

COR SWIMMING
COR CUP
February 28- March 2, 2025

Sanction #: **NT 019-25**

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) before the first day of the meet and show proof of completion in their Deck Pass account before 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.

Venue:

Garland ISD Natatorium – 2585 Firewheel Pkwy Garland, TX 75040

Facility:

Two 8 – 10 lane 25-yard pools. At least 6 x 25-yard lanes will be available for continuous warm and warm down. Deck seating for athletes 800. Gen 7 timing and Meet Manager Software will be used. Deck Space for 800 individuals.

Water Depth: 6 feet 8 inches at both the start and turn end.

Course

Certification: The competition course has not been certified per 104.2.2C (4).

Spectator

Information:

Spectator seating for 1200. Spectators have a clear bag policy and no outside food or drink is allowed. No empty mugs or containers will be allowed in the facility. There is a concession stand on the spectator level. No overnight parking on the premises. Overflow parking at Tom Thumb.

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. The conduct of the sanctioned event shall conform 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, **Garland ISD, and COR** shall be free from any liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising because 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:

Garland ISD has part-time American Red Cross certified lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

USA Swimming

Registration:

All swimmers, coaches, and officials participating in this competition must be currently (**2025**) registered with USA Swimming. **All Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming Dashboard 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 Dashboard. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This meet is for 15 and over swimmers. Friday night will be timed finals. Saturday and Sunday will be prelims/finals. All events will be seeded fast to slow. In prelims for 200 and down, the 1st 3 heats will be circle-seeded. There will be 4 heats of finals at night swum slow to fast in D, C, Consolation, and Final format.

The 1650-yard free will be offered on Sunday at the end of prelims as a timed final event. All swimmers entered in the 1650 will swim at the end of prelims. There will be a 20-minute break before the start. The event will be seeded fast to slow and will alternate between women/men.

There will be a positive check-in for all Friday night events and the 1650 free.

Positive check-in for all Friday night events will close 15 minutes after the start of Warm UP.

Positive check-in for Sunday's 1650 free will close at 6:00 PM Saturday.

All other events will be pre-seeded.

There will not be a penalty for missing a prelim event.

Swimmers will need to provide their own counters for the 500 free. Swimmers entered in the 1650 Free must provide their own timers and counters.

COR reserves the right to change warm-up times, meet start times, and the number of pools or lanes used for prelims and finals.

All information will be provided to coaches by Monday, February 14, 2025.

Heat Sheets: Will be on Meet Mobile

Qualifying

Times: No Qualifying Times

Age-Up Date: February 28, 2025

Restrictions: Swimmers may swim up to 3 events per day. All times must be entered in yards.

Teams

Invited: North Texas Teams and any team invited by COR.

Entry

Deadline: All entries must be received by Thursday, February 20, 2025, by 4:00 pm

Entry

Procedures: All teams with five or more swimmers must submit entries using the 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 the 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: Dan Hafner dan@corswim.org 248-417-6679

Scratch Rule: 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 bonus final heats, consolation final heat, and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For those swimmers who qualify top 32 or 40 depending on pool configuration 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 will not be penalized for Failure to Compete in an event during

prelims; however, it will count as an event towards the ~~the~~ number of events per meet restrictions. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control at the discretion of the Meet Referee.

**Clerk of
Course:**

Will be located on the deck near the swimmer entrance for check-in for 400IM, 500 Free, 1650 Free, and for scratches of finals swims. We ask anyone who is not swimming in finals to make sure they scratch.

**Daily
Schedule:**

Friday, February 28, 2025, Timed Finals

Timed Finals: Warm Up: 4:15 PM Meet Start 5:30 PM

Pace Lanes 5:00-5:20 PM Lanes 1 and 8

One-way Sprint 5:00-5:20 PM Lanes 2 and 7

The competition Pool closed at 5:20 pm

Saturday, March 1, and Sunday, March 2, 2025.

Prelims: Warm Up: 7:00 AM Meet Start: 8:30 AM

Pace Lanes: 7:50-8:20 AM Lanes 1 and 8

One-Way Sprint: 7:50-8:20 AM Lane 2,3,6,7

Competition Pool Closed 8:20 AM

Finals: Warm Up: 4:00 PM Meet Start: 5:00 PM

Pace Lanes: 4:30-4:50 PM Lanes 1 and 8

One-Way Sprint: 4:30-4:50 PM Lane 2,3,6,7

The competition Pool Closed 4:50 PM

Entry Fees: Individual Event: 10.00
Surcharge: 30.00 (\$3.00 will go to North Texas Swimming, Inc.)

Make checks payable to COR Swimming
Either bring the check to the meet or mail it to:
Maggie Shook
316 Ladyfern Way
Garland TX, 75040

Deck Entries: Deck entries will not be accepted. No Late Entries.

Meet Staff: **Meet Referee:** Jane Maxvill – Nadia Atumah
Starter: Trish Herskovitz
Stroke & Turn Officials: Ronny Pewitt / Jodie Michalski
Admin Official (or Referee): Lisa Stults / Larry Breazeale
Meet Director: Kelly Belknap kelly_belknap@yahoo.com
Dan Hafner dan@corswim.org
Head Safety Marshall: Jamie Mulford
Club Safe Sport Chair: Jennifer Sandidge

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.

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.

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 made are required to contact the Meet Director before the beginning of warm-ups. There will be no cell phones, no cameras, or other recording devices allowed behind the starting blocks.

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 assistance 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 2025 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2025 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please get in touch with the Meet Referee for uniform and times to report to meet.

Timers: COR will do its best to provide timers for all the sessions except the 1650 Free. Swimmers must provide their own timers and counters for the 1650 free.

Awards: No Awards

Safe Sport: Coaches and officials will have a designated bathroom for their use on deck by the lifeguard's offices. Locker rooms will be available on the deck for swimmers. Swimmers may not change in any of the restrooms in the hallways or upstairs spectator areas.

Order of Events

Friday February 28	Saturday March 1	Sunday March 2
Timed Finals: Warm Up: 4:30 – 5:20 PM Start: 5:30 PM	Prelims: Warm Up: 7:00-8:20AM Start: 8:30 AM	Prelims: Warm Up: 7:00-8:20AM Start: 8:30 AM
1. W 400IM 2. M 400IM 3. W 500 Free 4. M 500 Free	5. W 200 Free 6. M 200 Free 7. W 100 Fly 8. M 100 Fly 9. W 200 Back 10. M 200 Back 11. W 50 Free 12. M 50 Free 13. W 200 Breast 14. M 200 Breast	15. W 200 IM 16. M 200 IM 17. W 100 Free 18. M 100 Free 19. W 200 Fly 20. M 200 Fly 21. W 100 Back 22. M 100 Back 23. W 100 Breast 24. M 100 Breast 25. W 1650 Free 26. M 1650 Free
	Finals: Warm-Up: 4:00-4:50PM Start: 5:00 PM	Finals: Warm-Up: 4:00-4:50PM Start: 5:00 PM
	5. W 200 Free 6. M 200 Free 7. W 100 Fly 8. M 100 Fly 9. W 200 Back 10. M 200 Back 11. W 50 Free 12. M 50 Free 13. W 200 Breast 14. M 200 Breast	15. W 200IM 16. M 200 IM 17. W 100 Free 18. M 100 Free 19. W 200 Fly 20. M 200 Fly 21. W 100 Back 22. M 100 Back 23. W 100 Breast 24. M 100 Breast

D-Final, Bonus, Consolation, and Championship Finals for all events. Women's and Men's 400IM, 500 Free, and 1650 yard free will be conducted as timed finals.

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.



Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

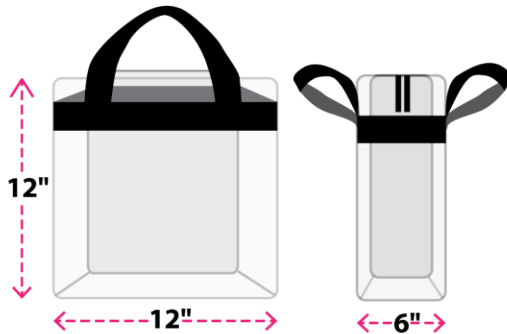
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

LARGE BAGS

CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



OR

One-Gallon Resealable, Clear PLASTIC STORAGE BAG



SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"

