

# **Metroplex Aquatics**

## **Fall Fun B/C Meet**

### **September 19-20, 2025**

- Sanction #:** NT 064-25  
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:** Wilkerson-Greines Activity Center, 5201 Ca Roberson Blvd, Fort Worth, TX 76119
- Directions:** From I-20, take Exit 440A to Wichita Street. Turn North onto Wichita Street. The Natatorium is the fourth entrance on the left, just before the soccer fields. The pool is located in the same building as the FWISD Basketball Arena. Use the main entrance on the west side of the building to enter.
- Facility:** The natatorium is a 50-meter indoor facility, divided into a 25-yard / 8-lane competition pool and a 25-yard / 10-lane warm-up pool. Daktronics timing equipment will be used. Only coaches, athletes, officials, and volunteers will be allowed on the pool deck.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, 6 inches at the start end and the turn end is 5 feet, 6 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). The meet host will ensure the required course dimensions.
- Spectator Information:** Spectator seating is limited. **Outside folding or camp-style chairs are not permitted.** Standing along the railings or in the aisles is not permitted. Strollers and playpens are not allowed in the spectator seating area in order to comply with the fire code.  
**Outside food is not allowed in the seating area or foyer**
- 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, Fort Worth ISD and Metroplex Aquatics 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:** Metroplex Aquatics 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 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:** Meet will be pre-seeded. All events are timed finals. Events will be swum fastest to slowest. Meet host reserves the right to conduct flyover starts, change warm-up sessions or change meet sessions depending on the meet size, etc. Seed times entered should be the swimmer's best time for the stroke and distance from the USA Swimming SWIMS database. If the swimmer has not previously competed in the stroke and distance, NT (no time) should be entered. Swimmers will need to provide their own timers and lap counters for events 400 and longer.

**Heat Sheets:** Heat sheets will be emailed to coaches before the meet with heat and lane information.

## **Qualifying**

**Times:** Swimmers may not enter any event in which they have achieved a "BB" or faster time.

**Age-Up Date:** The age of the swimmer will be his/her age on September 19, 2025.

**Restrictions:** Swimmers may participate in a maximum of three (3) individual events per Session.

## **Teams**

**Invited:** MAC, MARS, AAC, LIFE, MTRO-FTW

## **Entry**

**Deadline:** All entries shall be received, not later than 12:00 PM Central Time, Thursday, September 11.

## **Entry**

**Procedures:** All entries must be submitted 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.

**Entries Chair:** Andrew Ha, Meets@sigmaswimming.org

**All checks will be made payable to:** Sigma Swimming  
PO Box 123222  
Fort Worth, Texas 76121

## **Daily**

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

### **Session 1 Friday, September 19**

**Warm up 5:00-5:30 pm**

**One way Sprints 5:30-5:50 pm**

**Meet Starts 6:00 pm**

### **Session 2 Saturday, September 20**

**Warm up 8:00-8:30 am**

**One way Sprints 8:30-8:50 am**  
**Meet Starts 9:00 am**

**Session 3 Saturday, September 20**

**Warm up 12:00-12:20 pm**

**One way Sprint 12:20-12:30**

**Meet Starts 12:30 pm**

***Host team may adjust warm up and start times based on entries submitted. If an adjustment is necessary, all teams will be notified 3 days prior to the meet.***

**Entry Fees:** Individual Event: \$6.00  
Surcharge: \$25.00 (\$5.00 will go to North Texas Swimming, Inc.)

**Deck Entries:** Deck entries will NOT be accepted

**Meet Staff:** **Meet Referee:** Jane Maxvill  
**Starter:** Henry Chin  
**Stroke & Turn Officials:** Jeff Roberson and Derek DeBoer  
**Admin Official (or Referee):** Lisa Stults  
**Meet Director:** Andrew Ha  
**Head Safety Marshall:** Cameron Martinez  
**Club Safe Sport Chair:** Cyndy Miller

**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.
- 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:** Ribbons will be awarded for 1st-8th place for individual events. Awards must be picked up at the meet.
- Scoring:** Events will be scored by age group and gender as follows: 9-7-6-5-4-3-2-1.

## Order of Events

### Session 1 September 19

|          |                                 |           |
|----------|---------------------------------|-----------|
| <b>1</b> | <b>200 IM</b>                   | <b>2</b>  |
| <b>3</b> | <b>50 Free</b>                  | <b>4</b>  |
| <b>5</b> | <b>11 &amp; Over 200 Breast</b> | <b>6</b>  |
| <b>7</b> | <b>12 &amp; Under 50 Fly</b>    | <b>8</b>  |
| <b>9</b> | <b>100 Back</b>                 | <b>10</b> |

### Session 2 September 20

|           |                                 |           |
|-----------|---------------------------------|-----------|
| <b>11</b> | <b>200 Free</b>                 | <b>12</b> |
| <b>13</b> | <b>12 &amp; Under 50 Breast</b> | <b>14</b> |
| <b>15</b> | <b>100 Fly</b>                  | <b>16</b> |
| <b>17</b> | <b>11 &amp; Over 200 Back</b>   | <b>18</b> |
| <b>19</b> | <b>11 &amp; Over 400 IM</b>     | <b>20</b> |

### Session 3 September 20

|           |                               |           |
|-----------|-------------------------------|-----------|
| <b>21</b> | <b>100 Free</b>               | <b>22</b> |
| <b>23</b> | <b>12 &amp; Under 50 Back</b> | <b>24</b> |
| <b>25</b> | <b>11 &amp; Over 200 Fly</b>  | <b>26</b> |
| <b>27</b> | <b>100 Breast</b>             | <b>28</b> |
| <b>29</b> | <b>12 &amp; Under 100 IM</b>  | <b>30</b> |
| <b>31</b> | <b>500 Free</b>               | <b>32</b> |

# 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.**