



Heart Racer

Feb 27th - Mar 1st, 2026

Sanction # NT 017-26

Hosted by:
Lakeside Aquatic Club

MEET DIRECTOR

Tony Arbogast, arbogasta@lisd.net, (630) 956-8705

MEET REFEREE

Kenneth Chung, kenneth.chung@ntswim.org

SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through North Texas Swimming: NT 017-260• In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, Lakeside Aquatic Club, and Westside Aquatic Center 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;">Westside Aquatic Center 1750 Duncan Lane Lewisville, Texas 75067 (214) 222-6940</p> <ul style="list-style-type: none">• 1 or 2 - 8 or 1 - 10 lane course(s) will be used for competition, and at least 16 lanes available for pre meet warm up.• The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meters to 5.0 meters from both end walls.• 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. • LISD Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.
ELIGIBILITY	<ul style="list-style-type: none">• Open to all registered USA Swimmers.• 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 accommodation 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 West division, Group C, and teams invited by LAC.

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.
	<ul style="list-style-type: none"> • 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 the changing areas, restrooms, 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 February 27th, 2026. Athletes must be 14 or Under at the start of meet. • All events are timed finals. • Maximum of 1 individual event for Session 1 and 3 individual events for subsequent sessions may be entered for this meet. • Open Time Standards.
POSITIVE CHECK-IN/SCRATCHING	<ul style="list-style-type: none"> • The 500 Free, 1000 Free and 400 IM will require positive check-in. • Check-in will close 45 minutes prior to the scheduled start of the session. <ul style="list-style-type: none"> • No show for a positive check-in event will result in a \$10 fine paid to the host.
SEEDING	<ul style="list-style-type: none"> • Meet will be pre-seeded for all events except the 500 free, 1000 free and 400 IM, which will require positive check in. All heats will be swum fastest to slowest. If the meet is swum in 1 pool, then the 500 free and 400 IM will swim fastest to slowest, alternating 1 girls heat, 1 boys heat.
SCORING	<ul style="list-style-type: none"> • This meet will not be scored.

AWARDS	<ul style="list-style-type: none"> • First place heat winners receive an award recognition during sessions 2 and 4 only.
PROGRAMS	<ul style="list-style-type: none"> • Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.
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 at 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 with them.
SPECTATOR INFORMATION	<ul style="list-style-type: none"> • Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.

TIMERS	<ul style="list-style-type: none"> • LAC will provide timers for all sessions and events.
OFFICIALS	<ul style="list-style-type: none"> • All currently certified and in-training USA Swimming officials are cordially invited to participate. 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. • Officials volunteering for this meet should check in with the meet ref 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. <p style="text-align: center;">Application to Officiate</p>
ENTRY DEADLINE	<p style="text-align: center;"><u>February 19th, 2026 at 12:00pm</u></p> <p style="text-align: center;">Send to meetentries@swimlac.org</p>

ENTRY PROCEDURES	<p>Entries Chair: John McClure - meetentries@swimlac.org (817) 913-2554</p> <p>PO Box 270189, Flower Mound, TX 75027</p> <ul style="list-style-type: none">• Entries should be submitted by email to the Meet Director/ Entry Chair.• 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.• 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>Per Swimmer Surcharge: \$29.00</p> <p>Individual event fee: \$6.00</p> <p>Make checks payable to Lakeside Aquatic Club. Checks may be mailed to: PO Box 270189, Flower Mound, TX 75027</p> <ul style="list-style-type: none">• 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. <table><tr><th>Session</th><th>Warm Up</th><th>Meet Start</th></tr><tr><td>February 27th - Session 1</td><td>5:00 - 5:45pm</td><td>6:00pm</td></tr><tr><td>February 28th - Session 2</td><td>8:00 - 9:00am</td><td>9:20am</td></tr><tr><td>February 28th - Session 3</td><td>Following Session 2</td><td>TBD</td></tr><tr><td>March 1st - Session 4</td><td>8:00 - 9:00am</td><td>9:20am</td></tr><tr><td>March 1st - Session 5</td><td>Following Session 4</td><td>TBD</td></tr></table>	Session	Warm Up	Meet Start	February 27th - Session 1	5:00 - 5:45pm	6:00pm	February 28th - Session 2	8:00 - 9:00am	9:20am	February 28th - Session 3	Following Session 2	TBD	March 1st - Session 4	8:00 - 9:00am	9:20am	March 1st - Session 5	Following Session 4	TBD
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Order of Events

February 27th - Session 1

GIRLS	EVENTS	BOYS
1	12 & Under 500 Free*	2
3	11-14 400 IM	4
5	11 & Under 200 IM	6
7	11-14 1000 Free*	8

*Swimmers must provide their own counter for the 500 or 1000 Free

February 28th - Session 2

GIRLS	EVENTS	BOYS
9	11 Yr old 200 Back	10
11	11 & Under 50 Breast	12
13	11 & Under 100 Free	14
15	11 & Under 100 Fly	16
17	11 Yr old 200 Breast	18
19	11 & Under 50 Back	20
21	11 & Under 200 Free	22

February 28th - Session 3

GIRLS	EVENTS	BOYS
23	12-14 200 Breast	24
25	12 Yr old 50 Back	26
27	12-14 100 Fly	28
29	12-14 100 Free	30
31	12 Yr old 50 Breast	32
33	12-14 200 Back	34
35	12 Yr old 100 IM	36
37	13-14 500 Free*	38

*Swimmers must provide their own counter for the 500 Free

March 1st - Session 4

GIRLS	EVENTS	BOYS
39	11 Yr old 200 Fly	40
41	11 & Under 100 Back	42
43	11 & Under 100 IM	44
45	11 & Under 50 Fly	46
47	11 & Under 100 Breast	48
49	11 & Under 50 Free	50

March 1st - Session 5

GIRLS	EVENTS	BOYS
51	12-14 200 Fly	52
53	12-14 100 Breast	54
55	12-14 50 Free	56
57	12-14 200 IM	58
59	12-14 100 Back	60
61	12 Yr old 50 Fly	62
63	12-14 200 Free	64

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 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 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.