



Arlington Aquatic Club B/C January Meet

January 30 – 31, 2026

Sanction # NT 007-26

Hosted by:
Arlington Aquatic Club

MEET DIRECTOR

Trey Hayes, dhayes3@iasd.net, 806-577-3240

MEET REFEREE

Olga Oleksyuk, olga@oleksyuk.me

SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through North Texas Swimming: NT 007-26• In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, Arlington Aquatic Club, and Arlington ISD Natatorium 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>Arlington ISD Natatorium 1001 E. Division Arlington, Tx 76011 (682) 867-9750</p> <ul style="list-style-type: none">• Competition pool: 10 lanes; 13 lanes continuous warm up/warm down 25 yards (SCY)• Water depth at the starting end and at the turning end is 6'7"• Meet host will ensure the required course dimensions.
TIMING SYSTEM	<ul style="list-style-type: none">• Automatic timing will be used.
Available Medical Supervision/Equipment	<ul style="list-style-type: none">• Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.
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

	<p>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.</p> <ul style="list-style-type: none"> 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 the USA Swimming Rulebook.
EVENT RULES	<ul style="list-style-type: none"> The age of the swimmer will be their age on January 30, 2026. Athletes may only compete in four (4) events per session. All events are timed finals. Athletes may not enter any event in which they have achieved an "BB" time or faster. Events 200 or less will be pre-seeded fastest to slowest. Positive check-in for events over 400 yards. Events over 400 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 events over 400 yards.
POSITIVE CHECK IN/ SCRATCHING	<ul style="list-style-type: none"> Positive check-in for events over 400 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"> Spectator admission will be \$6.00 per session. <u>Online only!</u> No lawn chairs or folding chairs are allowed in the concourse area. No outside food or drinks allowed No reusable containers allowed - 1 clear water bottle allowed per spectator.

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 must provide their own timers for the distance events.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should fill out this form https://forms.gle/fU3rQSTc4ZN16wWw7 or email Olga Oleksyuk olga@oleksyuk.me Officials volunteering for this meet should sign in with the meet ref prior to the start of warmups. 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	All entries shall be received, no later than January 22, 2026 @ 6pm
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "Meet Name - ****" with the club's initials in place of the asterisks. If your team submits multiple entry files, include the training site in the subject of the email. Include in the entry email: entry file, report of entries by name, report of entries by event. Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director/ Entry Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined by NTSI according to the Policies & Procedures. No late entries will be permitted
ENTRY FEES	<ul style="list-style-type: none"> Individual event fee: \$6.00 Swimmer Surcharge: \$15.00 (\$5 to NTSI) Make checks payable to Arlington Aquatic Club. Checks may be brought to the meet or mailed to: AAC, 1001 E. Division St. Arlington, Tx 76011 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check only. 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. Friday (Session 1) Warm up 5:15 – 6:00 pm Push Pace/ Dive Sprint 6:00 – 6:15 pm Meet Start 6:30 pm Saturday (Session 2) Warm up 7:30 – 8:15 am Push Pace/ Dive Sprint 8:15 – 8:30 am Meet Start 8:45 am Saturday (Session 3) Warm up 12:00 – 12:45 pm Push Pace/ Dive Sprint 12:45 – 1:00 pm Meet Start 1:15 pm

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Session 1

GIRLS	EVENT	BOYS
1	Open 200 Free	2
3	Open 50 Fly	4
5	Open 50 Back	6
7	Open 50 Breast	8
9	Open 50 Free	10
11	12 and under 100 IM	12

Session 2
12 & under

GIRLS	EVENT	BOYS
13	12 and under 200 IM	14
15	12 and under 100 Fly	16
17	12 and under 100 Back	18
19	12 and under 100 Breast	20
21	12 and under 100 Free	22
23	12 and under 500 Free	24

Session 3
13 & over

GIRLS	EVENT	BOYS
25	13 and over 200 IM	26
27	13 and over 100 Fly	28
29	13 and over 100 Back	30
31	13 and over 100 Breast	32
33	13 and over 100 Free	34
35	13 and over 500 Free	36

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.