

Iron Horse Aquatics

Leaping into Spring 14 & Under BB/B/C Meet

March 8th – 9th 2025

- Sanction #:** NT 020-25
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 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.
- Venue:** Bruce Eubanks Natatorium
7411 N. First St
Frisco, TX 75033
- Facility:** **Eubanks Natatorium** 8 x 25 Yard Pool with 10 lanes open for continuous warm-up / warm-down
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 6 feet 11 inches at the turn end measured for a distance of 1.0 meter to 5.0 meters from end wall to bulkhead.
- Course Certification:** The competition course **has not** been certified in accordance with 104.2.2C (4).
- Spectator Information:** Spectator seating for 800. No food or outside drinks are permitted in the Spectator seating areas or lobby areas.
- 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 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, **Bruce Eubanks Natatorium** 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:** **Bruce Eubanks Natatorium and FISD Swim Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are 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 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: This is a timed finals BB/B/C meet, seeded fastest to slowest in each event. Athletes may enter any event up to the daily maximum that they have not yet achieved an "A" time in. The 500 free will be a positive check-in event and will be limited to the top 8 10 & Under boys and girls, and top 24 boys and girls in 11-12 and 13-14 groups. The meet host will communicate which pool each age group will be swimming at and reserves the right to modify the session/timeline for each day of the meet according to the number of entries received. **Any changes to the meet information will be communicated to all teams attending by Tuesday March 4th.**

Heat Sheets: Heat sheets will be made available on Meet Mobile.

Qualifying

Times: Athletes may enter any event, up to the event maximum, that they have not achieved an "A" time standard in their current age group.

Age-Up Date: The age of the swimmer will be his/her age on March 8th, 2025.

Restrictions: Swimmers may participate in 4 individual events per day, up to the meet limit of 8 events. All events are short course yards. **There is a hard cap of 350 athletes per session that will be strictly enforced.**

Teams

Invited: All teams in Group A of North Texas Swimming (MTRO, LAC East Teams, STAR, PAC, SSCT, BOSS) are invited.

Entry

Deadline: All entries must be received Thursday, March 2nd by 6:00pm CST. Entries should be emailed to franksma@friscoisd.org.

Entry

Procedures: All teams with five or more swimmers must submit their 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 with your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Daily

Schedule:

Saturday 12 & Under					
Doors Open	6:45 AM	Meet Warm-up	7:00 - 7:30	Meet Starts	8:15 AM
			7:30 - 8:00		
Saturday 13 - 14					
Doors Open	12:30 PM	Meet Warm-up	12:45 - 1:15	Meet Starts	2:00 PM
			1:15 - 1:45		
Saturday 12 & Under					
Doors Open	6:45 AM	Meet Warm-up	7:00 - 7:30	Meet Starts	8:15 AM
			7:30 - 8:00		
Saturday 13 - 14					
Doors Open	12:30 PM	Meet Warm-up	12:45 - 1:15	Meet Starts	2:00 PM
			1:15 - 1:45		

Entry Fees: Individual Event: \$6.00 per event
Surcharge: \$12.00 per athlete (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: There will be no deck entries at this meet.

Meet Staff: **Meet Referee:** Stephanie Minervini
Starter: Suba Vedala
Stroke & Turn Officials: Ethel Hom, Rob Garagiola, Vien Nguyen, Reid Dolly
Admin Official (or Referee): Melissa Howard / Christine Simatacolos
Meet Director: Justin Bilgri
Head Safety Marshall: Bryan Bookhammer
Club Safe Sport Chair: Justin Bilgri

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. 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.

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 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 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.

Timers: The host team will attempt to provide timers for all sessions of the meet. If timers are needed from other teams the meet director will reach out to the head coaches of the teams attending with a sign-up genius to attempt to have all timers secured prior to the start of any session.

Awards: Ribbons will be awarded to the top 8 finishers in each age group and event.

Scoring: This meet will not be scored.

Order of Events

	Saturday March 8th	
	<i>12 & Under Session</i>	
1	12 & Under 500 Free	2
3	12 & Under 100 IM	4
5	12 & Under 50 Butterfly	6
7	12 & Under 200 Free	8
9	12 & Under 100 Back	10
11	11-12 200 Fly	12
13	12 & Under 100 Breast	14
15	12 & Under 50 Free	16

	Saturday March 8th	
	<i>13-14 Session</i>	
17	500 Free	18
19	50 Butterfly	20
21	200 Free	22
23	100 Back	24
25	200 Fly	26
27	100 Breast	28
29	50 Free	30

	Sunday March 9th	
	<i>12 & Under Session</i>	
31	11- 12 200 Back	32
33	100 Butterfly	34
35	11-12 200 Breast	36
37	100 Free	38
39	50 Breaststroke	40
41	200 IM	42
43	50 Back	44

	Sunday March 9th	
	<i>13 & Over Session</i>	
45	200 Back	46
47	100 Butterfly	48
49	200 Breast	50
51	100 Free	52
53	50 Breaststroke	54
55	200 IM	56
57	50 Back	58

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.