

Iron Horse Aquatics AAU Fall Classic November 8th – 9th 2025

This event is licensed by the Amateur Athletic Union of the US, Inc. and observed under USA Swimming Rules and Regulations.

Sanction: NT AP4-25

Venues: Bruce Eubanks Natatorium
7411 North First St
Frisco, TX 75033

Facility: 8 lane x 25 yard competition course with starting blocks and touchpads. Warm down lanes will be available in the shallow end of the pool. Colorado Timing System, Hy-Tek Meet Manager.

Water Depth: The minimum water depth is 7 Feet 0 inches at the start end and 5 feet 0 inches at the turn end measured for a distance of 1.0 meter to 5.0 meters from end wall to bulkhead

Spectator Information: Spectator seating for 800. No food or outside drinks are permitted in the Spectator seating areas or lobby areas.

Sanction: This meet has been sanctioned by AAU Swimming and current USA Swimming rules and any relevant sections of the AAU Swimming Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2025 with AAU by the meet entry deadline. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming / AAU Athletic competitions.

Liability: In granting this sanction and by any persons participation in the meet, it is understood and agreed that AAU Swimming, all meet officials, **Bruce Eubanks 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: **Bruce Eubanks Natatorium** has full time and part time American Red Cross certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.

Meet Format: The meet will be seeded by Age & Time. Events will be swum fastest to slowest and scored as age groups designated below. Age groups will be swum together but scored by age group, as shown below. Scoring Age groups will consist of the following **9 & Under, 10 years olds, 11 year olds, 12 year olds, 13 year olds, 14 year olds, 15 year olds, 16 year olds, 17 & Up.**

This is a timed finals meet. At the discretion of the meet referee any 12 & Under athlete who misses their race will be worked in to a later heat if space available. Any 13 & Over athlete who misses their race will be designated as a **DFS**.

Heat Sheets: Heat Sheets will be sent to coaches of each team after the entry deadline. Heat Sheets will also be pushed to Meet Mobile at least 90 minutes prior to the start of the meet.

Qualifying

Times: There are no qualifying times for this meet. Events will be seeded in the following order, SCY, SCM, LCM.

Age-Up Date: The age of the swimmer will be his/her age on the date of the start of the meet.

Restrictions: ALL ATHLETES MUST BE AAU REGISTERED.
Athletes may enter a total of eight (8) individual events, with no more than 4 in any one session.

Teams **Iron Horse Aquatics, Metroplex Aquatics, Prosper Aquatic Club and any other AAU teams in the AAU Southwestern district is eligible to compete in this meet.**

Entry

Deadline: The entry deadline for the meet will be Wednesday October 29th, 2025.

Entry

Procedures: All entries will be submitted electronically via Team Manager file or subsequent HY3 file. This meet will be observed for USA Swimming. Any AAU member who is also a USA Swimming registered member will need to have their USA Swimming ID included in the meet entry file.

Daily

Schedule:

Doors Open:		7:15am
Warm-ups:	Session 1:	7:30 – 8:00am
	Session 2:	8:00 – 8:30am
	Session 3:	8:30 – 9:00am
	Starts:	9:00 – 9:15am
Meet Starts:		9:30am

Entry Fees: Athletes will be charged a flat fee of \$25.00

Deck Entries: There will be no deck entries at this meet.

Meet Staff:	Meet Ref / Starter:	Suba Vedala
	Stroke & Turn Officials:	Rosa To, Ethel Hom
	Admin Official (or Referee):	Christine Simatocolus
	Meet Director:	Matt Franks / Daiki Sato

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms 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.

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 2 weeks in advance of the meet to reserve proper equipment.
In any meet 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.

Timers: There will be a minimum of two timers per lane and one head timer.

Notes to

Coaches: Flyover starts will be in effect for all sessions of the meet. Meet Referee will need a letter from USA Swimming for suits out of compliance.

Confirmation of entries will be sent from the meet director within 24 hours of receipt. Coaches will receive a copy of team entries listed by individual athlete. Any event changes will need to be made 4:00pm on November

Awards: Awards will be given.

Order of Events

	Saturday November 8th	
1	13 & Over 200y Breast	2
3	100y Free	4
5	50y Fly	6
7	200y IM	8
9	100y Breast	10
11	50y Back	12
	Sunday November 9th	
13	13 & Over 200y Fly	14
15	50y Breast	16
17	13 & Over 200y Back	18
19	100y Fly	20
21	200y Free	22
23	100y Back	24
25	50y Free	26

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.