

2025 TRAC Fall Classic

September 20-21, 2025

- Sanction #:** NT 057-25
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:** Tyler ISD Aquatic Center
3013 Earl Campbell Pkwy
Tyler, TX 75701
903-262-1897
- Facility:** Outdoor, heated pool.
50-meter x 25-yard pool. The competition will take place in 8 lanes on the deep end (7 ft throughout) with blocks and touch pads.
Colorado Timing System. Hy-Tek Meet Manager.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Bleacher seating is available on the pool deck. Spectators may also bring their own chairs and sit in the grassy area around the pool.
- 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Tyler ISD and Tyler Rose 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:** Tyler Rose Aquatic Club has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is 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 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.

Timed finals. Seeding will be fastest to slowest with nonconforming times last.

We reserve the right to conduct flyover starts. Swimmers can choose up to 4 events per session.

We will be competing in 8 lanes. 8 lanes in the shallow end will be available for continuous warm up and warm down.

Heat Sheets: Will be available through Meet Mobile and posted on the wall at the pool.

Qualifying

Times: No qualifying times required to enter an event.

Age-Up Date: The age of the swimmer must be his/her age on Saturday, September 20, 2025

Restrictions: Swimmers may enter 4 individual events per day. Swimmers should enter using the following course order SCY, SCM, LCM. The maximum number of swimmers per session is 180.

Teams

Invited: Any USA Swimming teams.

Entry

Deadline: All entries shall be received no later than 11:59 p.m. Central Time, on September 11, 2025. Fees shall be mailed and postmarked by the entry date.

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.

Entry Chair: Gordy Westerberg, 505-350-9445, GordyWest@msn.com
3013 Earl Campbell Pkwy, Tyler, TX 75701

Distance

events: All swimmers entered in the 500 or 1000 Free and 400 IM must check-in. Swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Tyler Rose Aquatic Club, for each event in which he/she fails to appear. **Swimmers must provide their own timers and lap counters** (500 & 1000 only). Distance events will be seeded fastest to slowest.

Daily

Schedule: **Saturday (Session 1)**
Warm up 8:30 am
Meet starts 9:45 am
Sunday (Session 2)
Warm up 9:00 am
Meet start: 10:15 am

Entry Fees: Individual Event: \$6.00
Relay Events: \$10.00
Surcharge: \$18.00 (\$5.00 will go to North Texas Swimming, Inc.)
Deck Entries: \$15.00

Deck Entries: Deck Entries will be accepted if open lanes are available, new heats will not be created. Deck entries will be accepted up to 30 minutes prior to the start of the meet. Deck entries are \$15.00

Meet Staff:

Meet Referee: Scott Eckert

Starter: Erik Hawkins

Stroke & Turn Officials: Tricia Madison & Bryan Campbell

Admin Official: Brandy Meadows & Gordy Westerberg

Meet Director: Jason Petty

Head Safety Marshall: Abbi Roeland

Club Safe Sport Chair: Stan McDonald

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.

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: 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.

Safe Sport

Statement: 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.

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. Uniform for the meet will be white polo shirt over navy pants, shorts or skirt.

Timers: The host team will attempt to provide backup timers but volunteers from visiting teams may be needed.

Awards: No awards

Scoring: This meet will not be scored

Order of Events

Saturday, Sept. 20 - Session 1 (SC Yards) - 9:45am START TIME

EVENT #	EVENT DESCRIPTION
1	MIXED Open 200 MEDLEY RELAY
2	MIXED 12&U 50 Fly
3	MIXED Open 200 IM
4	Mixed Open 100 Back
5	Mixed Open 50 Free
6	Mixed 11&O 200 Fly
7	Mixed Open 100 Breast
8	Mixed 11&O 500 Free

Sunday, Sept. 21 - Session 2 (SC Yards) - 10:15am START TIME

EVENT #	EVENT DESCRIPTION
9	MIXED Open 200 FREE RELAY
10	MIXED 12&U 50 Back
11	MIXED Open 200 Free
12	MIXED Open 100 Fly
13	MIXED 12&U 50 Breast
14	MIXED 11&O 200 Back
15	MIXED Open 100 Free
16	MIXED 12&U 100 IM
17	MIXED 11&O 200 Breast
18	MIXED 11&O 400 IM
19	MIXED 11&O 1000 Free

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.