



2026 North Texas Senior Cup  
and  
North Texas East Division Junior Cup  
February 27, 2026 – March 1, 2026

Hosted by:  
COR Swimming

**Sanction # NT 016-26**

MEET DIRECTOR	MEET REFEREE
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<b>SANCTION</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming through North Texas Swimming: <b>NT 016-26</b></li><li>• In granting this sanction, it is understood and agreed that USA Swimming, North Texas Swimming, <b>COR SWIMMING</b>, Officials, and <b>Garland ISD</b> shall be held free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>
<b>FACILITY</b>	<p><b>Larry H. Glick Natatorium</b> <b>2585 Firewheel Pkwy</b> <b>Garland, TX, 75040</b> <b>Facility Phone</b></p> <ul style="list-style-type: none"><li>• Two 8 or 10 Lane 25 yards (SCY)</li><li>• Water Depth at the starting end is 6 feet 8 inches, and Water Depth at the turning end is 6 feet 8 inches.</li><li>• The course has not been certified.</li></ul>
<b>TIMING SYSTEM</b>	Colorado Gen 7 and Meet Manager will be used.
<b>Available Medical Supervision/Equipment</b>	<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, who will have access to a certified lifeguard, an AED, a backboard, &amp; First Aid supplies at the facility.</li></ul>
<b>ELIGIBILITY</b>	<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>
<b>DISABILITY SWIMMERS</b>	<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 before competition.</li></ul>
<b>TEAMS INVITED</b>	<ul style="list-style-type: none"><li>• <i>Senior Cup is open to all NTSI 15-18-year-old swimmers</i></li><li>• <i>Junior Cup is open to all NTSI East division 14 and under swimmers</i></li></ul>
<b>RULES</b>	<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></ul>

	<ul style="list-style-type: none"> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. Per NTSI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras) is banned 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 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.</li> <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, or swimmers, or to 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 swimmer's age will be their age on the first day of the meet.</li> <li>• Friday night and all prelim sessions will run fast to slow.</li> <li>• Finals will run slow to fast.</li> <li>• Swimmers will need to provide their own counter for the Distance events. Swimmers will need to provide own timer and counter for the 1650 free.</li> <li>• The 1650 free will alternate between women and men. There will be at least a 20-minute break at the conclusion of Sunday Prelims before the start of the 1650 Free.</li> <li>• <b>Senior Cup:</b> Timed finals Friday Night. Saturday and Sunday Prelim and Finals. A, B, C, D finals for events 200 and down. Timed finals 400 IM, 500 Free, and 1650 Free. No Time standards needed to enter the event—max number of entries for the meet is 8. The maximum number of entries per day is 3.</li> <li>• <b>Junior Cup:</b> Timed finals for Friday night and all 10-and-under events. 11-12 and 13-14 will be prelims and finals, with one final heat at night for events 200 and below in each age group. Swimmers must have achieved a BB time in each event they intend to swim. The maximum number of entries for the meet is 8. Max entries per day is 3.</li> <li>• For Friday night and all prelim sessions, The Senior Cup will run in the North Competition Pool, and The Junior Cup will run in the South Competition Pool.</li> <li>• For Finals, the Senior Cup and Junior Cup will be combined.</li> <li>• There will be 12 total lanes available for warm-up and warm-down during prelims.</li> <li>• COR reserves the right to change warm-up times, meet start times, and the number of pools or lanes used for all prelim and final sessions</li> </ul>
<b>POSITIVE CHECK IN/ SCRATCHING</b>	<ul style="list-style-type: none"> <li>• Positive check-in for Friday night events and the 1650.</li> <li>• Positive check-in for Friday night events will close 15 minutes after the start of warm-up.</li> <li>• 1650 check-in needs to be by 6:00 pm Saturday, February 28, 2026</li> <li>• There will be no penalty for missing a prelim swim.</li> <li>• <b>Scratches for finals: Scratches will be done by the clerk of course.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>If you are not planning to come back, please scratch out!</b></li> <li>• Current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates will be announced along with the qualifiers for the bonus final heats, consolation final heat, and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For those swimmers who qualify in the top 32 (40 if using 10 lanes) then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes 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 will not be penalized for failing to compete in an event during prelims; however, it will count toward 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.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• The meet will be pre-seeded, except for the 400 IM, 500 free, and 1650 free; these events will be seeded after Check-in closes.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> place.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet mobile will be utilized for the heat sheet.</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.</li> <li>• The meet will have an open warm-up.</li> <li>• The Senior Cup will use the diving area and the North Competition Course for Warm-Up.</li> <li>• Junior Cup will use the South Competition Course and the Shallow pool for warm-up.</li> <li>• See the schedule for warm-up times.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for their swimmers' conduct and for cleaning up 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 who are not working, the meet as a deck official, volunteer timer, or in another position, are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be allowed 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>• Spectator seating for 1200. Spectators have a clear bag policy, and no outside food or drink is allowed. No empty mugs or containers will be permitted in the facility. There is a concession stand on the spectator level.</li> <li>• <b>Parking:</b> No overnight parking on the premises. Overflow parking is next door at Tom Thumb. No parking in the fire lanes. <u>Any car parked in the fire lanes is subject to towing at the owner's expense.</u></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 must provide their own timers for the distance events.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials interested in volunteering should register their intent using link <a href="https://forms.gle/AUGcvAxEDEy2Tsfq7">https://forms.gle/AUGcvAxEDEy2Tsfq7</a> OR by contacting <a href="mailto:nadia.atumah@ntswin.org">nadia.atumah@ntswin.org</a> via email.</li> <li>• <u>All currently certified and in-training USA Swimming officials are cordially invited to participate.</u> <u>All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.</u></li> </ul>



# Meet Name

## Meet Date(s)

Friday, February 27, 2026

Girls	Event	Boys
1	12&U 200 IM	2
3	13-14 400 IM	4
5	15-18 400 IM	6
7	12&U 500 Free	8
9	13-14 500 Free	10
11	15-18 500 Free	12

15-18 events will run in one pool.  
14-and-under events will run in one pool.

Saturday, February 28, 2026

Girls	Event	Boys
13	11-12 50 Back	14
15	10&U 50 Back	16
17	15-18 200 Free	18
19	13-14 200 Free	20
21	11-12 200 Free	22
23	10&U 200 Free	24
25	15-18 100 Fly	26
27	13-14 100 Fly	28
29	11-12 100 Fly	30
31	10&U 100 Fly	32
33	15-18 200 Back	34
35	13-14 200 Back	36
37	11-12 200 Back	38
39	10&U 50 Breast	40
41	11-12 50 Breast	42
43	15-18 50 Free	44
45	13-14 50 Free	46
47	11-12 50 Free	48
49	10&U 50 Free	50
51	15-18 200 Breast	52
53	13-14 200 Breast	54
55	11-12 200 Breast	56

15-18 events will run in one pool.  
14-and-under events will run in one pool.

Saturday Finals will run in event order, except for the 10-and-under events, which will be combined into one pool.

**Sunday, March 1, 2026**

Girls	Event	Boys
57	11-12 50 Fly	58
59	10&U 50 Fly	60
61	15-18 200 IM	62
63	13-14 200 IM	64
65	11-12 100 IM	66
67	10&U 100 IM	68
69	15-18 100 Free	70
71	13-14 100 Free	72
73	11-12 100 Free	74
75	10&U 100 Free	76
77	15-18 200 Fly	78
79	13-14 200 Fly	80
81	11-12 200 Fly	82
83	15-18 100 Back	84
85	13-14 100 Back	86
87	11-12 100 Back	88
89	10&U 100 Back	90
91	15-18 100 Breast	92
93	13-14 100 Breast	94
95	11-12 100 Breast	96
97	10&U 100 Breast	98
99	15-18 1650 Free	100

15-18 events will run in one pool.

14-and-under events will run in one pool.

Sunday Finals will be run in one pool in event order, except for the 10-and-under age group.

# Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

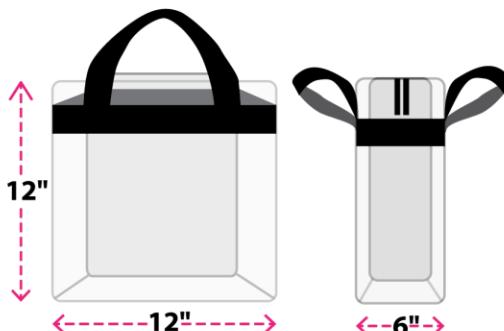
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

## LARGE BAGS

### CLEAR TOTE

Made of plastic, vinyl or PVC  
Size does not exceed 12" x 6" x 12"



### One-Gallon Resealable, Clear PLASTIC STORAGE BAG

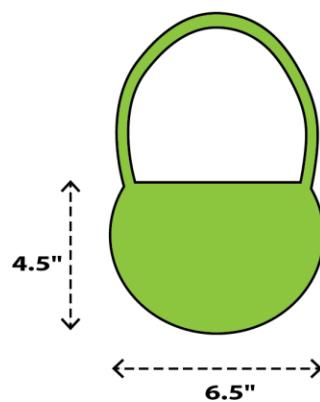
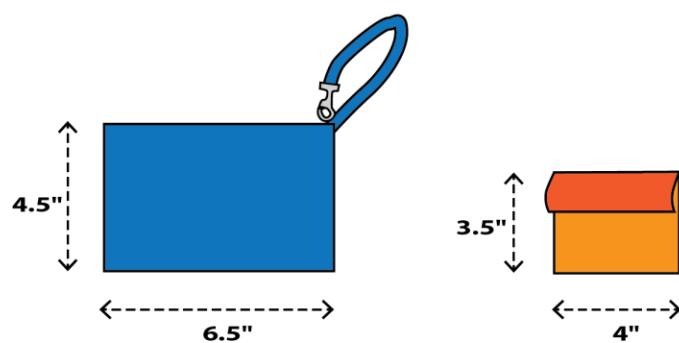


OR

## SMALL BAGS

### SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap  
Size does not exceed 4.5" x 6.5"



# **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 the 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 WARM-UP
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 a general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from the 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 violate 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. 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 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.***