

Texas Ford Aquatics

2025 February Invite

February 21-23

- Sanction #:** NT 017-25
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:** Texas Ford Aquatics
8353 Legacy Drive
Frisco, TX 75034
- Facility:** 1 - 8 lane short course 25 yard pool, with 8 25-yd continuous warm-up lanes. Colorado timing system and 1 scoreboard will be utilized. Texas Ford Aquatics reserves the right to change the number of lanes in use for competition.
- Water Depth:** The depth of the competition pool when measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) at the start wall is 6 feet 0 inches at the start end and 6 feet 0 inches at the turn end for one competition pool and 6 feet 0 inches at the start end and 6 feet 0 inches at the turn end for the other competition pool 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 will not be allowed on deck during the meet. There will be limited space in the front lobby to view the pool, as well as outside seating space in order to view the racing course through the open garage doors (weather permitting). The meet will be live-streamed to TFA's YouTube channel.
- 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, Texas Ford Aquatics 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:** Texas Ford Aquatics has an AED and First Aid kit available on deck, as well as standard lifeguard rescue equipment (including rescue tubes, shepherd's hooks, and backboards). There will be no designated lifeguard on duty.

USA Swimming

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 limited to 250 swimmers. This meet is prelims / finals for individual events with the exception of the 11-14 1000 Free and the 10 & Under 500 Free.

All relays are timed final events swimming at finals.

Prelims:

Events 200 and below will be pre-seeded fastest to slowest.

Events 400 and above will require positive check-in. Athletes in the 500 / 1000 Free will need to provide their own counter. Check-in for the 500 Free and 400 IM will close 30 minutes prior to the start of the Prelim session on the day the event will swim.

Finals:

10 & Under: Top 8 will advance to finals.

11-12: Top 16 will advance to finals. Top 8 qualifiers A-Final, 9-16 B-Final.

13-14: Top 16 will advance to finals. Top 8 qualifiers A-Final, 9-16 B-Final.

Finals heats will swim slowest to fastest. All relays are timed finals and will swim in finals only.

11-14 1000 Freestyle and **10 & Under 500 Freestyle** are timed finals events on Friday evening.

Relays:

All relays will swim in Finals. Relay cards will be due 30 minutes before the start of the Finals session on the day the event will swim.

Scratch Rule: Scratching for Finals events will be required if the swimmer does not plan to compete at Finals. Any finalist who does not scratch and does not compete at Finals, A or B heat, will be required to perform positive check-in with the Meet Referee for the remainder of their events. Swimmers will have 30 minutes to declare a scratch or an intent to scratch with the Clerk of Course after the event results are posted.

Heat Sheets: Heat sheets will be sent to coaches of attending teams during the week leading up to the meet.

Non-Conforming

Times: Conversion of Non-Conforming Times is NOT permitted.
Non-Conforming entry times will be seeded after Long Course Meters times according to the following format: 1) SCY, 2) SCM, 3) LCM, 4) No Time (NT)

Qualifying

Times: 10 and Under swimmers must have achieved the "BB" Standard or higher in each entered event, 11-12 and 13-14 swimmers must have achieved the "A" Standard or higher for each entered event (according to the USA Swimming 2021-2024 Motivational Time Standards).

Swimmers may enter the 1000 Free with an "A" Time in the SCY 1650, LCM 800, or LCM 1500.

13-14 swimmers who qualify for the 100 BK, 100 BR, or 100 FLY will qualify for the respective 50 of that stroke.

Age-Up Date: The age of the swimmer will be his/her age on 02/21/2025.

Restrictions: Swimmers may enter up to 4 individual events per prelims session, plus one relay.

Teams

Invited: Texas Ford Aquatics, Lakeside Aquatic Club, LifeTime Swim Dallas

Entry

Deadline: All entries shall be received no later than 6:00 PM Central Time on Thursday February 13, 2025.

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:

coachtrent@texasfordaquatics.com

214-436-1192

8353 Legacy Drive

Frisco, TX 75034

Daily

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

Entry Fees:	Individual Event:	\$10.00	Relay Event: \$15.00
	Surcharge:	\$20.00	(\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No deck entries will be accepted.

Meet Staff:

Meet Referee: Amanda Wygant

Starter: Jennifer McEachern

Stroke and Turn Officials: Angela Borja, Jami Yang

Admin Referee: Ann Lang

Meet Director: Trent Sandwisch

Head Safety Marshall: Sammie Hashbarger

Club Safe Sport Chair: Chris Jones

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. Officials uniform for this meet is white polo over navy pants, skirt, or shorts as applicable; white deck shoes. All officials please arrive one hour before the meet start time for assignments and briefing.

Timers: The host team will provide timers for this meet. There will be 2 timers per lane.

Scoring: This meet will not be scored.

Order of Events

Distances are in SC Yards

Friday, February 21

Warmup- 4:30 pm / Start- 5:30 pm

1	10 & Under 500 FR*	2
3	11-14 1000 FR*	4

Saturday, February 22

Prelims: Warmup- 8:00 am / Start- 9:00 am

Finals: Warmup- 4:00 pm / Start- 5:00 pm

5	10 & Under 200 Free Relay^	6
7	11-12 400 Free Relay^	8
9	13-14 400 Free Relay^	10
11	14 & Under 200 FR	12
13	14 & Under 50 BK	14
15	14 & Under 100 FLY	16
17	12 & Under 100 IM	18
19	11-14 200 BK	20
21	14 & Under 100 BR	22
23	14 & Under 50 FR	24
25	11-14 400 IM*	26

Sunday, February 23

Prelims: Warmup- 8:00 am / Start- 9:00 am

Finals: Warmup- 4:00 pm / Start- 5:00 pm

27	10 & Under 200 Medley Relay^	28
29	11-12 400 Medley Relay^	30
31	13-14 400 Medley Relay^	32
33	14 & Under 200 IM	34
35	14 & Under 50 BR	36
37	11-14 200 FLY	38
39	14 & Under 100 FR	40
41	11-14 200 BR	42
43	14 & Under 100 BK	44
45	14 & Under 50 FLY	46
47	11-14 500 FR*	48

* - Event requires positive check-in.

^ - All relay events will be swum at Finals only.

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.