

Lakeside Aquatic Club

Heart Racer

February 14-16, 2025

- Sanction #:** NT 015-25
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 or those who turn 18 during the meet) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming 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:** LISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, Texas 75067
- Facility:** 1 or 2 - 8 or 1 - 10 lane course(s) will be used for competition, and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 or 2 scoreboards will be utilized.
- Water Depth:** The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- 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 currently registered as athletes with USA Swimming by the meet entry deadline.
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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, LISD Westside Aquatic Center, and Lakeside Aquatic Club 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:** LISD Westside Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member in 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: The meet will be pre-seeded for all events except for the 400 IM, 500 free, and 1000 free, which will require positive check in.

All heats will be swum fastest to slowest. The 400 IM, 500 free, and 1000 free will swim fastest to slowest, alternating 1 girls heat, 1 boys heat.

Relays will be swum as 11 & under and 12 & over, and may be combined at the discretion of the meet referee.

Lakeside Aquatic Club reserves the right to change the amount of lanes used in competition pool, number of pools used for competition, update meet start times, update meet warm up times, add in necessary breaks to allow for rest, change of warm-up sessions depending on meet size, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.

Qualifying

Times: There are no time standards for this meet.

Age-Up Date: The age of the swimmer will be his/her age on February 14, 2025.

Restrictions: Maximum of 3 individual events per day and 1 relay per day may be entered for this meet.

Teams

Invited: All teams in Group A.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, February 6th, 2025. There will be no changes or additions to entries after deadline.

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.

Entries Chair: Andrew Marsh - meetentries@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

Friday February 14 th	Warm up	Meet Start
Session 1	5:15 pm	6:00 pm
Saturday February 15 th	Warm up	Meet Start
Session 2	8:00 am	9:20 am
Session 3	TBD	TBD

Sunday February 16th	Warm up	Meet Start
Session 4	8:00 am	9:20 am
Session 5	TBD	TBD

Check ins will take place at the Clerk of Course table per the following schedule:

Check-ins:

Check in is required for the 400 IM, 500 Free, and 1000 Free

- 400 IM, 12 & U 500 Free, and 1000 Free – check in closes Friday February 14nd at 5:30 pm
- 13 & O 500 Free – check in closes Saturday February 15rd TBD based on session start times
- Relay cards – Due 8:35 am Saturday and Sunday for Sessions 2 & 4, and 45 minutes prior to the start of the session for Sessions 3 & 5

Check-in has three options:

- ✓ Indicates that the athlete is present and will swim the event.
- SCRATCH Indicates the swimmer has scratched from this event.
- _____ Indicates swimmer is not swimming this event for reasons unknown.

Entry Fees: Individual Event: \$6.00
Relay: \$10.00
Surcharge: \$27.00 (*\$3.00 will go to North Texas Swimming, Inc.*)

Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason. Make checks payable to: **LAC**

Teams may send checks to our PO Box, or bring it to the meet. All entry fees must be paid prior to the start of the meet.

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** John Tysdal
Starter: Olga Oleksyuk
Stroke & Turn Officials: Belinda Beck & Niki Rogers
Admin Official (or Referee): Nathan Gloier
Meet Director: Tony Arbogast
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

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: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)

**Swimmer
Photographs
and 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 taken 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: 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 two 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 shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated 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: LAC will provide timers for all sessions. Swimmers will need to provide their own counters for the 500 free and 1000 free.

Awards: First place heat winners receive an award recognition during the 11 & Under sessions/events only.

Scoring: This meet will not be scored.

Order of Events

Friday February 14th, 2025

Session 1

Girls	Events	Boys
1	12 & U 500 Free	2
3	11 & O 400 IM	4
5	10 & U 200 IM	6
7	11 & O 1000 Free	8

Saturday February 15th, 2025

Session 2

Girls	Events	Boys
9	11 & U 200 Medley Relay	10
11	11 Year Old 200 Back	12
13	11 & U 50 Breast	14
15	11 & U 100 Free	16
17	11 & U 100 Fly	18
19	11 Year Old 200 Breast	20
21	11 & U 50 Back	22
23	11 & U 200 Free	24

Session 3

Girls	Events	Boys
25	12 & O 200 Medley Relay	26
27	12 & O 200 Breast	28
29	12 Year Old 50 Back	30
31	12 & O 100 Fly	32
33	12 & O 100 Free	34
35	12 Year Old 50 Breast	36
37	12 & O 200 Back	38
39	12 Year Old 100 IM	40
41	13 & O 500 Free	42

Sunday February 16th, 2025

Session 4

Girls	Events	Boys
43	11 & U 200 Free Relay	44
45	11 Year Old 200 Fly	46
47	11 & U 100 Back	48
49	11 & U 100 IM	50
51	11 & U 50 Fly	52
53	11 & U 100 Breast	54
55	11 & U 50 Free	56

Session 5

Girls	Events	Boys
57	12 & O 200 Free Relay	58
59	12 & O 200 Fly	60
61	12 & O 100 Breast	62
63	12 & O 50 Free	64
65	12 & O 200 IM	66
67	12 & O 100 Back	68
69	12 Year Old 50 Fly	70
71	12 & O 200 Free	72

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.