



# LAC Spring Speedo Sectionals

## March 5<sup>th</sup> - 8<sup>th</sup>, 2026

Hosted by:  
Lakeside Aquatic  
Club

Sanction # NT 015-26 & NT 015TT-26

<b>MEET DIRECTOR</b> Teddy Davis, <a href="mailto:winstonwolf01@gmail.com">winstonwolf01@gmail.com</a> , 817-301-2447	<b>MEET REFEREE</b> Nathan Gloier, <a href="mailto:Nathan.Gloier@ntswim.org">Nathan.Gloier@ntswim.org</a> , 469-438-9762 <b>ADMIN REFEREE</b> Tom Schultz, <a href="mailto:tschultz@gvtc.com">tschultz@gvtc.com</a> , 210-284-8116
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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 015-26 &amp; NT015TT-26</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, <b>Lakeside Aquatic Club</b>, and <b>Northwest ISD Aquatic Center</b> 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Northwest ISD Aquatic Center</b>  <b>1976 Texan Drive</b>  <b>Justin, TX 76247</b>  <b>(817) 215-0087</b></p> <ul style="list-style-type: none"> <li>1 or 2 – 8 lane or 1 - 10 lane 25-yard course for competition and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and at least 1 scoreboard will be used.</li> <li>The minimum water depth for the aquatic center, measured in accordance with Article 103.23, is 6 feet, 8 inches all around the competition pool extending to 13 feet in the remaining pool.</li> <li>The competition course has been certified in accordance with 104.2.2C (4).</li> </ul>
<b>GENERAL MEETING</b>	<ul style="list-style-type: none"> <li>There will be a general meeting via Zoom on Monday, March 2<sup>nd</sup> at 7:30 p.m. Central Standard Time. LAC will email a link to all teams who have at least one swimmer entered in the meet. For unattached swimmers, we will post a link on our website (<a href="http://www.swimlac.org">www.swimlac.org</a>). All swimmers must be represented at this meeting. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach’s responsibility to be aware of any changes made during this meeting.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing will be used.</li> </ul>
<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. AED, backboard, &amp; First Aid supplies at facility.</li> <li>NISD 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.</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>

	<ul style="list-style-type: none"> <li>• Swimmers must have met the “Sectional Standards” for each event entered (except for bonus entries, see below).</li> <li>• Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the “Sectional Bonus Standards”.</li> <li>• Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (March 5<sup>th</sup>, 2026). Swimmers must enter their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y) or long course meters (L). <b>Do not</b> convert meter times to yard times.</li> <li>• A swimmer with a Sectional qualifying time in either the 800, 1000, 1500, or 1650 Freestyle automatically qualifies for both the 1000 and 1650 Freestyle events.</li> <li>• Athletes entered in the meet may enter the 50 Butterfly, 50 Backstroke, and/or 50 Breaststroke provided they have achieved the 50 of stroke Qualifying Standard or have the corresponding 100 of stroke Qualifying Standard. Athletes may qualify for the 50 Butterfly, 50 Backstroke, and/or 50 Breaststroke as a bonus event provided they have the corresponding 50 of stroke Bonus Event Time Standard or 100 of stroke Bonus Event Time.</li> <li>• <b>Relay only swimmers are not allowed.</b> All relay members must be entered in individual events. The time for each relay may be submitted as a composite or aggregate time.</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 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.</li> </ul>
<b>TEAMS INVITED</b>	<ul style="list-style-type: none"> <li>• Open to USA Swimming registered teams and swimmers in Texas and Louisiana. The number of out-of-section swimmers is limited to 100 swimmers. All out-of-section teams must contact Tom Cyprus (<a href="mailto:tom.cyprus@swimlac.org">tom.cyprus@swimlac.org</a>) prior to the entry deadline to be allowed to enter this meet.</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> <li>• 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, 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.</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 prior to 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 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.</li> </ul>

<p><b>EVENT RULES</b></p>	<ul style="list-style-type: none"> <li>• The age of the swimmer will be their age on March 5<sup>th</sup>, 2026.</li> <li>• This is a prelims/finals meet with A, B, C, D, and E final heats. Relays, the 1000 Free, and 1650 Free will be swum as timed finals. The E final heat will be for 18 and under swimmers only.</li> <li>• Swimmers may compete in a maximum of 3 individual events per day, 2 relay events on Thursday, 1 relay event on Friday, 1 relay event on Saturday, and 1 relay event on Sunday.</li> <li>• <b>Seeding:</b> For events of distances 200 and less, the meet will be seeded with heats organized according to USA Swimming Rules 102.5.1-6. All preliminary, 1000 free, 1650 free, and relay heats will be swum in the order of fastest to slowest. All finals heats will be swum in the order of slowest to fastest. USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries.</li> <li>• The 400 IM and 500 Free events will swim prelims as follows: the fastest two heats of women, followed by the fastest two heats of men, then alternating women and men, fastest to slowest.</li> <li>• The 1000 free and 1650 free will be deck seeded, swum as timed final events, and will alternate women/men. All heats of the 1000 free will be swum, fastest to slowest. At check-in, 1650 free swimmers may declare their preference to swim in the prelim session (AM). The fastest 8 women and fastest 8 men who do not declare a prelims (AM) preference will swim in finals (PM) in event order. Other 1650 free heats will be swum fastest to slowest as the last heats during prelims (AM).</li> <li>• Seeding shall be in the following order: Qualifying short course yards (SCY), qualifying long course meters (LCM), qualifying non-conforming distance SCY (for 1000/1650 only), qualifying non-conforming distance LCM (for 1000/1650 only), SCY bonus, LCM bonus, non-conforming SCY bonus (for 1000/1650 only), non-conforming LCM bonus (for 1000/1650 only). <b>(Y, L, YB, LB)</b></li> <li>• <b>Relays:</b> Relays will be deck seeded and will swim as timed final events. Teams may elect to swim either in the prelims session (AM) or the finals session (PM). The relays must be checked-in by the scratch deadline each day. The declaration of prelims or finals must be made by the scratch deadline. If AM or PM is not selected, the relays will be seeded in the PM session. The relays in the prelim (AM) session will swim fastest to slowest. The relays in the final (PM) session will swim as follows: Women's 2nd fastest heat, Women's fastest heat, Men's 2nd fastest heat, Men's fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Women's 4th fastest heat, Men's 4th fastest heat and continuing by alternating women's and men's heats fastest-to slowest.</li> </ul>
<p><b>POSITIVE CHECK-IN/ SCRATCHING</b></p>	<ul style="list-style-type: none"> <li>• <b>Scratching:</b> The scratch box will be located at the Clerk of Course. <b>Deadline details are listed below.</b></li> <li>• Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out a scratch card and depositing it in the scratch box <b>before the deadline</b>. Alternatively, THE COACH ONLY may scratch by sending a text to the Admin Referee <b>before the deadline</b>, Tom Schultz, 210-284-8116. Please include the swimmer's name, event #, heat, and lane in the text. You will receive a confirmation text when received. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim with the admin referee prior to the close of the scratch box for the succeeding day's events.</li> <li>• In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches,</li> </ul>

	<p>therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the fines below and banishment from competition, even though any qualified swimmer may be moved into finals.</p> <ul style="list-style-type: none"> <li>● <b>Finals Scratching:</b> Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course, or the admin referee, prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations. <b>On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.</b></li> <li>● <b>Finals:</b> The top 8 finalists for each individual event will report to the finals staging area and be paraded out for their heat. Names will be announced before the start of each final heat.</li> <li>● Consolation, bonus and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 Freestyle heats. Names will be announced before the start of each heat of the 50 Freestyles.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>● Individual Events: 1<sup>st</sup> – 8th place: 20-17-16-15-14-13-12-11 9<sup>th</sup> – 16th place: 9-7-6-5-4-3-2-1</li> <li>● Relay Events: 1<sup>st</sup> – 8th place: 40-34-32-30-28-26-24-22 9<sup>th</sup> – 16th place: 18-14-12-10-8-6-4-2</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>● Individual and relay events: medals, 1st - 8th place</li> <li>● Combined team banners: 1st – 10th place</li> <li>● Individual high points: 1st &amp; 2nd place Women’s and 1st &amp; 2nd place Men’s</li> <li>● All individual and relay awards will be available for pick up by the swimmer’s coach. Those awards will be in the hospitality area.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>● Heat sheets will be available on LAC website, <a href="http://www.swimlac.org">www.swimlac.org</a>, as each session is seeded.</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. The Meet Director may determine the structure of warm-up, including times or lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>● Coaches are responsible for the conduct of their swimmers and cleaning up for 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 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 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>● Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.</li> <li>● TICKET PURCHASES WILL BE HANDLED AT THE FRONT DESK OF THE AQUATIC CENTER. Spectator tickets will be available for \$25 all session pass, or \$5 per session. Children 5 years old and younger are free.</li> <li>● Spectators will be allowed into the building 1 hour prior to the start of each session.</li> </ul>

<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• LAC will provide timers for all finals sessions.</li> <li>• All teams will be assigned timing duties for prelims based on the number of swimmers entered in the meet. Those assignments will be emailed to all teams by Monday, March 2nd, 2026.</li> <li>• For the 500 and 1000 Free, swimmers must provide their own counters.</li> <li>• For the 1650 Free, swimmers in prelims must provide both a timer and a counter. Finalists for the 1650 Free only need to provide a counter.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The attire for the meet is a white polo over khaki pants, skirt, skorts or shorts with white shoes and socks for prelims. White polo over khaki pants, skirt or skorts for finals. No shorts for finals please.</li> <li>• Those interested in officiating should apply using the application linked below. This meet will be 'Officials Qualifying Meet' (OQM) eligible for national evaluation for advancement or recertification. See the application for additional information regarding positions available for evaluation.</li> </ul> <p style="text-align: center;"><a href="#"><u>APPLICATION TO OFFICIATE</u></a></p>
<b>ENTRY DEADLINE</b>	<p><b><u>February 24<sup>th</sup>, 2026, at 12:00pm</u></b></p>
<b>ENTRY PROCEDURES</b>	<p>For questions regarding OME entries: Please contact Katie Trace at USA Swimming (<a href="mailto:ktrace@usaswimming.org">ktrace@usaswimming.org</a>).</p> <ul style="list-style-type: none"> <li>• All individual entry times must be made through OME prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. LAC reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.</li> <li>• Enter the Speedo Sectional Meet online at <a href="http://hub.usaswimming.org/landing">hub.usaswimming.org/landing</a> no later than 12:00 p.m. Central Time, Tuesday, February 24<sup>th</sup>, 2026.</li> <li>• Payment must be made through the OME system using a credit card.</li> <li>• OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.</li> <li>• You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been submitted and you have completed the OME procedure.</li> <li>• Once you complete your online entry, you will be sent confirmation via email. Please keep these emails and bring them with you to the meet (just in case).</li> <li>• USA Swimming Waiver forms will be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (i.e., do not mail them to LAC).</li> </ul> <p style="text-align: center;"><b>Entries Chair:</b> John McClure - <a href="mailto:meetentries@swimlac.org">meetentries@swimlac.org</a> (817) 913-2554 PO Box 270189, Flower Mound, TX 75027</p>

<b>NEW QUALIFYING SWIMS (NQS)</b>	<ul style="list-style-type: none"> <li>Any swimmer who achieves a new qualifying swim after the entry deadline of February 24<sup>th</sup> may enter the meet by emailing the Entries Chair (listed above) no later than 6:00 p.m. Central Time, Monday, March 2<sup>nd</sup>, 2026. These times may not be used to improve the seed time of an existing entry.</li> <li>Teams must submit athlete name, USAS ID, meet name &amp; date where the time was achieved, event number for the Sectional meet and time.</li> <li>If the NQS is used to improve a Sectional Bonus Standard to a Sectional Standard, then the athlete may also enter an additional bonus event provided they have met the bonus qualifying time.</li> <li>Regular entry fees apply.</li> <li>Swimmers must not exceed the allotted number of events allowed each day.</li> </ul>												
<b>ENTRY FEES</b>	<p>Individual Event: \$20.00  Relay: \$40.00  Surcharge: \$29.00 (\$5.00 will go to North Texas Swimming, Inc.)</p> <p><b>Coaches Deck Passes:</b> \$20 per coach. Coaches must register for this meet along with their entries using the OME System.  Replacement fees for lost credentials are \$50 for coaches and \$25 for athletes.  <b>All entry fees must be paid during the OME process.</b></p>												
<b>DAILY SCHEDULE</b>	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust times/sessions after entries are received.</li> <li>The registration desk will open at 2:00pm on Thursday, March 5th, 2026.</li> </ul> <table border="1" data-bbox="383 894 1559 1150"> <thead> <tr> <th>Session</th> <th>Warmup</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>Timed Finals March 5<sup>th</sup></td> <td>3:30pm</td> <td>5:00pm</td> </tr> <tr> <td>Prelims March 6<sup>th</sup> - 8<sup>th</sup></td> <td>7:00am</td> <td>9:00am</td> </tr> <tr> <td>Finals March 6<sup>th</sup> - 8<sup>th</sup></td> <td>4:00pm</td> <td>5:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li><b>1000/1650 Free Events:</b> Entrants in the 1000 free and 1650 free events must check in with the Clerk of Course and confirm their intention to compete in these events. Swimmers in the 1650 free should also elect to swim AM or PM at this time. All 1000 free swimmers will swim Thursday afternoon as timed finals.</li> <li><b>Check-in deadline times:</b> 1000 free – Thursday, March 5<sup>th</sup>, 4:00 p.m. 1650 free – Saturday, March 7<sup>th</sup>, 6:00 p.m.</li> <li>Check-in has three options:  V Indicates that the athlete is present and will swim the event.  SCRATCH Indicates the swimmer has scratched from this event.  _____ Indicates swimmer is not swimming this event for reasons unknown.</li> </ul>	Session	Warmup	Meet Start	Timed Finals March 5 <sup>th</sup>	3:30pm	5:00pm	Prelims March 6 <sup>th</sup> - 8 <sup>th</sup>	7:00am	9:00am	Finals March 6 <sup>th</sup> - 8 <sup>th</sup>	4:00pm	5:00pm
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<b>SCRATCH DEADLINES</b>	<p>Friday's events: 6:00 p.m. on Thursday, March 5<sup>th</sup>, 2026  Saturday's events: 6:00 p.m. on Friday, March 6<sup>th</sup>, 2026  Sunday's events: 6:00 p.m. on Saturday, March 7<sup>th</sup>, 2026</p> <ul style="list-style-type: none"> <li><b>Relays:</b> Properly completed relay cards must be turned in to the Clerk of Course by 4:00 p.m. on Thursday, and 10:30 a.m. on Friday, Saturday, and Sunday. The relay order may be changed with the admin or the head lane timer up until the relay swims.</li> </ul> <p><b>200 Medley Relays should be entered with 400 Medley Relay time.</b></p>												

<p><b>TIME TRIALS</b></p>	<ul style="list-style-type: none"> <li>● Time permitting, time trials will be conducted after the completion of Friday and Saturday prelims. Rules for time trials will be:             <ol style="list-style-type: none"> <li>1) The course will be 25 yards only.</li> <li>2) Fees will be \$25.00 for individual events and \$50.00 for relay events. Payment will be either cash or check (made out to LAC). All fees must be paid at the time of sign-up.</li> <li>3) Swimmers must supply completed entry forms and be entered at the swimmers' best times.</li> <li>4) Time trial entries will be taken on Friday from 9:00-10:00am for Friday's time trials and Friday from 5:00-6:00pm for Saturday's time trials.</li> <li>5) Swimmers must be entered in the meet in at least one individual event to swim time trials.</li> <li>6) Time trial events count towards the daily entry limit of 3 events.</li> <li>7) Events will be swum in the order of 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free. <b>The meet referee may combine events or change the order of events as needed to make an efficient combination of events.</b></li> <li>8) Swimmers must provide their own timers and lap counters.</li> <li>9) <b>The 1000 free and the 1650 free will only be offered on Saturday.</b></li> </ol> </li> </ul>
<p><b>LATE ENTRIES</b></p>	<ul style="list-style-type: none"> <li>● Late entries will be accepted each day up to 60 minutes before the start of the meet. Those swimmers missing the 11:59 p.m. Tuesday, February 24<sup>th</sup>, 2026, deadline may enter the meet on-deck in the following manner:             <ol style="list-style-type: none"> <li>1) Swimmers must pay the late entry fee at the time of entry (\$30 individual, \$60 relay, \$29 athlete surcharge). Payment will be either cash or check (made out to LAC). All fees must be paid at the time of sign up.</li> <li>2) Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first.</li> <li>3) Swimmers must enter all events for the day sixty (60) minutes prior to the start of the day's first event.</li> <li>4) Swimmers must be qualified to swim the event(s) entered.</li> <li>5) Swimmers must not exceed the allotted number of events allowed each day.</li> <li>6) Late entries will only be accepted for that day's events.</li> <li>7) <b><i>At the discretion of the meet referee, new heats may be created.</i></b></li> </ol> </li> </ul>

## Spring Sectionals Order of Events

**March 5<sup>th</sup> - 8<sup>th</sup>, 2026**

**Thursday - March 5<sup>th</sup>**

GIRLS	EVENT	BOYS
1*	200 Medley Relay	2*
	<b>5-minute break</b>	
3	1000 Free	4
	<b>5-minute break</b>	
5	400 Free Relay	6

\* Please use 400 Medley Relay time to enter the 200 Medley Relay

**Friday - March 6<sup>th</sup>**

GIRLS	EVENT	BOYS
7	50 Fly	8
9	200 Breast	10
11	100 Free	12
13	200 Back	14
15	500 Free	16
	<b>5-minute break</b>	
17	200 Free Relay	18

**Saturday - March 7<sup>th</sup>**

GIRLS	EVENT	BOYS
19	50 Back	20
21	200 Free	22
23	100 Breast	24
25	100 Fly	26
27	400 IM	28
	<b>5-minute break</b>	
29	800 Free Relay	30

**Sunday – March 8<sup>th</sup>**

31**	1650 Free	32**
33	50 Breast	34
35	200 Fly	36
37	100 Back	38
39	200 IM	40
41	50 Free	42
43	400 Medley Relay	44

\*\*Events 31 and 32 will be swum as the last heats in prelims on Sunday, except for the fastest 8 women and men to elect PM at check in, who will swim in finals. These events will be swum in event order during finals.

# 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.**