



ATAC Your Times Open Invitational
November 15-16, 2025
Sanction # NT 077-25

Hosted by:
Academy of
Texas Aquatic
Champions

MEET DIRECTOR Sherry Gentry gentrysherry67@gmail.com 972-467-5777	MEET REFEREE Mike Gentry mike.gentry@ntswim.org
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SANCTION	Held under the sanction of USA Swimming through North Texas Swimming: NT 077-25 In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, <u>Academy of Texas Aquatic Champions</u> , and <u>Garland I.S.D.</u> 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	Garland ISD Aquatic Center 2585 Firewheel Parkway Garland, Texas, 75040 972-487-4884 23 lanes, one 8 lane pool will be used for the meet, 25 yards (SCY) Water depth range of Water Depth 9 ft. start at the starting end and Water Depth 9 ft. turn 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	Limit of 500 swimmers requested by teams to Chris MacCurdy at chrismaccurdy@gmail.com
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 November 15, 2025. 4 Individual events per day. 12 and unders must have "B" time standards to swim each event 100 yards and longer. 13 and overs must have "B" time standards to swim each event 200 yards and longer. All events are timed finals.
POSITIVE CHECK IN/ SCRATCHING	No show for positive check in events will result in \$10 fine paid to the host.
SEEDING	All events 200 yards or shorter will be pre-seeded. Events 400 yards and longer will be deck seeded.
SCORING	The meet will not be scored.
AWARDS	Ribbons for the top 8 finishers in each event. Ribbons for the top 3 teams in each relay event.
PROGRAMS	Heat Sheets will be posted on Meet Mobile.
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	Only coaches, athletes, essential volunteers, and officials will be allowed on the deck. Ample seating for spectators is available upstairs Garland ISD has a clear bag policy; no outside food, drinks, or cups are allowed in the facility
TIMERS	The host team will attempt to provide backup timers for this meet but volunteers from visiting team will be needed. Swimmers will need to provide their own timers and counters for the 500/1000 yard events Freestyles.
OFFICIALS	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, November 6, 2025 at 6:00pm</u> IMPORTANT: 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 Sherry Gentry at entries@atacswim.com. Include in the subject of the email, "ATAC Your Times". 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: \$ 25.00 Relay event fee: \$ 10.00 (\$5.00 to NTSi) Individual event fee: \$ 6.00 Make checks payable to <u>ATAC Swim Club</u>. Checks may be <u>P.O. 802312, Dallas, Texas 75240</u>: Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due by the start of the meet unless other arrangements are made.
SCHEDULE	Sessions 1 & 3 Warmup: 7:30am- 8:20am, Meet Starts at 8:30am Sessions 2 & 4 Warmup: 12noon (or 15 minutes after the morning session), Meet Starts: 12:45pm Meet Director reserves the right to adjust times/sessions after entries are received.

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Session 1- Saturday, November 15, 2025 Warm Ups- 7:30AM- 8:20AM, Meet Starts- 8:30AM				
Girls		Event Description		Boys
1		13 & Over 200 Back 13-14 15 & Over		2
3		13 & Over 100 Free 13-14 15 & Over		4
5		13 & Over 200 Fly 13-14 15 & Over		6
7		13 & Over 50 Back 13-14 15 & Over		8
9		13 & over 100 Breast 13-14 15 & Over		10
11		13 & Over 200 IM 13-14 15 & Over		12
13		13 & Over 50 Fly 13-14 15 & Over		14
15		13 & Over 500 Free* 13-14 15 & Over		16
* The 500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer.				

Session 2- Saturday, November 15, 2025 Warm Ups- 12:00PM or 15 minutes after morning session- 12:30PM, Meet Starts- 12:45PM				
Girls		Event Description		Boys
17		12 & Under 200 I.M. 10 & Under 11-12		18
19		12 & Under 200 Free Relay		20
21		11-12 200 Back		22
23		12 & Under 50 FLY 8 & Under 10 & Under 11-12		24
25		12 & Under 100 Free 8 & Under 10 & Under 11-12		26
27		11-12 200 Fly		28

29		12 & Under 50 BK 8 & Under 10 & Under 11-12	30
31		12 & Under 100 Breast 10 & Under 11-12	32
33		12 & Under 500 Free* 10 & Under 11-12	34
* The 500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer.			

Session 3- Sunday, November 16, 2025 Warm Ups- 7:30AM- 8:20AM, Meet Starts- 8:30AM				
Girls		Event Description		Boys
35		13 & Over 400 I.M. 13-14 15 & Over		36
37		13 & Over 50 Breast 13-14 15 & Over		38
39		13 & Over 200 Free 13-14 15 & Over		40
41		13 & Over 100 Back 13-14 15 & Over		42
43		13 & Over 200 Breast 13-14 15 & Over		44
45		13 & Over 100 Fly 13-14 15 & Over		46
47		13 & Over 50 Free 13-14 15 & Over		48
49		13 & Over 1000 Free** 13-14 15 & Over		50
** The 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.				

Session 4-Sunday, November 16, 2025 Warm Ups- 12:00PM or 15 minutes after morning session- 12:30PM, Meet Starts- 12:45PM				
Girls		Event Description		Boys
51		12 & Under 200 Med. Relay		52
53		12 & Under 100 I.M. 11-12 10 & Under 8 & Under		54
55		11-12 200 Breast		56
57		12 & Under 100 Back 10 & Under 11-12		58
59		12 & Under 200 Free 10 & Under 11-12		60
61		12 & Under 50 Breast 8 & Under 10 & Under 11-12		62
63		12 & Under 50 Free 8 & Under 10 & Under 11-12		64
65		12 & Under 100 Fly 10 & Under 11-12		66
67		11-12 1000 Free**		68
** The 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.				

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.