

**YMCA OF METROPOLITAN DALLAS**  
**Winter Championships**  
**@ Rockwall ISD Aquatic Center**  
**HOSTED BY: Dallas Metropolitan Swim League**  
**SATURDAY/SUNDAY – November 15 & 16, 2025**

<b><u>Sanction #:</u></b>	NT AP39-25
<b><u>MAAP:</u></b>	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.
<b><u>APT:</u></b>	Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet.
<b><u>Venue:</u></b>	Rockwall ISD Aquatic Center, 1205 T L Townsend, Rockwall, TX 75087 Opens 15 minutes before 1 <sup>st</sup> warm-up. Parking in designated spaces only.
<b><u>Facility:</u></b>	10 lane, 25 yard course, 7 feet wide, with blocks and touch pads. Daktronics timing system- Hy-Tek Meet Manager Ample seating and dressing space are provided. Only coaches, athletes and officials will be allowed on the pool deck
<b><u>Water Depth:</u></b>	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.
<b><u>Course Certification:</u></b>	The competition course has not been certified in accordance with 104.2.2C(4).
<b><u>Spectator Information:</u></b>	Spectators are allowed to view the swim meet from our upper deck only. NO spectators are allowed on the pool deck.
<b><u>Approval:</u></b>	This meet has been approved by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers who wish for their swim times to be considered for entry in the SWIM database must be registered as athletes for 2025 with USA Swimming by the meet start date. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the approved event shall conform in every respect to all technical and administrative rules of USA Swimming.
<b><u>Liability:</u></b>	IN GRANTING THIS APPROVAL 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, ROCKALL ISD AQUATIC CENTER 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 swimmers. If attached, to be held accountable for repairs.
<b><u>USA Swimming Registration:</u></b>	This meet is a USA Swimming approved meet. Swimmers who are current 2025 USA Swimming athletes who would like for their times to be entered in the SWIMS database must notify their Coach prior to entries being submitted to the meet Committee. These athletes must provide their coach with their USA Swimming ID#. Coaches are responsible for entering their athletes ID# on the Hytek file that they provide with their team's entries. Any Coach needing help with this process should contact Jennifer Pewitt 214-934-8034. It is the athlete and coaches responsibility to assure that this information is provided with the team's Hytek file. Once the meet file has been submitted to SWIMS there will be no changes or additions.
<b><u>Meet Format:</u></b>	Meet will be pre-seeded. Timed finals. Seeding will be slow to fast. We will utilize flyover starts.
<b><u>Qualifying Times:</u></b>	There are no qualifying times for this meet.
<b><u>Age-up Date:</u></b>	*Age is determined as of November 15, 2025
<b><u>Entry Restriction:</u></b>	*Swimmers must be members of the YMCA of Metropolitan Dallas Swim League. <b>*All swimmers may swim 3 individual events and 1 relay per day.</b> *Swimmers must swim in their own age group. No Swim ups. *All entries must have a time. NT's will not be accepted. <b>*ALL teams must provide a swim official</b>

**Daily**

<b><u>Schedule:</u></b>	Saturday Morning      Warm Up    10:00 am                      Meet Starts 11:00 am Sunday Morning        Warm Up    7:30 am                        Meet Starts 8:30 am
<b><u>Leadership:</u></b>	Meet Director: Jennifer Pewitt <a href="mailto:jpewitt@ymcadallas.org">jpewitt@ymcadallas.org</a> Meet Referee: Ronny Pewitt <a href="mailto:ronnypewitt@beckgroup.com">ronnypewitt@beckgroup.com</a>
<b><u>Warm-up:</u></b>	General warm-ups will be 25 minutes, with NO DIVING. 5 minutes of dive starts will be provided.
<b><u>Entry Procedures:</u></b>	Are due to Swimleague@ymcadallas.org by <b>FRIDAY, November 7, 2025 at 5pm.</b> <b>Entry fee for all swimmers is \$50</b>
<b><u>Deck Entries:</u></b>	Deck Entries will not be accepted unless due to an administrative error.
<b><u>Meet Staff:</u></b>	<b>Meet Referee:</b> Ronny Pewitt <b>Starter:</b> Andrew Guant, Alison Cobb, William Web <b>Admin Official:</b> Emily Spivey, Marioli Diaz <b>Meet Director:</b> Jennifer Pewitt <b>Head Safety Marshall:</b> Michael Garrett <b>Club Safe Sport Chair:</b> Myron Barron
<b><u>Cell Phone Restrictions:</u></b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b><u>Drone Restrictions:</u></b>	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.
<b><u>Swimmer Photographs and Videos:</u></b>	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 made are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers will not be allowed to be present in the area immediately behind the starting blocks.
<b><u>Deck Changing:</u></b>	Deck changes are prohibited.
<b><u>Swimmers with Disabilities:</u></b>	Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment. In any meet 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 must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.
<b><u>Officials:</u></b>	To be eligible to officiate during the Championship Meet, Swim Officials must be currently certified by YMCA of the USA. The determination of whether or not this eligibility requirement has been accomplished shall be at the sole and absolute discretion of the Meet Referee. If you are interested in officiating, please send an email to Ronny Pewitt at <a href="mailto:Ronnypewitt@beckgroup.com">Ronnypewitt@beckgroup.com</a>
<b><u>Relays:</u></b>	Should be included in the Team Manager file and are \$20.
<b><u>Awards:</u></b>	This meet will be scored. Ribbons will be given for the top sixteen (16) swimmers in each individual event and the top eight (8) relay teams in the relay events. Team awards will be given for the top three (3) teams  High point awards will be awarded for the first three places of each age group. <b>6 &amp; under swimmers can score points in 6 &amp; under and 8 &amp; under events, however only 6 &amp; under events will count toward 6 &amp; under high point. The 6 &amp; under highpoint awards will be given at the conclusion of Saturday's session.</b>
<b><u>Heat Sheets:</u></b>	Heat sheets will be available \$5.00. Coaches receive a complimentary copy.
<b><u>Timers/Helpers:</u></b>	<b>Timer assignments will be given out per team by Friday. Coaches are responsible for keeping their timer chairs filled.</b>
<b><u>Food:</u></b>	a concession stand will be available. A hospitality area will be provided for coaches and officials. <u>No Coolers are allowed in the stands or on the deck. Small personal coolers for swimmers are allowed.</u>
<b><u>Results:</u></b>	Results will be posted throughout the meet and will be distributed via email at the completion of the meet. Meet Mobile will also be active for this meet. (APP REQUIRED)

**YMCA OF METROPOLITAN DALLAS  
LEAGUE CHAMPIONSHIPS SWIM MEET**

SCHEDULE OF EVENTS  
SATURDAY MORNING, November 15, 2025

**Saturday Morning**  
**Warm-Up: 8:30am**  
**Meet Starts: 9:30am**

Swimmers may enter up to 3 individual events and 1 relay

<b>Girls Event #</b>	<b>Event and Distance</b>	<b>Boys Event #</b>
1	21 & Under 200 Medley Relay	2
3	14 & Under 200 Medley Relay	4
5	12 & Under 200 Medley Relay	6
7	10 & Under 100 Medley Relay	8
9	8 & Under 100 Medley Relay	10
11	11-21 200 Individual Medley	12
13	10 & under 100 Individual Medley	14
15	8 & under 50 Free	16
17	10 & Under 100 Freestyle	18
19	11-21 100 Freestyle	20
21	8 & under 25 Breaststroke	22
23	9-10 50 Breaststroke	24
25	11-21 50 Breaststroke	26
27	8 & U 25 Backstroke	28
29	9-10 50 Backstroke	30
31	11- 21 50 Backstroke	34
33	8 & under 50 Butterfly	32
35	9-10 100 Butterfly	36
37	11-21 100 Fly	38
39	8 & Under 25 Freestyle	40
41	11-21 500 Freestyle	42

**YMCA OF METROPOLITAN DALLAS  
LEAGUE CHAMPIONSHIPS SWIM MEET**

SCHEDULE OF EVENTS  
Sunday November 16, 2025  
**Sunday Afternoon**  
**Warm-Up: 8:30 am**  
**Meet Starts: 9:30 am**

All swimmers may swim 3 events and 1 relay

<b>Girls Event #</b>	<b>Event and Distance</b>	<b>Boys Event #</b>
43	21 & Under 200 Free Relay	44
45	14 & Under 200 Free Relay	46
47	12 & Under 200 Free Relay	48
49	10 & Under 200 Free Relay	50
51	8 & under 100 Free Relay	52
53	11-21 400 IM	54
55	9-10 200 Freestyle	56
57	11-21 200 Freestyle	58
59	8 & Under 50 Backstroke	60
61	9-10 100 Backstroke	62
63	11-21 100 Backstroke	64
65	8 & Under 50 Breaststroke	66
67	9-10 100 Breaststroke	68
69	11-21 100 Breaststroke	70
71	8 & Under 25 Fly	72
73	9-10 50 Fly	74
75	11-21 50 Fly	76
77	9-10 50 Freestyle	78
79	11- 21 50 Freestyle	80

# NORTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

(Adjust according to your pool and current policies and 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.**