

Life Time Texas Classic

Open to Life Time Fitness Swim Teams

June 13-15, 2025

- Sanction #:** NT 038-25
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:** Life Time McKinney at Craig Ranch, 7910 Collin McKinney Pkwy, McKinney, TX 75070
- Facility:** 1 x 50-meter course 8 Lane (Competing in 7) 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 Starguard Elite 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 meet is a prelims/ final meet for individual events except for 11& over athletes; 10 & Under events which will be swum as timed finals.

11 & Over 800/1500 freestyle will be swum during prelim morning sessions as timed finals events. Athletes will need to provide their own timers and counters.

All relays will be swum as timed final events in prelims.

Prelims: Events 200 meters and below will be pre-seeded slowest to fastest.

Events 400 meters and above will be deck seeded and will have a check-in 30 minutes before the start of the prelim session on the day the event will swim.

Athletes participating in events 800 and above will need to provide their own timers in prelims.

Athletes in the 400/800/1500 Meter Freestyle will need to provide their own counter.

Finals Declaration: Athletes must declare their intent to swim or not finals within 30 minutes of the event results being announced.

Finals: Top 14 will advance to finals with A Final/ B Final format swimming slowest to fastest.

Heat Sheets: Will be available through Meet Mobile.

Qualifying Times: There are no qualifying times for this meet for all 11 & over events. For 10 & under events there will be no qualifying times for all events 200 meters and shorter. For all 400 meters and longer, the 2024-2028 Age Group Motivational Time Standards will be used.

10 & Under Girls 400 Meter Freestyle 7:01.69

10 & Under Boys 400 Meter Freestyle 6:52.49

Age-Up Date: The age of the swimmer will be his/her age on June 13, 2025.

Restrictions: Swimmers are limited 3 events per day

Teams: **Open only to Life Time Swim Teams-** Life Time Dallas, Life Time Houston, Life Time Central Texas, Life Time Oklahoma

Entry Deadline: All entries shall be received, not later than 6:00 pm Thursday June 5th, 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.

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.

The meet host reserves the right to modify including, but not limited to: warm-up, start times, pool configurations for competition, etc. after entries are received and a meet timeline is established.

Entries Chair: Hmaher@lt.life Heather Maher

**Daily
Schedule:**

Friday (Session 1)- Prelims

Warm up LIFE – 7:30-8:10am, Teams to be assigned

Warm up LIFE- 8:10-8:50 am. Teams to be assigned

Meet Start - 9:00am

Friday (Session 2) – Finals

Warm up – 4:30 – 5:20pm

Meet Start – 5:30pm

Saturday (Session 3)- Prelims

Warm up LIFE – 7:30-8:10 am, Teams to be assigned

Warm up LIFE- 8:10-8:50 am Teams to be assigned

Meet Start 9:00am

Saturday (Session 4) – Finals

Warm up – 4:30 – 5:20pm

Meet Start – 5:30pm

Sunday (Session 5)- Prelims

Warm up LIFE – 7:30-8:10am Teams to be assigned

Warm up LIFE- 8:10-8:50am Teams to be assigned

Meet Start - 9:00am

Sunday (Session 6) – Finals

Warm up – 4:30 – 5:20pm

Meet Start – 5:30pm

Entry Fees: Individual Event: \$10.00
Relay Event: \$12.00
Meet Surcharge: \$25.00 (*\$3.00 will go to North Texas Swimming, Inc.*)

Deck Entries: No Deck Entries Allowed.

Meet Staff: **Meet Referee:** Amanda Wygant
Starter: Cindy Reynolds
Stroke & Turn Officials: Diane Koch & May Hounng
Admin Referee: Ann Lang
Admin Official: Ann Lang
Colorado Timing: Garrett Kipe
Meet Director: Megan Cantu
Head Safety Marshall: Heather Maher
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. 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. The uniform will be white over navy pants, shorts, or skirts along with white shoes.

Timers: Teams will be assigned lane timing responsibilities based on the number of athletes entered in the meet. Swimmers will need to provide their own timers and/or counters for the 800/1500 Meter Freestyles.

Awards: Medals will be awarded in each event 1st- 3rd. Ribbons will be awarded for 4th-7th. Awards will be given as follows: 10 & Under, 11-12, 13 – 14, 15 & Over for individual and relay events.

Scoring: Scoring will occur according to award criteria.

Lodging:

Home2 Suites By Hilton

2630 South Central Expressway

McKinney, Texas 75070

469-679-5045, reference LifeTime Swim

(4) Queen Suites + Sofa Bed w/ Kitchenette - (Sleeps up to 4 Guest) Rate: \$115

(4) Double Queen Suites w/ Kitchenette - (Sleeps up to 4 Guest) Rate: \$125

48 Hour Cancellation Policy

Breakfast is complimentary

Free self-parking

No Wi-Fi Fees

Springhill Suites by Marriott

2660 South Central Expressway

McKinney, Texas 75070

469-679-5047, reference LifeTime Swim

(4) King Suites + Sofa Bed- (Sleeps up to 4 Guest) Rate: \$115

(4) Double Queen Suites + Sofa Bed - (Sleeps up to 6 Guest) Rate: \$129

48 Hour Cancellation Policy

Breakfast is complimentary

Free self-parking

No Wi-Fi Fees

Courtyard by Marriott Dallas/Allen at Allen Event Center

210 East Stacy Road

Allen, TX 75002

214-383-1151, reference LifeTime Swim

(10) Standard Room: 2 Queen Beds (no pull-out couch bed) Rate: \$149

Guest Check-In at 3:00 PM on arrival day. Any guest wishing special consideration for late checkout should inquire at the front desk on the day of departure.

Complimentary parking is available in the parking garage across from the hotel.

Breakfast: Room rates listed above are non-inclusive of Breakfast. The breakfast buffet is available at \$15++ per person, per day.

Order of Events

<u>Girls</u>		<u>Boys</u>
Event No.	Friday, June 13, 2025	Event No.
1	15 & Over 200 Meter Freestyle Relay – Timed Finals	2
3	13-14 200 Meter Freestyle Relay- Timed Finals	4
5	11-12 200 Meter Freestyle Relay – Timed Finals	6
7	10 & Under 200 Meter Freestyle Relay – Timed Finals	8
9	15 & Over 100 Meter Freestyle	10
11	13-14 100 Meter Freestyle	12
13	11-12 100 Meter Freestyle	14
15	10 & Under 50 Meter Freestyle – Timed Finals	16
17	15 & Over 50 Meter Backstroke	18
19	13-14 50 Meter Backstroke	20
21	11-12 50 Meter Backstroke	22
23	10 & Under 100 Meter Backstroke – Timed Finals	24
25	15 & Over 200 Meter Individual Medley	26
27	13-14 200 Meter Individual Medley	28
29	11-12 400 Meter Individual Medley	30
31	10 & Under 200 Meter Individual Medley – Timed Finals	32
33	15 & Over 100 Meter Breaststroke	34
35	13-14 100 Meter Breaststroke	36
37	11-12 100 Meter Breaststroke	38
39	15 & Over 200 Meter Butterfly	40
41	13-14 200 Meter Butterfly	42
43	11-12 200 Meter Butterfly	44
45	15 & Over 400 Meter Freestyle	46
47	13-14 400 Meter Freestyle	48
49	11-12 400 Meter Freestyle	50

51	15 & Over 200 Meter Medley Relay – Timed Finals	52
53	13-14 200 Meter Medley Relay- Timed Finals	54
55	11-12 200 Meter Medley Relay – Timed Finals	56
57	10 & Under Meter Medley Relay – Timed Finals	58

	Saturday, June 14, 2025	
59	15 & Over 400 Medley Relay – Timed Finals	60
61	13-14 400 Meter Medley Relay- Timed Finals	62
63	11-12 400 Medley Relay – Timed Finals	64
65	10 & Under 400 Medley Relay – Timed Finals	66
67	15 & Over 200 Meter Freestyle	68
69	13-14 200 Meter Freestyle	70
71	11-12 200 Meter Freestyle	72
73	10 & Under 100 Meter Freestyle – Timed Finals	74
75	10 & Under 50 Meter Butterfly – Timed Finals	76
77	15 & Over 50 Meter Butterfly	78
79	13-14 50 Meter Butterfly	80
81	11-12 50 Meter Butterfly	82
83	10 & Under 50 Meter Backstroke – Timed Finals	84
85	11-12 100 Meter Backstroke	86
87	13-14 100 Meter Backstroke	88
89	15 & Over 100 Meter Backstroke	90
91	15 & Over 400 Meter Individual Medley	92
93	13-14 400 Individual Medley	94
95	11-12 200 Meter Individual Medley	96
97	10 & Under 400 Meter Freestyle – Timed Finals	98
99	15 & Over 200 Meter Backstroke	100
101	13-14 200 Meter Backstroke	102
103	11-12 200 Meter Backstroke	104
105	15 & Over 800 Meter Freestyle- Timed Finals	106
107	13-14 800 Meter Freestyle- Timed Finals	108
109	11-12 800 Meter Freestyle- Timed Finals	110

	Sunday, June 15, 2025	
111	10 & Under 400 Meter Freestyle Relay – Timed Finals	112

113	11-12 400 Meter Freestyle Relay – Timed Finals	114
115	13-14 400 Meter Freestyle Relay- Timed Finals	116
117	15 & Over 400 Meter Freestyle Relay – Timed Finals	118
119	10 & Under 200 Meter Freestyle – Timed Finals	120
121	15 & Over 50 Meter Freestyle	122
123	13-14 50 Meter Freestyle	124
125	11-12 50 Meter Freestyle	126
127	15 & Over 50 Meter Breaststroke	128
129	13-14 50 Meter Breaststroke	130
131	11-12 50 Meter Breaststroke	132
133	10 & Under 50 Meter Breaststroke – Timed Finals	134
135	15 & Over 100 Meter Butterfly	136
137	13-14 100 Meter Butterfly	138
139	11-12 100 Meter Butterfly	140
141	10 & Under 100 Meter Butterfly – Timed Finals	142
143	15 & Over 200 Meter Breaststroke	144
145	13-14 200 Meter Breaststroke	146
147	11-12 200 Meter Breaststroke	148
149	10 & Under 100 Meter Breaststroke – Timed Finals	150
151	15 & Over 1500 Meter Freestyle- Timed Finals	152
153	13-14 1500 Meter Freestyle- Timed Finals	154
155	11-12 1500 Meter Freestyle- Timed Finals	156

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.