



**Tough as Nails**  
**November 14-15, 2026**  
**Sanction # NT 011-26**

**Hosted by:**  
Rockwall Aquatics Center of  
Excellence - RACE

MEET DIRECTOR		MEET REFEREE	
Shannon Putchinski <a href="mailto:rockwallswimoffice@gmail.com">rockwallswimoffice@gmail.com</a> , 469-698-7410		Lorraine Temple <a href="mailto:Lorraine.Temple@NTSwim.org">Lorraine.Temple@NTSwim.org</a>	
SANCTION	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through North Texas Swimming: <b>NT 011-26</b></li><li>In granting this sanction, it is understood and agreed that USA Swimming, North Texas Swimming, <b>RACE</b>, and <b>RISD Aquatic Center</b> 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.</li></ul>		
FACILITY	<p style="text-align: center;"><b>Rockwall ISD Aquatic Center</b> <b>1205 TL Townsend Dr Rockwall, TX 75087 <a href="mailto:rockwallswimoffice@gmail.com">rockwallswimoffice@gmail.com</a></b></p> <ul style="list-style-type: none"><li>2 10 Lane pools of 25 yards (SCY)<ul style="list-style-type: none"><li>Water depth range of starts at the starting end and Water Depth turns at the turning end.</li></ul></li><li>The meet host will ensure the required course dimensions.</li></ul>		
TIMING SYSTEM	Automatic timing will be used.		
Available Medical Supervision/ Equipment	<ul style="list-style-type: none"><li>Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, &amp; First Aid supplies at the facility.</li></ul>		
ELIGIBILITY	<ul style="list-style-type: none"><li>Open to all registered USA Swimmers.</li><li>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.</li></ul>		
DISABILITY SWIMMERS	<ul style="list-style-type: none"><li>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.</li></ul>		
TEAMS INVITED	<ul style="list-style-type: none"><li>This Meet is for East Division Group B COPS, RACE, TRAC, ATAC, DM, FFE, TFA, Jays and COR.</li></ul>		
RULES	<ul style="list-style-type: none"><li>Current USA Swimming rules shall govern this meet.</li><li>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li><li>No on-deck USA-S registration is permitted.</li><li>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.</li><li>Deck changes are prohibited.</li><li>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 &amp; Meet Referee may assist the swimmer in making arrangements, but it is the swimmer’s responsibility to make such arrangements before the start of the meet.</li><li>Any swimmer entered in the meet must be certified by a USA member coach as being proficient</li></ul>		

	<p>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.</p> <ul style="list-style-type: none"> <li>• Operation of a drone or any other flying device 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.</li> <li>• 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 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• The age of the swimmer will be their age on <b>November 14, 2026</b></li> <li>• All events are timed finals.</li> </ul>
<b>POSITIVE CHECK IN/ SCRATCHING</b>	<ul style="list-style-type: none"> <li>• No show for positive check-in events will result in \$10 fine paid to the host.</li> </ul>
<b>SEEDING</b>	<p>Meet will be pre-seeded. Timed finals. <b>Seeding will be fast to slow with nonconforming times last.</b></p> <ul style="list-style-type: none"> <li>• We reserve the right to conduct flyover starts.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• No scoring will be recorded</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup>- 8<sup>th</sup> place ribbons for individual events. Ribbons will be distributed at the next swim meet.</li> </ul>
<b>HEAT &amp; LANE INFO</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be emailed to coaches before the meet and heat and lane information will be posted on the deck and in the meet mobile app</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>• 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.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>SPECTATOR INFORMATION</b>	<ul style="list-style-type: none"> <li>• Spectators are allowed to view the swim meet from our upper deck only. No spectators are allowed on the pool deck.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• The host team will attempt to provide backup timers for the meet but volunteers from visiting teams may be needed. Swimmers may be asked to provide their own timers for the distance events.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b><u>Entry Deadline, November 6, 2026 at 6:00pm central time</u></b></p> <p>IMPORTANT: Second Thursday prior to the start of the meet unless the meet starts Wednesday or Thursday, then it will be the Thursday prior to the meet. The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs typically set an earlier deadline for receiving entries from their swimmers. Check with your club for this information.</p>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director/ Entry Chair: Rockwallswimentries@gmail.com</li> <li>• Include in the subject of the email, "Meet Name - RACE" 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.</li> </ul>

	<ul style="list-style-type: none"><li>● Include in the entry email: entry file, report of entries by name, report of entries by event.</li><li>● In the body of your email, provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li><li>● Entries directly from individual team members will not be accepted.</li><li>● Entries by phone or fax will not be accepted.</li><li>● The Meet Director/ Entry Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received promptly, please get in touch with the Meet Director.</li><li>● 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 &amp; Procedures.</li></ul>								
ENTRY FEES	<table><tr><td>Per Swimmer Surcharge:</td><td>\$25</td><td>Relay event fee:</td><td>\$NA</td></tr><tr><td>Individual event fee:</td><td>\$6</td><td></td><td></td></tr></table> <ul style="list-style-type: none"><li>● Make checks payable to <b>Rockwall ISD</b>. Checks may be <b>mailed to:</b> <b>1205 TL Townsend Dr, Rockwall, TX 75087</b></li><li>● Payment for entries from unattached swimmers not affiliated with a team must be received before the meet. Payment may be made by cash or check.</li><li>● Entry fees are due with meet entry unless other arrangements are made.</li></ul>	Per Swimmer Surcharge:	\$25	Relay event fee:	\$NA	Individual event fee:	\$6		
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Individual event fee:	\$6								
SCHEDULE	<b>Saturday &amp; Sunday – Day 1 &amp; 2</b> <ul style="list-style-type: none"><li>● 8:00am – 8:30am - Warm-up 1</li><li>● 8:30am - 9:00am - Warm-up 2</li><li>● 9:15am - Session Starts</li></ul>								

# Tough as Nails

November 14-15, 2026

## Day 1

GIRLS	EVENT	BOYS
1	Open 200 Back	2
3	Open 50 Breast	4
5	Open 50 Back	6
7	Open 200 Fly	8
9	Open 50 Free	10
11	Open 50 Fly	12
13	Open 100 IM	14
15	Open 500 Free (swimmers will provide their own timers & counters)	16

## Day 2

GIRLS	EVENT	BOYS
17	Open 200 Breast	18
19	Open 100 Back	20
21	Open 200 Free	22
23	Open 100 Breast	24
25	Open 100 Free	26
27	Open 100 Fly	28
29	Open 200 IM	30

# 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.**