



COR

MAY BB and Over Meet

MAY 16-18, 2025

- Sanction #:** NT 034-25
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:** 8-lane 50-meter pool. 6 x 25 Yard lanes will be available for Warm Up / Warm Down. Colorado Gen 7 Timing and Meet Manager will be used
- Water Depth:** 6 feet 8 inches at start and turn end.
- Course Certification:** The competition course has not been certified per 104.2.2C (4).
- Spectator Information:** Seating is available for up to 1200. Garland ISD has a no outside food or drink and clear bag policy for spectators. No empty mugs, cups, or apparatus to contain a liquid is allowed. There is no overnight parking allowed on the premises.
- 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. 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 participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD, and COR Swimming 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.
- USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be current 2025 registered with USA Swimming. All Coaches must 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 ID 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 ID. Current national and LSC regulations do not allow for exceptions to these policies.



Meet Format: This swim meet is timed finals. Seeding will be done fast to slow. Seeding will be done LCM, SCY, and SCM. COR reserves the right to run fly-over starts, use chase starts with odd/even heats, change warm-up times, combine/separate all sessions, and/or change start times depending on meet size. We will swim 13 and over together and 12 and under together. All events will be pre-seeded.

Heat Sheets: Available on Meet Mobile

Qualifying

Times: Swimmers must have achieved a 2025-2028 BB or above in their age group. 15 and over will use the 15-16 BB time standards.

Age-Up Date: Swimmers age on May 16, 2025, will be their age for the meet

Restrictions: Max entries of 4 individual events per day.

Teams

Invited: North Texas East Division.

Entry

Deadline: All entries must be received by 4:00 PM May 8, 2025.

Entry

Procedures: Hy-Tek or Team Unify export file accompanied by a hard copy in an email.

Daily

Schedule: Warm-ups will be conducted by the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template. No Assigned Warm Up.

Friday: Meet Start 5:30 PM

General Warm Up:	4:15-5:00	
Push Pace:	5:00-5:15	Lane 1/8
Dive Starts:	5:00-5:15	Lane 2,3,6,7
General WU:	5:00-5:15	Lane 4,5

Saturday and Sunday AM: Meet Start 9:00 AM

General Warm Up All Lanes:	7:45-8:30 am	
Push/Pace:	8:30-8:45 am	Lanes 1/8
Dive Starts:	8:30-8:45 am	Lanes 2/3 from bulkhead (diving well)
Dive Starts:	8:30-8:45 am	Lanes 6/7 from Start End
General WU:	8:30-8:45 am	Lanes 4/5

Saturday and Sunday PM: Meet Start 1:00 PM

General Warm UP All Lanes:	12:15-12:40 pm	
Dive Starts:	12:40-12:50 pm	Lanes 2-7
General WU:	12:40-12:50 pm	Lanes 1-8

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

Make check payable to: COR Swimming
Bring an entry fee check to the meet or mail it to:
Maggie Shook
316 Ladyfern Way
Garland TX 75040

Deck Entries: No Deck entries.



Meet Staff: **Meet Referee:** Nadia Atumah Nadia_Atumah@bcbstx.com 972 4005218
Starter: Trish Herskovitz
Stroke & Turn Officials: Ronny Pewitt, Jodie Michalski
Admin Official (or Referee): Larry Breazeale
Meet Director: Jen Pewitt jennifer.pewitt@att.net
Dan Hafner dan@corswim.org
Head Safety Marshall: Jamie Mulford
Club Safe Sport Chair: Jennifer Sandidge

Medical

Supervision: Lifeguards and AED will be available to athletes participating in the meet.

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. 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 before 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 current 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: COR will plan to provide timers for all sessions. Volunteers may be needed.
Awards: No Awards

Scoring: No Scoring



Order of Events

Friday, May 16, 2025

Warm Up 4:15

Meet Start 5:30

Girls	13 and Over Events	Boys
1	13 and over 400 Free	2
3	13 and over 400 IM	4

Saturday, May 17, 2025

Warm Up: 7:45 AM

Meet Start: 9:00 AM

Girls	13 and Over Events	Boys
5	200 Back	6
7	100 Free	8
9	100 Breast	10
11	200 Fly	12
13	200 IM	14

Saturday, May 17, 2025

Warm Up: 12:15

Event Start 1:00

Girls	12 and Under Events	Boys
15	11-12 200 Breast	16
17	100 Free	18
19	11-12 200 Fly	20
21	50 Fly	22
23	100 back	24
25	50 Breast	26
27	200 IM	28

Sunday, May 18, 2025

Warm Up: 7:45 AM

Meet Start: 9:00 AM

Girls	13 and Over Events	Boys
29	200 Free	30
31	200 Breast	32
33	100 Fly	34
35	100 Back	36
37	50 Free	38

Sunday, May 18, 2025

Warm UP: 12:15 PM

Meet Start: 1:00 PM

Girls	12 and Under Events	Boys
39	200 Free	40
41	11-12 200 Back	42
43	50 Back	44
45	100 Breast	46
47	100 Fly	48
49	50 Free	50



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.

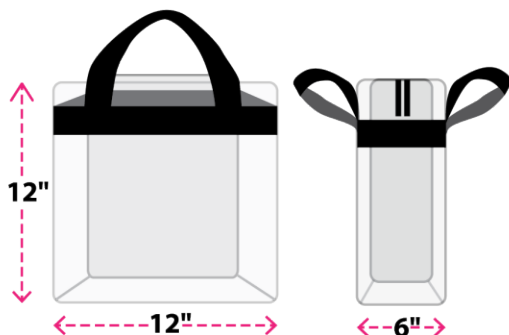
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- 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

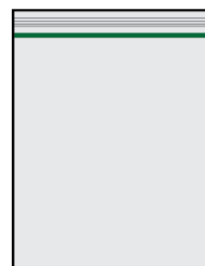
CLEAR TOTE

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"

