

RACE
2025 A/BB LC Prelims/Finals Swim Meet
June 6-8, 2025

- Sanction #:** NT 009-25
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:** RISD Aquatic Center
1205 T. L. Townsend
Rockwall, TX 75087 469-698-7410
Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
- Facility:** 1X 50 meter course (8 lanes, 7 feet wide, long course meters) with blocks and touch pads.
Daktronics timing system Hy-tek Meet Manager
4 x 25 yd lanes - continuous WU/WD
- 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).
- 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 start date.
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, RISD Aquatic Center 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.
- Supervision** **RISD Aquatic Center** has Part Time American Red Cross Certified Lifeguards.
- 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 prelims/finals meet. Events 200 meters or less will be pre-seeded. Events with 400 meters or longer need to positive check in by 8:30am each day and are timed finals. **Seeding will be slow to fast. Events 400 meters or longer will be seeded fast to slow.** We reserve the right to conduct flyover starts.
Top 16 advance to finals EXCEPT for the following:
10 and under swimmers – Top 8 advance
Timed finals for:

12 and under 400 free – Top 8 swim at night
13 -18 400 IM and 400/800 free – Top 8 swim at night

In prelims:

400 IM and 400/800 free – the 1st 3 heats of each age group/gender will swim then the 4th-fastest – the end of the heats will swim by age group.

Heat Sheets:	Heat sheets will be emailed to coaches before the meet and heat and lane information will be posted on deck and in the meet mobile app	
Scratch Rules	Swimmers are expected to scratch Finals if they are unable to swim to afford other swimmers the opportunity. In the event of a finals no show without scratching swimmer will be pulled from the remaining finals events from that day. Swimmer must positive check-in for all remaining events with Meet Administration. Swimmers must scratch prelims prior to the scratch deadline. A no show in prelims will count as a swimmer's event for that day.	
Qualifying Times:	12 and under swimmers can enter events in which they have BB times or faster and can swim bonuses up to the daily/meet limit. Must have BB to swim the 400 free. 13 and over must have an A time and can swim BB times as a bonus up to the daily/meet limit. Must have an A time in events 400 and longer. RACE reserves the right to change qualifying times based on number of entries received.	
Age up Date:	The age of the swimmer will be his/her age on June 6, 2025.	
Entry Restrictions:	Swimmers may enter 3 individual events per day – 7 individual events for the meet. Swimmers should enter using the following course order LCM, SCY, SCM.	
Teams Invited	This meet is by invite only. Meet will be capped at 400 swimmers. Email Tom Applegate at rockwallswimentries@gmail.com to request space for your team.	
Entry Deadline:	All entries shall be received no later than 6:00PM Central Time, on May 29, 2025. Fees shall be Mailed and postmarked by the entry date.	
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: Tom Applegate/469-698-7376/Rockwallswimentries@gmail.com 1205 T.L. Townsend Rockwall, TX, 75087	
Daily Schedule	Friday/Saturday/Sunday	Session 2/4/6
Prelims/Finals Times	Session 1/3/5 • Warm up 1,2,3 7:00, 7:25, 7:50am • One way Starts 8:15am • Meet Start 8:45am	• Warm up 3:45pm • One way starts 4:15pm • Meet Start 4:45pm
Entry Fees:	\$14.00 per individual event \$20 per relay event \$25 facility charge per swimmer (the facility charge includes the \$3.00 North Texas surcharge per swimmer).	
Deck Entries:	No deck entries. Late Entries: email Tom Applegate with proof of times and registration to see if there is space. We will follow current North Texas and RISD rules regarding swimmer capacity per session.	
Meet Staff:	Meet Referee: Lorraine Temple/Lorraine.temple1013@gmail.com Starter: Roy Kuipers Stroke & Turn Officials: Kjerstin & Aaron Gardner Admin Official (or Referee): Paul Putchinski/732-407-8149/Paulputchinski@yahoo.com Meet Director: Shannon Putchinski/469-698-7410 Head Safety Marshall: Tom Applegate Club Safe Sport Chair: Tom Applegate	
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.
Unaccompanied Swimmers:	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.
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 completion 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 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.
Timers:	RACE volunteers will time.
Awards:	Medals for Places 1-3 rd place individual events. Ribbons will be awarded for individual places 4 th – 8 th relays places 1 st -3 rd . Medals and ribbons will be distributed to teams at the next meet or sent by mail!

Order of Events

Distances are in (LC meters)

Session 1/2		
Girls	Event Description	Boys
1	11-12 200 Fly	2
3	13-14 200 Fly	4
5	15 -18 200 Fly	6
7	10 & under 200 Free Relay	8
9	11-12 200 Free Relay	10
11	13-18 200 Free Relay	12
13	10 & Under 50 fly	14
15	11-12 50 fly	16
17	10 & Under 100 Breast	18
19	11-12- 100 Breast	20
21	13-14 100 Breast	22
23	15-18 100 Breast	24
25	10 & Under 200 IM	26
27	11-12 200 IM	28
29	13-14 200 IM	30
31	15-18 200 IM	32
33	10 & Under 400 Free*	34
35	11-12 400 Free*	36
37	13-14 400 Free*	38

39	15-18 400 Free	40
----	----------------	----

Session 3/4		
Girls	Event Description	Boys
41	11-12 200 Back	42
43	13-14 200 Back	44
45	15-18 200 Back	46
47	10 & Under 200 Medley Relay	48
49	11-12 200 Medley Relay	50
51	13-18 200 Medley Relay	52
53	10 & Under 50 Back	54
55	11-12 50 Back	56
57	10 & Under 100 Free	58
59	11-12 100 Free	60
61	13-14 100 Free	62
63	15-18 100 Free	64
65	10 & Under 100 Fly	66
67	11-12 100 Fly	68
69	13-14 100 Fly	70
71	15-18 100 Fly	72
73	11-12 200 Breast	74
75	13-14 200 Breast	76
77	15-18 200 Breast	78
79	13-14 400 IM*	80
81	15-18 400 IM*	82

Session 5/6		
Girls	Event Description	Boys
83	10 & Under 50 Breast	84
85	11-12 50 Breast	86
87	10 & Under 200 Free	88
89	11-12 200 Free	90
91	13-14 200 Free	92
93	15-18 200 Free	94
95	10 & Under 100 Back	96
97	11-12 100 Back	98
99	13-14 100 Back	100
101	15-18 100 Back	102
103	10 & Under 50 Free	104
105	11-12 50 Free	106
107	13-14 50 Free	108
109	15-18 50 Free	110
111	13-18 800 Free	112

*these events will swim at the end of prelims in the morning and in their event order for finals

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.