

# Select Team of Aquatic Racers

## We Love Flip Turns! Meet

June 14-15, 2025

- Sanction #:** NT 047-25  
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 or those who turn 18 during the meet) 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:** Garland ISD – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** One or two 8 x 25-yard lanes pools. At least 6 x 25-yard lanes will be available for warm up/warm down. Colorado Timing and Meet Manager software will be used.
- 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.
- Course Certification:** The competition course not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands. Garland has a clear bag policy. No outside food and drink are allowed upstairs.
- 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. 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, Garland ISD Natatorium, Garland ISD, Select Team of Aquatic Racers, and Sell Consulting Group LLC 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:** Garland ISD has Full Time and Part Time American Red Cross 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. **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 ID Card or Deck Pass 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 card or Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

**Meet Format:** Meet will be pre-seeded, fastest to slowest, and will be timed finals. No deck entries allowed. This meet will have 4 sessions. The morning sessions are for 12 & Under and the afternoon sessions will be for 13 & Over.

**Long Distance events:** **Any event over 200 yards will require positive check-in 30 minutes prior to start of meet session.** All swimmers in the 500 Free must provide their own timers and counters. This event will be swum fastest to slowest. The first 3 heats of girls will run first, followed by the first 3 heats of boys. Following heats will alternate girl / boy.

The meet referee has the discretion to combine events, and to determine the order of heats, and to make any other changes to the meet format when deemed appropriate.

Meet host holds the right to modify warm-up/start times/pool configurations for competition after entries are received and a meet timeline is established.

**Heat Sheets:** Heat Sheets will be posted on deck for swimmers, and available for purchase on Meet Mobile.

**Qualifying Times:**

Swimmers may enter any event they have not met the 2024-28 USA Swimming Motivational "A", EXCEPT the 500 Free. All swimmers entering the 500 FR must have a B Time in at least one of the following events: 100 Free, 200 Free, 500 Free.

**Age-Up Date:** The age of the swimmer will be his/her age on June 14, 2025

**Restrictions:** Each athlete will be limited to a maximum of 5 events per day.

**Teams**

**Invited:** Group A North Texas LSC Teams.

**Entry**

**Deadline:** All entries shall be received not later than 6:00PM Central Time on Thursday, June 5, 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:** Sean Sell – info@SelectSwim.com (214) 773-8800

**Daily**

**Schedule:** Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached. Warm up lane assignments will be sent to teams by June 10, 2025.

**Entry Fees:** Individual Event: \$6.00 per individual event  
Relay: \$10.00 per relay  
Surcharge: \$30.00 per swimmer surcharge (\$3.00 will go to North Texas Swimming, Inc.).

Please include a Meet Entry Fee report with your payment. Entry fees must be received by June 5, 2025 or your entries will be removed from the meet. **Refunds will not be given for any reason.**

Make checks payable to: **Select Team of Aquatic Racers**  
Send checks to: **Select Team of Aquatic Racers**  
**Attn: Meet Entries**  
**9813 Sota Grande Drive**  
**Plano, TX 75025**

**Deck Entries:** No Deck Entries allowed.

**Meet Staff:** **Meet Referee:** Stephanie Minervini  
**Starter:** James Pepler  
**Stroke & Turn Officials:** Jamie Popp, Didem Mize  
**Admin Official:** Molly Dorsey  
**Meet Director:** Sean Sell  
**Head Safety Marshall:** Sarah Lewis  
**Club Safe Sport Chair:** Sarah Lewis

#### **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 taken 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 two 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 shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated under Article 105.

**Officials:** All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Uniform for the entire meet shall be white over navy.

Officials need to sign up for shifts on Signup Genius on the link below. Officials will receive compensation for each session completed. Officials will be required to submit a W-9 Form in order to receive compensation. Officials will work as contractors and not be eligible for employment with Sell Consulting Group, LLC or Select Team of Aquatic Racers. Apprentice Officials are welcome to attend but will not be eligible for compensation.

**Timers:** The host team will provide backup timers for this meet except for the 500 FR. Each of the eight lanes will have a minimum of one timer operating both a finish button and a stopwatch. There will be one additional back up timer available as well.

**Awards:** There will be no awards.

**Scoring:** There will be no scoring or awards.

**Order of Events**  
**Distances are in SC Yards**

**Saturday, June 14**

**Session 1**

**Warmup – Group A 7:15am - 7:45am / Group B 7:45am - 8:15am**

**Start – 8:30am**

**AM Session 12 & Under**

| Girls Events | Event                          | Boys Events |
|--------------|--------------------------------|-------------|
| 1            | 11 & 12 - 200 yard Backstroke  | 2           |
| 3            | 12 & U - 200 yard Medley Relay | 4           |
| 5            | 12 & U - 200 yard Freestyle    | 6           |
| 7            | 12 & U - 100 yard Butterfly    | 8           |
| 9            | 12 & U - 50 yard Backstroke    | 10          |
| 11           | 12 & U - 100 yard Breaststroke | 12          |
| 13           | 12 & U - 200 yard IM           | 14          |
| 15           | 12 & U - 50 yard Freestyle     | 16          |

**Session 2**  
**Warmup – 12:30pm-1:00pm**  
**Start – 1:15pm**  
**PM Session 13 & Over**

| Girls Events | Event                          | Boys Events |
|--------------|--------------------------------|-------------|
| 17           | 13 & O - 200 yard Breaststroke | 18          |
| 19           | 13 & O - 200 yard Medley Relay | 20          |
| 21           | 13 & O - 100 yard Butterfly    | 22          |
| 23           | 13 & O - 200 yard Freestyle    | 24          |
| 25           | 13 & O - 100 yard Backstroke   | 26          |
| 27           | 13 & 14 – 50 yard Breaststroke | 28          |
| 29           | 13 & O - 400 yard IM           | 30          |
| 31           | 13 & O - 50 yard Freestyle     | 32          |

**Sunday, June 15**  
**Session 3**  
**Warmup – Group A 7:15am-7:45am / Group B 7:45am-8:15am**  
**Start – 8:30am**  
**AM Session 12 & Under**

| Girls Events | Event                           | Boys Event |
|--------------|---------------------------------|------------|
| 33           | 11 & 12 - 200 yard Breaststroke | 34         |
| 35           | 12 & U - 200 yard Free Relay    | 36         |
| 37           | 12 & U - 50 yard Butterfly      | 38         |
| 39           | 12 & U - 100 yard Freestyle     | 40         |
| 41           | 12 & U - 50 yard Breaststroke   | 42         |
| 43           | 12 & U - 100 yard Backstroke    | 44         |
| 45           | 11 & 12 - 200 yard Butterfly    | 46         |
| 47           | 12 & U - 100 yard IM            | 48         |
| 49           | 12 & U - 500 yard Freestyle**   | 50         |

\*\*Must provide own timer and lap counter

**Session 4**  
**Warmup – 12:30pm-1:00pm**  
**Start – 1:15pm**  
**PM Session 13 & Over**

| Girls Events | Event                          | Boys Event |
|--------------|--------------------------------|------------|
| 51           | 13 & O - 200 yard Backstroke   | 52         |
| 53           | 13 & O - 200 Freestyle Relay   | 54         |
| 55           | 13 & 14 – 50 yard Backstroke   | 56         |
| 57           | 13 & O - 200 yard Butterfly    | 58         |
| 59           | 13 & O - 100 yard Freestyle    | 60         |
| 61           | 13 & O - 200 yard IM           | 62         |
| 63           | 13 & O - 100 yard Breaststroke | 64         |
| 65           | 13 & 14 50 yard Butterfly      | 66         |
| 67           | 13 & O - 500 yard Freestyle**  | 68         |

\*\*Must provide own timer and lap counter

# 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.**