



8TH Annual Jerry Heidenreich “Open”

Hosted by:
ATAC & Lifetime Fitness

Invitational

February 7-8, 2026

Sanction # NT 012-26

MEET DIRECTOR

Sherry Gentry & Megan Cantu

MEET REFEREE

Mike Gentry mike.gentry@ntswim.org

SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through North Texas Swimming: NT 012-26In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, the Academy of Texas Aquatic Champions, Lifetime Fitness- Dallas, and the Dallas Independent School District 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>Alfred J. Loos Swim Center 3815 Spring Valley Rd. Addison, Texas, 75001</p> <p>2 x 8 lane 25 yards (SCY)</p> <ul style="list-style-type: none">Water depth range of Water Depth start at the starting shallow end is 4’6” and is 7 ft. At the turning end and at the other end the water depth in deep pool is 7 ft. At the starting end and 18 ft. At the turning end.
TIMING SYSTEM	Automatic timing will be used.
Available Medical Supervision/Equipment	<ul style="list-style-type: none">There will be Red Cross certified lifeguards in 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 up to a limit of 800 swimmers. Please contact coach Chris MacCurdy if you would like your team to enter the meet.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">Teams entering this meet must contact coach Chris MacCurdy at chrismacurdy@gmail.com
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.In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording

	<p>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.</p> <ul style="list-style-type: none"> • 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 to warm up with a team, 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. February 7, 2026 • All events are timed finals.
POSITIVE CHECK IN/ SCRATCHING	<p>Positive check-ins will be required for the 400 I.M., 500 Free, and 1000 Free by the start of the session for that event.</p> <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"> • All events 200 yards and less will be pre-seeded and swam fastest to slowest.
SCORING	<ul style="list-style-type: none"> • No scoring
AWARDS	<ul style="list-style-type: none"> • Awards will be given for the top eight in each individual event.
PROGRAMS	<ul style="list-style-type: none"> • Meet heat sheets can be purchased on Meet Mobile.
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 time/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"> • There is seating for up to 3,000 spectators. No chairs will be allowed in the spectator area. DISD has a clear bag policy. Spectators will be required to enter the building through a metal

	detector scanner.
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.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact Mike Gentry at mike.gentry@ntswim.org
ENTRY DEADLINE	<p>Entries are due to Sherry Gentry at entries@atacswim.com</p> <p>By Thursday, January 29, 2026</p>
ENTRY PROCEDURES	<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: \$ 25.00 Relay event fee: \$ 15.00 (\$5 to NTSI)</p> <p>Individual event fee: \$ 6.00</p> <ul style="list-style-type: none"> Make checks payable to ATAC Swim Club. Checks may be mailed to: P.O. Box 802313, Dallas, Texas, 75240 postmarked prior to the start of the meet. 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	<p><i>Sessions Warmups begin at 9:30am, meet starting at 10:30am on both Saturday and Sunday.</i></p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.

SCHEDULE OF EVENTS

Session 1- Saturday, February 7, 2026 Warm Ups- 9:30AM- 10:15AM, Meet Starts- 10:30AM				
Girls	Faster Than	Event Description	Faster Than	Boys
1		12 & Over 50 yd. Breast 12's 13-14 15 & Over		2
3		12 & Over 200 Free Relay		4
5		12 & Over 200 Back 12's 13-14 15 & Over		6
7		12 & Over 100 Free 12's 13-14 15 & Over		8
9		12 & Over 50 Back 12's 13-14 15 & Over		10
11		12 & Over 200 Fly 12's 13-14 15 & Over		12
13		12 & over 100 Breast 12's 13-14 15 & Over		14
15		12 & Over 200 IM 12's 13-14 15 & Over		16
17		12 & Over 500 Free* 12's 13-14 15 & Over		18
		* The 500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.		

Session 2- Saturday, February 7, 2026 Warm Ups- 9:30AM- 10:15AM Meet Starts- 10:30AM				
Girls	Faster Than	Event Description	Faster Than	Boys
19		11 & Under 200 I.M. 10 & Under 11's		20
21		11 & Under 200 Free Relay		22
23		11's 200 Back		24
25		11 & Under 50 Fly 8 & Under 10 & Under 11's		26
27		11 & Under 100 Free 8 & Under 10 & Under 11's		28
29		11's 200 Fly		30
31		11 & Under 50 Back 8 & Under 10 & Under 11's		32
33		11 & Under 100 Breast 10 & Under 11's		34
35		11 & Under 500 Free* 10 & Under 11's		36
* The 500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer.				

Session 3- Sunday, February 8, 2026 Warm Ups- 9:30AM- 10:15AM, Meet Starts- 10:30AM				
Girls	Faster Than	Event Description	Faster Than	Boys
37		12 & Over 50 Fly 12's 13-14 15 & Over		38
39		12 & Over 400 I.M.* 12's 13-14 15 & Over		40
41		12 & Over 200 Med. Relay		42
43		12 & Over 200 Free 12's 13-14 15 & Over		44
45		12 & Over 100 Back 12's 13-14 15 & Over		46
47		12 & Over 200 Breast 12's 13-14 15 & Over		48
49		12 & Over 100 Fly 12's 13-14 15 & Over		50
51		12 & Over 50 Free 12's 13-14 15 & Over		52
53		13 & Over 1000 Free** 12's 13-14 15 & Over		54
** The 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.				

Session 4-Sunday, February 8, 2026 Warm Ups- 9:30AM- 10:15AM Meet Starts- 10:30AM				
Girls	Faster Than	Event Description	Faster Than	Boys
55		11 & Under 200 Med. Relay		56
57		11 & Under 100 I.M. 11's 10 & Under 8 & Under		58
59		11's 200 Breast		60
61		11 & Under 100 Back 11's 10 & Under		62
63		11 & Under 200 Free 11's 10 & Under		64
65		11 & Under 50 Breast 8 & Under 10 & Under 11's		66
67		11 & Under 50 Free 8 & Under 10 & Under 11's		68
69		11 & Under 100 Fly 10 & Under 11's		70
71		11's 1000 Free**		72
** The 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer and lap counter.				

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.