

Lifetime IMX Meet

April 5th 2025

Sanction #: NT 025-25

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: Lifetime McKinney at Craig Ranch, 7910 Collin McKinney Pkwy, McKinney, TX 75070

Facility: 1 x 50-meter course 8 Lane (Competing in 6) with blocks and touch pads. 2 Lane short course pool and 1 lane Long course for warm up and cool down. Colorado Timing System. Hy-Tek Meet Manager.

Water Depth: The water depth is 4'11 inches from start to end.

Course Certification: The competition course has not been certified in accordance with 104.2.2C (4).

Spectator Information: Only coaches, athletes, essential volunteers, and officials will be allowed on the deck. Ample space for spectators in the courtyard to the pool. Canopies and lawn chairs will be permitted.

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, Life Time McKinney at Craig Ranch 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: Life Time McKinney at Craig Ranch has Full Time and Part Time Star Guard 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: Meet will be pre-seeded for events 200 meters and shorter. *The 400 meter distances will be deck seeded and will have a check-in 30 minutes before the start of the meet*

Heat Sheets: Will be sold through Meet Mobile.

Qualifying Times:

Events 50 in distance – NT/Open

Events 100 in distance – NT/open

Events 200 in distance – NT/Open

Events 400 and Above -" B" minimum

Age-Up Date: The age of the swimmer will be his/her age on April 5,2025

Restrictions: Swimmers are limited 6 events per day

Teams Invited: Lifetime, Fit N Wise, AAC

Entry Deadline: All entries shall be received, not later than 6:00pm, Thursday, March 27th 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: Hmaher@lt.life

Schedule:

Saturday

Warm up 1 LIFE – 7:30-8:10 am

Warm up 2 AAC/Fit-N-Wise- 8:10-8:50 am

Meet Start 9:00am

Entry Fees: Individual Event: 6.00
Surcharge:18.00
(\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries Allowed.

Meet Staff: **Meet Referee:** Adriane Sparks
Starter: Cindy Reynolds
Stroke & Turn Officials: Dianna Koch & May Hoang
Admin Official (or Referee): Amanda Wygant
Meet Director: Megan Cantu
Head Safety Marshall: Elsa Odom
Club Safe Sport Chair: Megan Cantu

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 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. The uniform will be white over navy pants, shorts, or skirts along with white shoes.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed.

Awards: There will be no awards

ORDER	OF	EVENTS	(Distances are in LC meters)
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
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94	94	94	94
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99	99	99	99
100	100	100	100

Saturday	April	5
Warmup 1-7:30-8:10am	Warm-up 2-8:10-8:50	am
9:00 am start		

1	Open 200 IM	2
3	13& Over 400 IM	4
5	12& Under 50 Fly	6
7	Open 100 Fly	8
9	13 & OVER 200 Fly	10

11	12 & UNDER 50 Back	12
13	Open 100 Back	14
15	13 & Over 200 Back	16
17	12 & UNDER 50 Breast	18
19	Open 100 Breast	20
21	13 & Over 200 Breast	22
23	12 & under 50 Free	24
25	Open 100 Free	26
27	Open 200 Free	28
29	11 & OVER 400 FREESTYLE	30