

Prosper Aquatic Club
AAU New Year 2026
Sunday, February 15th, 2026

Held under the sanction of AAU Swimming

Approved #: NT AP41-26

Venues: **Prosper ISD Natatorium**
1851 Stadium Dr
Prosper, Tx 75078

Facility: 8 lane 25 yard competition course with starting blocks and touchpads.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 4 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters at the turn wall.

Spectator Information: **Limited seating, concessions will be available during meet**

Sanction: This meet has been sanctioned by AAU Swimming and current USA Swimming rules and any relevant sections of the AAU Swimming Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2026 with AAU by the meet entry deadline. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming / AAU Athletic competitions.

Liability: In granting this sanction and by any persons participation in the meet, it is understood and agreed that AAU Swimming, all meet officials, **Prosper ISD Natatorium** 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: **Prosper ISD Natatorium** has Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid. (Example of supervision requirement)

Meet Format: The meet will be seeded by Age & Time.

Heat Sheets: Heat Sheets will be sent to coaches of each team after the entry deadline. Heat Sheets will also be pushed to Meet Mobile at least 90 minutes prior to the start of the meet.

Qualifying

Times: There are no qualifying times for AAU meets.

Age-Up Date: The age of the swimmer will be his/her age on the date of the meet.

Restrictions: Athletes may enter 3 events max

Teams Iron Horse Aquatics, Metroplex Aquatics, Prosper Aquatic Club and any other AAU teams in the DFW Metroplex who reach out to the Meet Director, Denise Stewart, prior to the entry deadline for the meet.

Entry Deadline: The entry deadline for each meet will be the Monday prior to the start of the meet. **Monday, February 9th at noon**

Entry Procedures: All entries will be submitted electronically via Team Manager file or subsequent HY3 file.

Daily Schedule:

Doors Open:	745am
Warm-ups:	8:00am – 8:45am
One-way Starts:	8:45 – 8:55am
Meet Starts:	9:00am

Entry Fees: Athletes will be charged a flat fee of \$25.00 per meet entered.

Deck Entries: There will be no deck entries. Events may be modified up until the Wednesday of each meet.

Meet Staff:

Starter:	Suba Vedala
Stroke & Turn Officials:	Becky WuLee, Jason Huntsman, Brian Lee, and TBD
Admin Official (or Referee):	Denise Stewart
Meet Director:	Denise Stewart

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. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time.

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.

Deck Changing: Deck changes are prohibited.

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 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.

Timers: There will be a minimum of two timers per lane and one head timer.

Awards: Awards will only be given at the AAU District meet.

Order of Events

1	100 IM OPEN	2
3	50 Free OPEN	4
5	50 Breast OPEN	6
7	100 Freestyle OPEN	8
9	50 Back OPEN	10
11	50 Fly OPEN	12

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.