



MAC Holiday Invitational

Dec 5-7, 2025

Sanction # NT 070-25

Hosted by
Mansfield Aquatic
Club

MEET DIRECTOR		MEET REFEREE	
Nick Johnson, mansfieldmeetentries@gmail.com 817-276-5237		Jason Roberts, elpasojman@yahoo.com	
SANCTION	- Held under the sanction of USA Swimming through North Texas Swimming: NT 070-25 - In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, <u>Mansfield Aquatic Club</u>, and <u>MISD Debbie Weems Natatorium</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	MISD Debbie Weems Natatorium 1001 N. Holland Rd Mansfield, TX 76063 817-276-5230 - Competition pool: 10 lanes; 13 lanes continuous warm up/warm down 25 yards (SCY) - Water depth range of Water Depth start at the starting end and Water Depth 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	- North Texas West Division (AAC, FNW, LAC, LIFE, MAC, MARS MTRO-FW, NTN, O2, TFA, WEST) - Teams outside NT LSC invited by Mansfield Aquatic Club.		
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.
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EVENT RULES	- The age of the swimmer will be their age on the first day of the meet. - Meet will be capped at 500 athletes. 10 and under athletes must have a BB time to enter an event. 11 and over athletes must have an A time to enter an event. 15 and overs may enter 50 Fly/Back/Breast if they are already entered in an individual event. - The following events are timed finals: All Relays, 12 and Under 500 Freestyle, and 13 and over 1000 Freestyle. All other events are prelim/final events. - Finals: 10 and under: Top 10 will advance to finals. 11-12, 13-14 and 15 and over: Top 20 will advance to finals. Top 10 qualifiers A Final, 11-20 B Final. - All Relays are timed finals and will swim in finals. Relay Cards are due at noon the day the relay will be swum. - Teams may only enter "A" and "B" Relays per age group and gender. - No Relay only swimmers. All relay swimmers must be entered in at least 1 individual event. 13 and over 400IM, 500Fr, and 1000 Free will swim out of event order in prelims, but will swim in event order in finals. 12 and under 500 Free Top 10 seeds will swim in finals all others will swim in prelims. 13 and over 1000 Free Top 10 seeds will swim in finals all others will swim in session 5. Scratches for finals. Current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the consolation final heat and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For championship and consolation finals, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will be barred from all subsequent competition in the meet. Swimmers may be excused because of illness, injury or situations beyond the swimmers' control. - Athletes in the 500/ 1000 Free will need to provide their own counter. - Athletes in events 400 and above will need to provide their own timers except in finals. - Session 2 will swim 5 minutes after the conclusion of Session 1. - Session 5 will swim 5 minutes after the conclusion of Session 4. - Session 6 will swim 5 minutes after the conclusion of Session 5.
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POSITIVE CHECK IN/	Events 400 yards and above will be positive check-in.
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SCRATCHING	- No show for positive check-in events will result in \$10 fine paid to the host. Check-in for events over 400 yards will close at 8:30am on the day the event is swum.
SEEDING	- Prelim/Final events will be seeded fastest to slowest in prelims and slowest to fastest in finals. All timed final events will be seeded fastest to slowest. - In Prelims, events 400 and above will alternate 1 heat of girls/ 1 heat of boys.
SCORING	Top 20 places will score. Individual events 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1.
AWARDS	Medals will be awarded by gender and age group for top 3 individual finishers in each event.
PROGRAMS	Programs will be available to purchase through 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	- Spectator admission will be \$5.00 per session. - No lawn chairs or folding chairs are allowed in the concourse area.
TIMERS	Meet host will assign lane timers to visiting teams. Swimmers must provide their own timers for events 400 and above that are not swimming in finals (prelims). Timers will be provided for events 400 and above in finals.
OFFICIALS	- Officials interested in volunteering should email Jason Roberts elpasojman@yahoo.com. - 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>Noon, Wednesday November 26, 2025</u> IMPORTANT: Second Thursday prior to the start of the meet unless the meet starts Wednesday or Thursday, then it will be the Thursday prior to the meet. 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	• All entries must be submitted 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. All athletes must be currently registered for 2025 by the entry deadline or the athlete will NOT be included in the meet. There are NO late entries for the meet. • Entry Chair: Nick Johnson Email: mansfieldmeetentries@gmail.com • The Meet Director/ Entry Chair will acknowledge receipt by return email within 48 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: \$20.00 Relay event fee: \$15.00 (\$5 to NTSi) Individual event fee: \$10.00 • Make checks payable to <u>Mansfield Aquatic Club</u>. • Checks may be <u>mailed to</u>: 1001 N. Holland Rd Mansfield, TX 76063 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by check only. • Entry fees are due the first day of the meet unless other arrangements are made.
SCHEDULE	• Meet Director reserves the right to adjust times/sessions after entries are received. • Friday/Saturday/Sunday Prelims Warm up 7:15-8:30am Prelims Push Pace/ Dive Sprint 8:30-8:50am Distance Check in Closes 8:30am Prelims Start 9:00am Relays Cards Due 12:00pm Finals Warm up 4:00-4:45pm Finals Push Pace/ Dive Sprint 4:45-5:00pm Finals Start Time 5:00pm

MAC Holiday Invitational

December 5-7

Event List

	Friday	
1	13 and over 400 Individual Medley	2
3	12 and Under 100 Individual Medley	4
5	50 Backstroke	6
7	11 and over 200 Butterfly	8
9	100 Breaststroke	10
11	13 and over 200 Freestyle	12
13	12 and Under 500 Freestyle	14
15	400 Freestyle Relay	16
	Saturday	
17	200 Medley Relay	18
19	13 and over 1000 Freestyle	20
21	12 and Under 200 Freestyle	22
23	13 and over 100 Freestyle	24
25	50 Breaststroke	26
27	100 Butterfly	28
29	11 and over 200 Backstroke	30
31	13 and over 200 Individual Medley	32
33	12 and under 50 Freestyle	34
	Sunday	
35	200 Freestyle Relay	36
37	13 and Over 500 Freestyle	38
39	12 and Under 200 Individual Medley	40
41	50 Butterfly	42
43	100 Backstroke	44
45	11 and over 200 Breaststroke	46
47	12 and under 100 Freestyle	48
49	13 and over 50 Freestyle	50

Session List

	Session 1 Prelims Friday, December 5	
3	12 and Under 100 Individual Medley	4
5	50 Backstroke	6
7	11 and over 200 Butterfly	8
9	100 Breaststroke	10
11	13 and over 200 Freestyle	12
13	12 and Under 500 Freestyle *Timed Final Top 10 Swimming in Finals	14

	Session 2 Prelims 400 IM Friday, December 5	
1	13 and over 400 Individual Medley *In Prelims will alternate 1 heat of girls/ 1 heat of boys	2

	Session 3 Finals Friday, December 5	
1	13 and over 400 Individual Medley	2
3	12 and Under 100 Individual Medley	4
5	50 Backstroke	6
7	11 and over 200 Butterfly	8
9	100 Breaststroke	10
11	13 and over 200 Freestyle	12
13	12 and Under 500 Freestyle *Timed Final Top 10 Swimming in Finals	14
15	400 Freestyle Relay *Timed Final Swimming in Finals	16

	Session 4 Prelims Saturday, December 6	
21	12 and Under 200 Freestyle	22
23	13 and over 100 Freestyle	24
25	50 Breaststroke	26
27	100 Butterfly	28
29	11 and over 200 Backstroke	30
31	13 and over 200 Individual Medley	32
33	12 and under 50 Freestyle	34

	Session 5 1000 Free Saturday, December 6	
19	13 and over 1000 Freestyle *Timed Final Top 10 Swimming in Finals	20

	Session 6 Finals Saturday, December 6	
17	200 Medley Relay *Timed Final Swimming in Finals	18
19	13 and over 1000 Freestyle *Timed Final Top 10 Swimming in Finals	20
21	12 and Under 200 Freestyle	22
23	13 and over 100 Freestyle	24
25	50 Breaststroke	26
27	100 Butterfly	28
29	11 and over 200 Backstroke	30
31	13 and over 200 Individual Medley	32
33	12 and under 50 Freestyle	34

	Session 7 Prelims Sunday, December 7	
39	12 and Under 200 Individual Medley	40
41	50 Butterfly	42
43	100 Backstroke	44
45	11 and over 200 Breaststroke	46
47	12 and under 100 Freestyle	48
49	13 and over 50 Freestyle	50

	Session 8 Prelims 13 and Over 500 Free Sunday, December 7	
37	13 and Over 500 Freestyle *In Prelims will alternate 1 heat of girls/ 1 heat of boys	38

	Session 9 Finals Sunday, December 7	
35	200 Freestyle Relay *Timed Finals Swimming in Finals	36
37	13 and Over 500 Freestyle	38
39	12 and Under 200 Individual Medley	40
41	50 Butterfly	42
43	100 Backstroke	44
45	11 and over 200 Breaststroke	46
47	12 and under 100 Freestyle	48
49	13 and over 50 Freestyle	50

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.