



MARS January Divisional BB/B/C

January 10-11, 2026

Sanction # NT 004-26

Hosted
by:
MARS
Swim
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<p>MEET DIRECTOR Brian Dangelmaier, coachbrian@marswim.org, 817-925-0505</p>	<p>MEET REFEREE Adriane Sparks, sparksquad@gmail.com</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through North Texas Swimming: NT 004-26 In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, MARS Swimming and Arlington ISD shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p>AISD Natatorium 1001 E Division St Arlington, TX 76011 (682) 867-9752</p> <ul style="list-style-type: none"> One 10 lane, or two 8 lane, 25-yard competition pool(s) The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet, 5 inches at the start end and the turn end is 5 feet 5 inches to 12 feet 5 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls The competition course has not been certified in accordance with 104.2.2C(4)
TIMING SYSTEM	Automatic timing will be used.
Available Medical Supervision/Equipment	<ul style="list-style-type: none"> AISD has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimmers. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TEAMS INVITED	<ul style="list-style-type: none"> Teams from NTSI Group C may participate.

RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All 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 MAAPP is a condition of participation in the conduct of this competition. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NTSI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must be under the supervision of a certified USA Swimming member coach during warm-up/ down and competition. The Meet Director & Meet Referee may assist the swimmer in making arrangements, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. • Any swimmer entered in the meet must be certified by a USA member coach as being proficient in performing a racing start or must start each race from within the water. 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. • Operation of a drone or any other flying devices 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. • The Meet Director and the NTSI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • The age of the swimmer will be their age on January 10, 2026. • All events are timed finals. Swimmers may enter up to 3 events per day. • Athletes may enter any event in which they have not achieved an "A" time or faster. • Events 200 or less will be pre-seeded fastest to slowest. • Positive check-in for events over 200 yards. • Events over 200 yards will be seeded fastest to slowest after check-in and will alternate 1 heat of girls followed by 1 heat of boys. • Athletes will provide their own timer and counter for the 500FR.
POSITIVE CHECK IN/ SCRATCHING	<ul style="list-style-type: none"> • Positive check-in for events over 200 yards • Positive check-in will close 30 minutes prior to start of the session. • No show for positive check in events will result in \$10 fine paid to the host.
SEEDING	<ul style="list-style-type: none"> • Meet will be seeded fastest to slowest. • Distance events will alternate 1 heat of girls/ 1 heat of boys.
SCORING	<ul style="list-style-type: none"> • Top 8 places will score. Individual events 9-7-6-5-4-3-2-1.
AWARDS	<ul style="list-style-type: none"> • Ribbons will be awarded by gender and age group for top 8 finishers.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available to purchase through Meet Mobile (\$4.99)

WARM-UP	<ul style="list-style-type: none"> The prescribed NTSI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. 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.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR INFORMATION	<ul style="list-style-type: none"> 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. The AISD Natatorium spectator capacity is approximately 950. Spectator Admission \$5/day (cash or card; Under 10 years - free) <u>No "in and out" for spectators</u> Concessions Available
TIMERS	<ul style="list-style-type: none"> The host team will attempt to provide backup timers for the meet but volunteers from visiting teams may be needed. Swimmers in the 500FR must provide their own timer and counter
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact the meet referee, Adrian Sparks, sparksquad@gmail.com Officials volunteering for this meet should sign in prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive briefing for officials will precede each session during warm-ups.
ENTRY DEADLINE	<p><u>All entries shall be received, not later than January 1, 2026 @ 6pm</u></p>
ENTRY FEES	<ul style="list-style-type: none"> Individual event fee: \$6 Per Swimmer Surcharge: \$25 (\$5 to NTSI) Make checks payable to MARS. Checks may be brought to the meet or mailed to: MARS, PO Box 13849, Arlington, TX 76094 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash, check or credit card. Entry fees are due with meet entry unless other arrangements are made.
SCHEDULE	<ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.

Meet Schedule

	Door Open for Spectators	Warm-Up	Meet Start
Session 1 Saturday	7:30am	8:00am	9:00am
Session 2 Sunday	7:30am	8:00am	9:00am

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	Session 1	
1	100FR	2
3	50BR (12&U)	4
5	50BK (12&U)	6
7	100FL	8
9	100IM (12&U)	10
11	500FR	12

****swimmers in the 500FR must provide their timer and lap counter**

	Session 2	
13	100BK	14
15	50FL (12&U)	16
17	200FR	18
19	100BR	20
21	200IM	22
23	50FR	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.