



COPS 44th Annual Greater Southwest

January 30th – February 1st, 2026

Sanction # NT 001-26

Hosted by:
City of Plano
Swimmers

MEET DIRECTOR	MEET REFEREE
Wendy Jones Meetdirector@planoswimming.org 972-398-7946	Bryce Leach (Bryceleach@me.com) and Amanda Wygant (amanda.wygant@gmail.com)

SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through North Texas Swimming: NT-001-26• In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, City of Plano Swimmers, and Garland 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 style="text-align: center;">Garland ISD Natatorium 2585 Firewheel Pkwy, Garland, TX 75040 972-487-4884</p> <ul style="list-style-type: none">• 2 x 25 yard 8 lane pools. 2 x 8 lane pools will be used for prelims and 1 x 8 lane pool be used for finals.• The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. 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 Garland ISD Natatorium. If you require medical assistance, please notify a member of the meet staff. CPR, AED, backboard, & First Aid supplies at facility.
ELIGIBILITY	<ul style="list-style-type: none">• Open to all registered USA Swimmers.• Swimmers may enter events where they have achieved the "BB" 2025-2028 time standard for their respective age group. Anyone over the age 16 will use the 15-16 time standard. (13&O's will be able to swim the 50's of stroke if they have qualified for the 100 of said stroke.)• Swimmers may use their 1000/800 time to qualify for the mile.• 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">• This is an Invitation only meet, priority will be giving to North Texas swimming member clubs. Please reach out to dean@planoswimming.org, or entries@planoswimming.org to see if



	<p>there is room for your team.</p>
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 the first day of the meet.• Swimmers may swim up to 3 events per session per day with a total of 9 individual events over the course of the meet.• The meet host reserves the right to combine events/heats depending on the timeline after entries are received.• This meet is an invitation only meet and we will cap the meet to 800 swimmers.
Meet Format	<ul style="list-style-type: none">• The meet will be run as a prelims/ finals meet on all 3 days. Two pools will be run in prelims, one pool for finals.
COACHES MEETING	<ul style="list-style-type: none">• There will be a mandatory technical meeting for coaches via Zoom to go over meet information and answer any questions about GSW. The Zoom will be on January 27th, The Zoom invite will be sent out at a later date with more information regarding the time.
POSITIVE CHECK IN/ SCRATCHING	<ul style="list-style-type: none">• No show after checked in events will result in \$10 fine paid to the host and be barred from the remaining events of the day unless otherwise excused by the meet referee.• Scratch deadline for non-distance events is 5:30 pm before the day of the session.



	<ul style="list-style-type: none">Distance events, 500 free, 1650 free and 400 IM requires positive check in. 1 hour before the session start.For all final events swimmers are required to follow as outlined in the current USA Swimming, Inc. rules 207.11.6D and 207.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for finals heat. These alternates shall not be penalized if unavailable to compete in the Finals. For A and B Finals, those swimmers who qualify and then fail to scratch or declare their intent to scratch at the resolution table within thirty (30) minutes of the announcement of the results, (Swimmer who declare their intent to scratch can scratch no later than 30 minutes of the completion of their last event of that session) and fail to compete in the event in the Finals will be barred from all subsequent competition in the meet. Swimmers may be excused from this penalty by the Meet Referee because of illness, injury or situations beyond the swimmers' control. Swimmers will not be penalized for Failure to Compete in a non distance event during prelims; however, it will count as an event towards the total number of events per meet restrictions. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control at the discretion of the Meet Referee.
RELAYS	<ul style="list-style-type: none">Relay only swimmers are not allowed. All relay cards are due at the Clerk of Course before 6:00PM, the day before the relay event.
SEEDING	<ul style="list-style-type: none">Seeding<ul style="list-style-type: none"><i>The host team also reserves the right to alternate boys and girls heats if necessary.</i>All sessions except session 6 will be championship seeded according to USA Swimming 102.5Finals<ul style="list-style-type: none">10 & under events - one A final of 8 swimmers11 & over events - one A final of 8 swimmers, one B final of 8 swimmers. It will be swum Consolation then finals.
SCORING	<ul style="list-style-type: none">This meet will be scored.
AWARDS	<ul style="list-style-type: none">An award will be given to 1-8 place of each event. Top 3 receive medals, 4-8 receive ribbons. Ribbons will be given to top 3 relays only.Sunday 1650 will receive awards as shown above.High point awards will be given to top scoring athlete in their respective age group and gender.Team high point award will be given to highest scoring team.Kathy Kuipers Spirit Award: Awarded to the team who exhibits the highest level of sportsmanship throughout the meet and will be awarded after prelims on Sunday before the start of the distance session.Hot Heat: Winners of these randomly selected heats will win a prize. Hot heats will be announced prior to or during the heat.
PROGRAMS	<ul style="list-style-type: none">Heat Sheets will be available to purchase on Meet Mobile.
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.Warmups will be sent out no later than Wednesday January 28th.



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 always have proof of active USA Swimming membership in good standing with them at all time.
SPECTATOR INFORMATION	<ul style="list-style-type: none">• Spectators are all expected to stay in the stands and will not be allowed on the pool deck.• Photography is not permitted from behind the blocks on deck or in the stands and flash photography is always prohibited.• Spectators are allowed at the meet according to Garland ISD Policies. Garland ISD has a clear bag policy and no outside food for spectators. No overnight parking or camping is allowed on premises
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.• Anyone swimming the 500 free on Saturday must provide counters.• Anyone entered in the distance session must provide their own timers and counters
OFFICIALS	<ul style="list-style-type: none">• An Invitation to officiate is available here• Officials volunteering for this meet should sign in at the recording table 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.• Preliminary session and distance event uniform is white over blue for preliminary sessions. Finals uniform is blue over khaki. The meet host plans meet shirts for Saturday evening finals. For Sunday Finals – you are welcome to wear your favorite GSW meet shirt from previous GSW meets.• This meet is expected to be an OQM. (Subjected to Approval) Officials seeking N2 or N3 mentoring and evaluation should sign up by January 16, 2026 and express interest on the invitation to officiate.
ENTRY DEADLINE	<ul style="list-style-type: none">• <u>January 22, 2026 12:00 PM.</u>
ENTRY PROCEDURES	<ul style="list-style-type: none">• Entries should be submitted by email to Entries@planoswimming.org• 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.• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).• Entries directly from individual team members will not be accepted.• Entries by phone or fax will not be accepted.



	<ul style="list-style-type: none"> 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.
ENTRY FEES	<ul style="list-style-type: none"> Per Swimmer Surcharge: \$35 (\$5 to NTSi) Individual event fee: \$10 Relay Fee:\$15 Make checks payable to City of Plano Swimmers. Checks may be mailed to: 2925 W 15th Street Plano Tx, 75075 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. Entry fees are due with meet entry unless other arrangements are made. Refunds will NOT be given for any reason.
SCHEDULE	<ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.

Day/Session	Warm up	Push Pace	Session Starts
Friday Prelims Session 1 January 30, 2026	6:30-6:55 6:55-7:20 7:20-7:55	7:55-8:20	8:30
Friday Finals Session 2 January 30, 2026	3:30-4:25	4:25-4:50	5
Saturday Prelims Session 3 January 31, 2026	6:30-6:55 6:55-7:20 7:20-7:55	7:55-8:20	8:30
Saturday Finals Session 4 January 31, 2026	3:30-4:25	4:25-4:50	5
Sunday Prelims Session 5 February 1, 2026	6:30-6:55 6:55-7:20 7:20-7:55	7:55-8:20	8:30
Sunday Distance Timed Finals Session 6 February 1, 2026	TBD	TBD	TBD
Sunday Finals Session 7 February 1, 2026	3:00-3:30	3:30-3:45	4



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Session 1-Prelims

Session 3-Prelims



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Session 5-Prelims

Session 6-Distance



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.