

Hosted by Metroplex Aquatics
2025 Metro May Meet
B/C Group A Short Course
May 3-4, 2025

- Sanction #:** **NT 023-25**
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 Deck Pass 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:** Garland ISD Natatorium 2485 Firewheel Pkwy Garland, TX 75040
- Facility:** Two 8 or 10 x 25 yard lanes pools. At least 6 x 25 yard lanes will be available for warm up/warm down. Colorado Gen 7 Timing and Meet Manager software will be used. Deck Space for 800 individuals
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Facility Rules:** Spectators are allowed at the meet according to Garland ISD Policies, free of charge. The pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. **Garland ISD has a clear bag policy and no outside food/drinks including any cups, tumblers, water bottles etc empty or not for spectators. Concessions will be open. No overnight parking is allowed on the premises.**
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Seating for 1200. Pool deck will have plenty of bleacher seating, athletes do not need to bring chairs. In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool.
- 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, Garland ISD and Metroplex Aquatics 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.
- Teams Invited:** Group A NT Swimming
- Age up date:** The age of the swimmer will be his/her age on 5/3/25.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member in 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.

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

Meet Format: All events will be pre-seeded fastest to slowest and conducted as timed finals swimming. Flyover starts will be used. All swimmers must provide own timer and counter for the 500 Free.

Heat Sheets: Heat sheets and results will be posted on Meet Mobile for the parents. Meet programs will not be sold.

Qualifying

Times: Swimmers may enter any event that they have slower than an BB time standard for their age group. Swimmers without times will be accepted. 2024-2028 Motivational Standards will be used.

Restrictions: Swimmers may enter up to four (4) individual events per day.

Deadline: Individual entries are due no later than 6:00 pm on Thursday, April 24, 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: Lisa Stults lisa0908@att.net

Entry Fees: \$6.00 per individual event. \$30.00 surcharge per swimmer will apply, \$3.00 will be sent to NT Swimming, Entry fees from teams must be postmarked by 5/28/25 or brought to the meet. Refunds will not be given for any reason. Zelle payment accepted to email -- metrotreasurer@metro-aquatics.org

Make checks payable to: Metroplex Aquatics

Send checks to: Metroplex Aquatics

1314 W. McDermott Dr.

Suite 106, #521

Allen, TX 75013

Deck Entries: Late entries will be accepted up to 45 minutes prior to the start of each session, if there is an open lane after seeding at \$10.00 per individual event. Swimmers not previously entered in the meet must present their 2025 USA Swimming membership to deck enter. Any athlete late entering an event MUST present a current print out of their short course and long course best times from SWIMS from the USA Swimming Website. Any athlete not currently in the meet will pay the \$30 surcharge.

Meet Staff: **Referee:** Tami Stangl
Starters: Ron Weimer
Stroke & Turn: David Aiello, Jane Maxvill and John Chou
Admin: Lisa Stults lisa0908@att.net
Meet Directors: Don Evans

Head Safety Marshall: Don Evans
Club Safe Sport Chair: Jay Bolinger

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. (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 acknowledged by USA Swimming. Uniform for entire meet is white over blue. Please email the Meet Referee prior to the meet with your availability and current certifications. Report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: The host team will provide timers for this meet. Volunteer timers from other teams are welcomed as well. Distance events may need to provide their own timer and will need to provide a lap counter.

Awards/Score: No awards will be given at this meet and no scores.

Schedule:

Saturday May 3	Group 1 --- 7:30-8am	Sunday May 4	Group 2 -- 7:30-8am
	Group 2 --- 8-8:30am		Group 1 – 8-8:30 am
	dives all 8:30-8:50am	Meet Starts 9:00am	
Afternoons TBD (warm-up will start when morning session is scheduled to finish)			

Team Groups and afternoon start time will be decided once entries are received. Warm-up may be modified at the meet director's discretion. Updates will be posted at www.metro-aquatics.org by Tuesday, 4/29/25.

Order of Events

All entered events must be slower than BB time standard for their age group.

Saturday, May 3, 2025 **Warm-up 7:30am / Start 9:00am**

Girl	Event	Boy
1	12&Under 100 Back	2
3	12&Under 200 IM	4
5	12&Under 50 Fly	6
7	12&Under 100 Breast	8
9	12&Under 50 Back	10
11	12&Under 100 Free	12

Saturday, May 3, 2025 **Warm-up TBD / Start TBD**

Girl	Event	Boy
13	13&Over 200 Back	14
15	13&Over 200 IM	16
17	13&Over 100 Breast	18
19	13&Over 200 Fly	20
21	13&Over 100 Free	22

Sunday, May 4, 2025 **Warm-up 7:30am / Start 9:00am**

Girl	Event	Boy
23	12&Under 200 Free	24
25	12&Under 50 Breast	26
27	12&Under 100 Fly	28
29	12 &Under 100 IM	30
31	12&Under 50 Free	32
33	12&Under 500 Free	34

Sunday, May 4, 2025 **Warm-up TBD / Start TBD**

Girl	Event	Boy
35	13&Over 200 Free	36
37	13&Over 100 Back	38
39	13&Over 100 Fly	40
41	13&Over 200 Breast	42
43	13&Over 50 Free	44
45	13&Over 500 Free	46

500 Free --swimmer will provide own timer and counter and will alternate girl/boy if in same pool.

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.

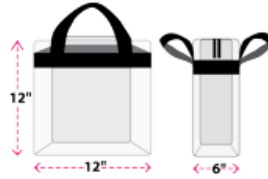
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- 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

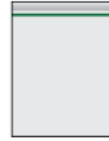
CLEAR TOTE

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



OR

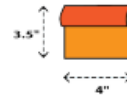
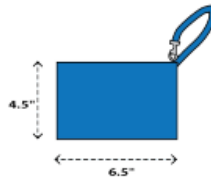
One-Gallon Resealable, Clear PLASTIC STORAGE BAG



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"



NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

(Adjust according to your pool and current policies and 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
8 Lanes	1 and 8	2 and 7	3 through 6
10 Lanes	1 and 10	2 and 9	3 through 8

- 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.