

2025 SMU LONG COURSE MEET

HOSTED BY
SMU Swimming
SMU Robson & Lindley Aquatic Center,
Barr-McMillion Natatorium and Holt Hickman Outdoor Pool

April 25-26, 2025

Sanction #: NT 045-25

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: Holt Hickman Outdoor Pool, SMU Robson & Lindley Aquatic Center and Barr-McMillion Natatorium 5550 SMU Blvd Dallas, TX 75206 (east of Central Expressway), Phone: 214-768-2200; website: [SMU Natatorium](#)

Facility: Outdoor 1 x 50-meter course, 8 lanes (8' wide), with blocks and touchpads. The facility is equipped with a Colorado timing system and Hy-Tek Meet Manager.

Water Depth: The minimum water depth measured in accordance with Article 103.2.3 is 7 feet 00 inches at the start end and the turn end is 14 feet 00 inches 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) of USA Swimming rules and is not on file with USA Swimming.

Spectator

Information: Spectator seating is on the bleachers next to the building. Only Coaches, Officials and volunteers are allowed on deck.

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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, SMU Robson & Lindley Aquatic Center, Barr-McMillion Natatorium and Holt Hickman Outdoor Pool 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.

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 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 two-day timed final event.

The maximum number of individual events per day is three (3).

All events will be seeded fastest to slowest.

The 800/1500 Free will be swum as a combined event.

Check In: Positive check-in is required for the 400 Free, 800/1500 Free, and 400 IM.

Age-Up Date: The age of the swimmer will be his/her age on April 25, 2025.

Teams

Invited: This meet is an SMU Intrasquad meet.

Entry

Deadline: Friday, April 18 at 11:59pm.

Entry

Procedures: Swimmers should enter events with their best LCM times. Swimmers with no long course times should enter with non-conforming times. Enter all events at actual times, not at time standards. All times must be provable in SWIMS (or equivalent international database).

All team entries shall be submitted using Hy-Tek Team Manager or its equivalent, the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, must pay double the entry fees to SMU Swimming.

Submit entries by E-mail (preferred method) to Entries Chair with an attached file of the meet entries report (listing the swimmer, USA Swimming ID, and entries by swimmer) and a meet entry fee report. If you need to submit entries in another format, please contact the Entries Chair to make other arrangements. 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: Sarah Stallkamp; Phone: (214-768-2200)

E-mail: ssallkamp@smu.edu

Daily

Schedule:

Friday, April 25	Warm-Up: 4:00pm, Meet Start: 5:00pm
Saturday, April 26	Warm-Up: 9:00am, Meet Start 10:00am

Entry Fees: Flat Fee: \$15.00 per swimmer (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: Deck entries are accepted on deck only until 30 minutes before session start. Deck entries will fill open lanes. Additional heats will be created if necessary.

Swimmers not previously entered in the meet must present their 2025 USA Swimming Member ID to deck enter. Swimmer must present proof of best times report from USA Swimming's Swims database.

Meet Staff: **Meet Referee:** Stephanie Minervini
Meet Director: Sarah Stallkamp

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. 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. (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 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. Uniform for the entire meet will be White shirts over Navy slacks, shorts. White shoes & socks.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed. The meet referee has discretion to start the meet with one backup timer per lane, in the event a sufficient number of volunteers are not present.

Awards: There are no individual award given at this meet.

Scoring: The meet will not be scored.

Order of Events

Friday, April 25, 2025

Finals: Warm-Up: 3:30-4:50 PM Finals Start: 5:00 PM		
<u>Women</u>	<u>Event</u>	<u>Men</u>
1	200 Free	2
3	50 Fly	4
5	100 Breast	6
7	100 Back	8
9	200 Fly	10
11	50 Free	12
13	400 IM	14
15	800/1500 Free	16

Saturday, April 26, 2025

Finals: Warm-Up: 7:30-9:45 AM Finals Start: 10:00 AM		
<u>Women</u>	<u>Event</u>	<u>Men</u>
17	100 Free	18
19	200 Back	20
21	200 Breast	22
23	100 Fly	24
25	200 IM	26
27	50 Back	28
29	50 Breast	30
31	400 Free	32

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.