 10 & Under / 13-14 sessions 1st warm-up will begin at 7:30am, 2nd warm-up will begin at 8:00am and the meet will begin at 9:00am • For the 11-12 sessions PAC, Iron Horse and Metro will warm-up at the FISD Swim Center at 1:30pm. All other teams will warm-up at 1:30pm at the Eubanks Natatorium. Session will start at 2:15pm • Meet Director reserves the right to adjust times/sessions after entries are received.

14 & Under Division A B/C Meet

October 11th & 12th

Saturday October 11th

Session 1 (10&U / 13-14)

GIRLS	EVENT	BOYS
1	13-14 200 IM	2
3	10 & Under 100 IM	4
5	13-14 100 Breast	6
7	13-14 50 Fly	8
9	10 & Under 50 Fly	10
11	13-14 200 Back	12
13	13-14 100 Breast	14
15	13-14 100 Free	16
17	10 & Under 100 Free	18
19	13-14 50 Back	20
21	10 & Under 50 Back	22
23	13-14 200 Fly	24
25	10 & Under 500 Free	26
27	13-14 500 Free	28

Session 2 (11-12)

GIRLS	EVENT	BOYS
29	11-12 200 IM	30
31	11-12 50 Fly	32
33	11-12 200 Back	34
35	11-12 100 Free	36
37	11-12 50 Breast	38
39	11-12 200 Fly	40
41	11-12 100 IM	42
43	11-12 500 Free	44

Session 3 (10 & Under / 13-14)

[illegible]

Session 4 (11-12)

[illegible]

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.