

RACE
3rd Annual Tough as Nails Swim Meet
November 8-9, 2025

Sanction #:	NT 003-25 Held under the sanction of USA Swimming by North Texas Swimming, Inc.
MAAPP:	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.
APT:	Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their Deck Pass account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
SAFE SPORT	To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual’s ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is on-going.
Venue:	RISD Aquatic Center 1205 T. L. Townsend Rockwall, TX 75087 469-698-7410 Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
Facility:	2 x 25 yard courses (10 lanes each, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary. Daktronics timing system Hy-tek Meet Manager 4 x 25 yd lanes - continuous WU/WD
Water Depth:	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.
Course Certification:	The competition course has not been certified in accordance with 104.2.2C(4).
Spectator Information	Spectators are allowed to view the swim meet from our upper deck only. No spectators are allowed on the pool deck.
Sanction:	This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers 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 sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
Liability:	In granting this sanction and by any persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, RISD 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 swimmer’s team, if attached, to be held accountable for repairs.
Supervision USA Swimming Registration:	RISD Aquatic Center has Part Time American Red Cross Certified Lifeguards. All swimmers, coaches, and officials participating in this competition must be currently 2025 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. All should also be prepared to present their USA Swimming Account as proof of their registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the meet host; or 3) are not entered in this meet and

	choose to enter time trials, if offered, will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.
Meet Format:	Meet will be pre-seeded. Timed finals. Seeding will be fast to slow with nonconforming times last. We reserve the right to conduct flyover starts.
Heat Sheets:	Heat sheets will be emailed to coaches before the meet and heat and lane information will be posted on deck and in the meet mobile app
Qualifying Times:	No qualifying times for this event.
Age up Date:	The age of the swimmer will be his/her age on November 8, 2025.
Entry Restrictions:	Swimmers may enter 4 individual events and 1 relay per day with a max of 8 individual and 2 relays for the whole meet. Swimmers should enter using the following course order SCY, LCM, SCM.
Teams Invited	This Meet is for East Division Group B COPS, RACE, TRAC, ATAC, DM and COR.
Entry Deadline:	All entries shall be received no later than 6:00PM Central Time, on October 30, 2025. Fees shall be Mailed and postmarked by the entry date.
Entry Procedures:	All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time. When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received. Entries Chair: Tom Applegate/469-698-7376/Rockwallswimentries@gmail.com 1205 T.L. Townsend Rockwall, TX, 75087
Daily Schedule:	Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached. Saturday & Sunday – Session 1 & 2 8:00am – 8:30am - Warm-up 1 8:30am - 9:00am - Warm-up 2 9:15am - Session Starts
Entry Fees:	\$6.00 per individual even. \$15 facility charge per swimmer (the facility charge includes the \$3.00 North Texas surcharge per swimmer).
Deck Entries:	No deck entries. No Late Entries: email Tom Applegate with proof of times and registration to see if there is space.
Meet Staff:	Meet Referee: Lorraine Temple/Lorraine.temple1013@gmail.com Starter: Roy Kuipers Stroke & Turn Officials: Kjerstin & Aaron Gardner Admin Official (or Referee): Jessica Applegate/Jessica.Applegate@rockwallisd.org Meet Director: Shannon Putchinski/469-698-7410 Head Safety Marshall: Tom Applegate Club Safe Sport Chair: Tom Applegate
Cell Phone Restrictions:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms 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.
Unaccompanied Swimmers:	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.

**Swimmer
Photographs &
Videos:**

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 are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

**Deck Changing:
Swimmers w/
Disabilities:**

Deck changes are prohibited.

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 sanctioned or 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.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Timers:

RACE volunteers will time.

Awards:

1st- 8th place ribbons for individual events. Ribbons will be distributed at the next swim meet.

Order of Events

Distances are in (SC yards)

Session 1		
Girls	Event Description	Boys
1	18 & Under 200 Breast	2
3	18 & Under 50 Back	4
5	18 & Under 50 Breast	6
7	18 & Under 200 Fly	8
9	18 & Under 50 Free	10
11	18 & Under 50 Fly	12
13	18 & Under 100 IM	14
15	18 & Under 500 Free (swimmers provide timers & counters)	16

Session 2		
Girls	Event Description	Boys
17	18 & Under 200 Back	18
19	18 & Under 100 Back	20
21	18 & Under 200 Free	22
23	18 & Under 100 Breast	24
25	18 & Under 100 Free	26
27	18 & Under 100 Fly	28
29	18 & Under 200 IM	30

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.