



Time Trial Winter 2026

February, 15th 2026

Sanction # NT 022-26

Hosted by:
Prosper Aquatic Club

MEET DIRECTOR Denise Stewart – dmstewart@prosper-isd.net	MEET REFEREE Amanda Wygant - amandawygant@gmail.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through North Texas Swimming: NT 022-26 In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, Prosper Aquatic Club, and Prosper 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;">Prosper ISD Natatorium 1851 Stadium Dr Prosper, Tx 75078 945-678-9210</p> <ul style="list-style-type: none"> 8 lanes, 25 yards (SCY) 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. Meet host will ensure the required course dimensions.
TIMING SYSTEM	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 Swimmers must meet the qualifying times to be eligible for this meet <ul style="list-style-type: none"> 10 and under - AA times 11/12 - AA times 13/14 - AA times 15 and up - AA times 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"> All Teams in the East Division of NT Swimming
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

	<p>this competition.</p> <ul style="list-style-type: none"> 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. All events are timed finals. Swimmers will be entered in a max of 2 events for the meet Swimmers must meet the qualifying times to be eligible for this meet - Must have AA times Limited to 100 athletes Distance event entry limits <ul style="list-style-type: none"> 500 Free - 3 heats max per gender (24 girls/24 boys) 400 IM - 2 heats max per gender (16 girls/16 boys) 1000 free - 2 heats max (8 girls/ 8 boys) All swimmers who do not make the distance events will be allowed to enter in a different event
POSITIVE CHECK IN/ SCRATCHING	<ul style="list-style-type: none"> 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
SCORING	<ul style="list-style-type: none"> There will be no scoring for this meet
AWARDS	<ul style="list-style-type: none"> There will be no awards
PROGRAMS	<ul style="list-style-type: none"> Heat sheets will be posted at the meet and sent to meet mobile before the meet starts
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 seating is limited. • Concession stand will be open during the meet
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. • There will be a minimum of two timers per lane and one heat timer
OFFICIALS	<ul style="list-style-type: none"> • Officials interested in volunteering should email the meet director and meet ref. dmstewart@prosper-isd.net
ENTRY DEADLINE	<u>Thursday, February 9th at noon</u>
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director – Denise Stewart at dmstewart@prosper-isd.net • Include in the subject of the email, “Time Trial Winter 2026 - ****” 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. • 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	<p style="text-align: center;">Per Swimmer Surcharge: \$25.00 (\$5 goes to NT Swimming) Individual event fee: \$5.00 per event</p> <ul style="list-style-type: none"> • Make checks payable to Prosper Aquatics Booster Club Checks may be mailed to: 1851 Stadium Drive, Prosper Tx 75078 • 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.
SCHEDULE	<ul style="list-style-type: none"> • Meet Director reserves the right to adjust times/sessions after entries are received.

AAU New Year 2026

February 15th, 2026

Session 1

Warm up: 1pm Start: 2pm

1	50 Free OPEN	2
3	200 IM OPEN	4
5	200 Free OPEN	6
7	50 Fly 12 and under	8
9	100 Fly OPEN	10
11	100 Free OPEN	12
13	50 Back 12 and under	14
15	100 Breast OPEN	16
17	200 Back 11 and over	18
19	50 Breast 12 and under	20
21	100 Back OPEN	22
23	200 Fly 11 and over	24
25	200 Breast 11 and over	26

15:00 Break before Distance Session - open warm ups during this time

Session #2

27	500 Free	28
29	400 IM	30
31	1000 Free	32

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.