



NTN Sharing The Harvest

November 15-16th, 2025

Sanction # NT 071-25

Hosted by:
North Texas
Nadadores

MEET DIRECTOR James Smith - lane4racing@gmail.com	MEET REFEREE Bret Heintz ENTRY CHAIR Jason Roberts – Jasonroberts0824@gmail.com
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SANCTION	- Held under the sanction of USA Swimming through North Texas Swimming: NT 071-25 - In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, North Texas Nadadores, and CISD 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	Elise Cerami Aquatic Center 1501 W. Southlake Blvd. Southlake, Tx 76092 817.949.8200 10 lanes 25 yards (SCY) Water depth range of Water Depth start at the starting end and Water Depth turn at the turning end. , 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. - 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 accommodation 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	USA-Swimming in good-standing
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, restrooms, 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	• All events are timed finals. • The age of the swimmer will be their age as of November 15, 2025 • Swimmers can enter a max of 5 swims per session
POSITIVE CHECK IN/ SCRATCHING	• 400 IM and 500 free will require Positive Check-In
SEEDING	• All Events 200 yards and shorter will be pre-seeded.
SCORING	• No Scoring of events
AWARDS	• High Point Award for Boys and Girls 8u, 9-10, 11-12
PROGRAMS	• Heat Sheets will be available online (Team website) and 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 time/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 at 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 always have proof of active USA Swimming membership with them.
SPECTATOR INFORMATION	• Spectators will be limited to viewing area only. No parents allowed on deck.
TIMERS	• Host Team will provide timers. 400 IM and 500 Free swimmers need to provide timers and counters.
OFFICIALS	• Official interested in volunteering should contact the meet referee in advance. • 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>November 6th, 2025</u>
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	Surcharge of \$25.00 per swimmer (\$5.00 of the fee will go to North Texas Swimming INC.) • \$6.00 per individual event • \$10.00 per relay event
SCHEDULE	November 15th and 16th, 2025 4 sessions AM warm up time – 8:00am AM event start time – 9:00am PM warm-up time – TBD PM event start time - TBD • Meet Director reserves the right to adjust times/sessions after entries are received.

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<u>Women</u>	<u>Event</u>	<u>Men</u>
	Saturday AM	
1	12 & Under 200 IM	2
3	12 & Under 100 Free	4
5	12 & Under 50 Fly	6
7	12 & Under 100 Breast	8
9	12 & under 50 Back	10
11	12 & under 200 Free Relay	12
13	12 & under 500 Free*	14
	Saturday PM	
15	13 & Over 200 IM	16
17	13 & Over 100 Free	18
19	13 & Over 200 Fly	20
21	13 & Over 100 Breast	22
23	13 & Over 200 Back	24
25	13 & Over 500 Free *	26
	Sunday AM	
27	11-12 200 Free	28
29	12 & Under 100 IM	30
31	12 & Under 50 Breast	32
33	12 & Under 100 Back	34
35	12 & Under 50 Free	36
37	12 & under 200 Medley Relay	38
39	11-12 400 IM*	40
	Sunday PM	
41	13 & Over 200 Free	42
43	13 & Over 100 Back	44
45	13 & Over 200 Breast	46
47	13 & Over 100 Fly	48
49	13 & Over 50 Free	50
51	13 & Over 400 IM*	52

*Events are Positive Check-in

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.