

Iron Horse Aquatics

Sr Qualifier

June 27th – June 29th 2025

- Sanction #:** NT 033-25
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:** Bruce Eubanks Natatorium, 7411 North First St, Frisco, TX 75033
- Facility:** 8 lane 50m competition course with starting blocks and touchpads. Colorado Timing System, Hy-Tek Meet Manager.

The FISD Swim Center (7210 Stadium Lane, Frisco, TX 75034), a 20 lane x 25 yard pool, 8 lane x 50 meter pool located next door to the Eubanks Natatorium, will be open for continuous warm-up / warm-down for this meet.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 5 feet 6 inches at the turn end measured for a distance of 1.0 meter to 5.0 meters from end wall to bulkhead.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** **Spectator seating for 800. No food or outside drinks are permitted in the Spectator seating areas or lobby areas.**
- 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, **Bruce Eubanks Natatorium** 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:** **Bruce Eubanks Natatorium**, has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid. (Example of supervision requirement)
- 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 is a long course meters meet. Friday events will be swum as timed finals. Saturday and Sunday will be swum as prelim/final events with A, B and C finals for all 200 events, A, B, C and D finals for all events 100 and below, the 400 free will be swum as timed finals during prelims.

Athletes can swim up to 7 events (the maximum number of individual events per day on Saturday and Sunday is 3).

Timed Finals:

Friday's events will be seeded fastest to slowest and will be positive check-in timed finals swims with check-in due 30 minutes before the start of the session.

Prelims:

All Saturday and Sunday prelims events will be seeded fastest to slowest. For events of distances 200 and less, the meet will be seeded with heats organized according to USA Swimming Rules 102.5.1-6.

The 400 Free will be a positive check-in, timed finals swim with check-in due by 10am Saturday, will be deck seeded and will swim fastest 3 heats of women and then the fastest 3 heats men. Then alternate between women and men fastest to slowest.

Finals:

All finals heats will be swum slowest to fastest. The top 24 athletes in 200m events will qualify for finals. The top 32 athletes in 100m and below events will qualify for finals.

This meet will be capped at 300 athletes.

Athletes can swim up to 7 events (no more than 3 events per day on Saturday / Sunday).

Scratch Rule: Please provide scratches for Prelim swims prior to each scratch deadline by using a scratch card and depositing it in the scratch box or by notifying the admin official or referee before the session starts where possible. There will not be a no-show penalty for Prelims events.

USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect for finals. Upon completion of each Prelim event, first and second alternates shall be announced along with the qualifiers for the bonus final, consolation final and the championship final heat. Alternates shall not be penalized if unavailable to compete in finals. For championship, consolation and bonus finals, swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will need to positive check-in with the deck referee for all remaining races to stay in the meet. Swimmers may be excused because of illness, injury or situations beyond the swimmers' control at Meet Referee discretion.

Heat Sheets: Heat Sheets will be posted to Meet Mobile.

Qualifying

Times: All Athletes must have achieved at least one 15-16 2025-2028 "AA" Time Standard to qualify for this meet. Athletes may use a "AA" time in the 400m / 800m / 1500m to qualify for the 1500m free on Friday.

Age-Up Date: The age of the swimmer will be his/her age on June 27th 2025.

Teams

Invited: North Texas Teams and any team invited by IRON.

Entry Deadline: All entries shall be received, not later than 8:00pm CST, June 18th, 2025.

Entry

Procedures: Entries will be collected using Hy-Tek Team Manager or its equivalent sent 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 with your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Please send meet entry file and entry report to franksma@friscoisd.org

**Daily
Schedule:**

Friday Timed Finals			
Doors Open		Warmups Start	Meet Starts
1:00 PM		1:30 PM	3:30 PM
Prelims			
Doors Open		Warmups Start	Meet Starts
7:00 AM		7:30 AM	9:00 AM
Finals			
Door Open		Warmups Start	Meet Starts
3:30 PM		4:00 PM	5:15 PM

Entry Fees: \$ 14.00 per individual entry. \$15 athlete surcharge (\$3.00 athlete surcharge to North Texas Swimming).

Deck Entries: Deck Entries will not be allowed.

Meet Staff:	Meet Referee:	Nathan Gloier
	Starter:	Suba Vedala
	Stroke & Turn Officials:	Tom Oushalkas, Rob Garagiola
	Admin Official (or Referee):	Melissa Howard
	Meet Directors:	Matt Franks / Daiki Sato
	Head Safety Marshall:	Bryan Bookhammer
	Club Safe Sport Chair:	Justin Bilgri

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 attire for the meet is White Polo over Navy pants, skirt, skorts or shorts with White shoes and socks for prelims. White Polo over Navy pants, skirt or skorts for finals (No Shorts for Finals). Those interested in officiating should indicate their interest and availability by applying using the Application linked below. As always, walk-ons are also welcome.

[APPLICATION TO OFFICIATE](#)

Timers:

The host team will attempt to provide timers for all sessions of this meet. If timers are needed from teams, we will announce prior to the start of the meet and send out a Sign-up Genius link to all teams in attendance.

Awards:

There will be no awards at this meet.

Scoring:

This meet will not be scored.

Order of Events

	Friday June 27th	
1	400m IM	2
3	1500m Free	4
	Saturday June 28th	
5	200m Backstroke	6
7	100m Freestyle	8
9	200m Butterfly	10
11	100m Breaststroke	12
13	400m Freestyle	14
	Sunday June 29th	
15	100m Backstroke	16
17	200m Breaststroke	18
19	100m Butterfly	20
21	200m IM	22
23	50m Freestyle	24

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.