

Mansfield Aquatic Club

2025 North Texas Long Course Age Group Championship

June 27-29, 2025

- Sanction #:** NT 053-25
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.
- SAFE SPORT:** To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual's ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is on-going.
- Venue:** Mansfield ISD Debbie Weems Natatorium, 1001 N. Holland Road, Mansfield, TX 76063
- Facility:** 8 lane, 50 meter competition pool with 4 lane, 25 yard warm-up pool. Colorado timing system and scoreboard will be in use. Hy-Tek Meet Manager will be in use. Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed.
- 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, Mansfield ISD Debbie Weems Natatorium, and Mansfield Aquatic Club 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: Mansfield ISD Debbie Weems Natatorium has 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 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.

Meet Format: This is a prelim/final meet for individual events 200 and below. Individual events 400 and above will be Timed Final Events.

All relays are Timed Final events and will swim in Finals. Please review relay information.

All prelim/final events will be seeded slowest to fastest with the fastest three (3) heats in prelims being circle seeded. In prelim/final events two heats will advance to finals (Top 16).

All timed final events will be seeded and swam fastest to slowest. In the 400 Free and 400 IM the Top 8 seeds in each event will swim in Finals. All other seeds will swim in prelims. Swimmers entered in the 1500 Free will swim the timed final event in session 6. Session 6 will begin 10 minutes after the completion of session 5. 1500 Free will be seeded fast to slow, alternating 1 heat girls, 1 heat boys.

All events over 200m will require positive check in. Failure to check in at clerk of course before the deadline will result in the swimmer being scratched from that event. See the Meet Schedule for exact check-in times. All other events will be pre-seeded. Seed times entered should be the swimmer's best time for the stroke and distance.

Scratch Rule: Scratches for finals. Current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the consolation final heat and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For championship and consolation finals, those 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 be barred from all subsequent competition in the meet. Swimmers may be excused because of illness, injury or situations beyond the swimmers' control at the discretion of the Meet Referee.

Heat Sheets: Will be sold through Meet Mobile

Qualifying

Times: All athletes must have North Texas Age Group time standard qualifying time to enter individual events. No entries will be accepted unless the entrant is registered with USA Swimming Inc, and NTS Inc. as provided in Article 302. Every club entered as a team in a North Texas Swimming sanctioned meet, must be a member of USA Swimming, Inc

Relay Information: Each team may enter a relay if it has at least 3 athletes with one or more individual qualifying times. For every 4 additional athletes with individual qualifying times in the same age group and gender, teams may enter an additional relay.

Relay entry breakdown: • 3 individual qualifying athletes = A Relay • 7 individual qualifying athletes = B Relay • 11 individual qualifying athletes = C Relay. Teams are permitted to use only one "relay-only" swimmer per age group per gender per event. This means that if a team enters B and C relays, they may still only use one "relay-only" swimmer for that relay event.

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

Restrictions: Swimmers may participate in a maximum of three (3) individual events per session, and not exceed 7 individual events for the entire meet.

Teams

Invited: Open to all teams in North Texas LSC

Entry

Deadline: 11:59pm Central Time on Thursday, June 19, 2025. **USA Swimming OME (Online Meet Entry)** system at www.usaswimming.org/ome will be used for this meet. Entries open June 1, 2025. Meet is named 2025 North Texas Long Course Age Group Championship in OME. Payment for this meet will be through OME. **NEW QUALIFIERS:** Athletes swimming a qualifying time June 20- 22, 2025 may submit an entry no later than Monday June 23, 2025 at Noon Central Time. Entry should be emailed to mansfieldmeetentries@gmail.com with a Hy-Tek entry report (PDF) & the athlete's information (Name, USA-S ID, Age, DOB).

Entry

Procedures: Issues with OME please contact Katie Trace with USA Swimming ktrace@usaswimming.org. Meet Director Nick Johnson email: nicholasjohnson@misdmail.org.

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached.

Session	Warm Up	Check in	Relay Cards	Pace/One Way	Meet Start
1- Friday Prelims	7:30am	8:30am		8:45-9:00am	9:00am
2- Friday Finals	4:00pm		4:30pm	4:45-5:00pm	5:00pm
3- Saturday Prelims	7:30am	8:30am		8:45-9:00am	9:00am
4- Saturday Finals	4:00pm		4:30pm	4:45-5:00pm	5:00pm
5- Sunday Prelims	7:30am	8:30am		8:45-9:00am	9:00am
6- Sunday 1500		10:30am		N/A	TBD
7- Sunday Finals	4:00pm		4:30pm	4:45-5:00pm	5:00pm

Entry Fees:

Individual Event: \$15.00 per individual event.

Relay: \$30.00 per relay.

Surcharge: \$15.00 North Texas surcharge for each athlete entering the meet. (*\$3.00 will go to North Texas Swimming, Inc.*)

Refunds will not be given for any reason.

Deck Entries: No Deck Entries allowed

Meet Staff:

Meet Referee: Stephanie Minervini

Starter: Sam Smith

Stroke & Turn Officials: Rick Robaina Jim Clift

Admin Official: Kari Walker

Meet Director: Nick Johnson

Head Safety Marshall: Armando Lucero

Club Safe Sport Chair: Deneen Carter

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. Officials attire for the entire meet will be white over navy. Please contact the meet referee to confirm sessions.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed. Swimmers must provide their own timers for events 400 and longer.

Awards: Awards will be provided for 1st and 2nd place combined team scores. Medals will be provided 1st-3rd place and ribbons 4th-8th. High Point awards will be given by age group and gender.

Scoring: Events will be scored by age group and gender 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays will be double

Friday, June 27, 2025

Sessions 1 and 2

1	13-14 400 Medley Relay *Timed Final Swimming in Finals	2
3	11-12 400 Medley Relay *Timed Final Swimming in Finals	4
5	10 and Under 200 Medley Relay *Timed Final Swimming in Finals	6
7	13-14 200 Freestyle	8
9	11-12 200 Freestyle	10
11	10 and Under 200 Freestyle	12
13	11-12 50 Butterfly	14
15	10 and Under 50 Butterfly	16
17	13-14 200 Breaststroke	18
19	11-12 200 Breaststroke	20
21	13-14 100 Backstroke	22
23	11-12 100 Backstroke	24
25	10 and Under 100 Backstroke	26
27	13-14 50 Freestyle	28
29	11-12 50 Freestyle	30
31	10 and Under 50 Freestyle	32
33	13-14 400 Individual Medley** *Timed Final- Top 8 Swim in Finals	34

****Swimmers must provide their own timer.**

Saturday, June 28, 2025

Session 3 and 4

35	13-14 400 Free Relay *Timed Final will swim in Finals	36
37	11-12 400 Free Relay *Timed Final will swim in Finals	38
39	10 and Under 400 Free Relay *Timed Final will swim in Finals	40
41	11-12 50 Breaststroke	42
43	10 and Under 50 Breaststroke	44
45	13-14 200 Backstroke	46
47	11-12 200 Backstroke	48
49	13-14 100 Butterfly	50
51	11-12 100 Butterfly	52
53	10 and Under 100 Butterfly	54
55	13-14 400 Freestyle** *Timed Final- Top 8 Swim in Finals	56
57	11-12 400 Freestyle** *Timed Final- Top 8 Swim in Finals	58
59	10 and Under 400 Freestyle** *Timed Final- Top 8 Swim in Finals	60

****Swimmers must provide their own timer.**

Sunday, June 29, 2025

Sessions 5 and 7

61	13-14 200 Free Relay *Timed Final Swimming in Finals	62
63	11-12 200 Free Relay *Timed Final Swimming in Finals	64
65	10 and Under 200 Free Relay *Timed Final Swimming in Finals	66
67	13-14 200 Individual Medley	68
69	11-12 200 Individual Medley	70
71	10 and Under 200 Individual Medley	72
73	13-14 100 Freestyle	74
75	11-12 100 Freestyle	76
77	10 and Under 100 Freestyle	78
79	11-12 50 Backstroke	80
81	10 and Under 50 Backstroke	82
83	13-14 200 Butterfly	84
85	11-12 200 Butterfly	86
87	13-14 100 Breaststroke	88
89	11-12 100 Breaststroke	90
91	10 and Under 100 Breaststroke	92
93	11-12 200 Medley Relay *Timed Finals Swimming in Finals	94
95	13-14 200 Medley Relay *Timed Finals Swimming in Finals	96

Sunday, June 29

Session 6

97	13-14 1500 Freestyle** *Timed Final	98
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****Swimmers must provide their own timer.**

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.