



# TFA April Super League

April 11, 2026

Sanction # NT 023-26

Hosted by:  
Texas Ford  
Aquatics

<b>MEET DIRECTOR</b> Trent Sandwisch, coachtrent@texasfordaquatics.com	<b>MEET REFEREE</b> Bob Lang, dogmatic.lang@gmail.com
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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 023-26</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, Texas Ford Aquatics 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>Texas Ford Aquatics</b> <b>8353 Legacy Drive</b> <b>Frisco, TX 75034</b> <b>214-618-6767</b></p> <ul style="list-style-type: none"> <li>8 lanes, 50 meters (LCM) for competition; 3 lanes continuous warm up / warm down, 25 yards (SCY). TFA has the right to change the number of lanes being used for competition based on entries.</li> <li>Water depth range of 6 feet 0 inches at the starting end and at the turning end.</li> <li>Meet host will ensure the required course dimensions.</li> </ul>
<b>TIMING SYSTEM</b>	Automatic timing 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. AED, backboard, &amp; First Aid supplies at 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 prior to competition.</li> </ul>
<b>TEAMS INVITED</b>	<ul style="list-style-type: none"> <li>Teams will be invited by Texas Ford Aquatics.</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, 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</li> </ul>

	<p>warm up, competition and cool down periods.</p> <ul style="list-style-type: none"> <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> <li>• 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 &amp; U events per Rule 205.3.1F.</li> <li>• TFA may limit teams to a maximum of 50 swimmers per team in order to control timelines and stay within facility size limits.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• This is a timed finals LCM Senior Meet.</li> <li>• The age of the swimmer will be their age on April 11, 2026.</li> <li>• Athletes may compete in <b>3 individual events and 2 relays.</b></li> <li>• Events 200 meters or less will be pre-seeded fastest to slowest.</li> <li>• Events 400 meters and over will require positive check-in, and will be seeded fastest to slowest after check-in.</li> <li>• Athletes will provide their own counter for the 800 freestyle.</li> </ul>
<b>POSITIVE CHECK IN/ SCRATCHING</b>	<ul style="list-style-type: none"> <li>• Positive check-in for events 400 meters and over.</li> <li>• Positive check-in will close 30 minutes prior to the scheduled start time of the meet.</li> <li>• No show for positive check in events will result in \$10 fine paid to the host.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• The meet will be seeded fastest to slowest.</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>• No awards will be given for this meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Programs will be sent out to attending teams prior to the meet.</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/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 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>• Spectators can view the meet from the lobby area, or from outside through the open garage doors (weather permitting).</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• The host team will provide timers.</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials interested in volunteering should contact Bob Lang; <a href="mailto:dogmatic.lang@gmail.com">dogmatic.lang@gmail.com</a></li> <li>• 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 the start of the meet during warm-up.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b><u>All entries shall be received, no later than Thursday April 2, 2026 at 6:00 pm</u></b></p>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to Trent Sandwisch; <a href="mailto:coachtrent@texasfordaquatics.com">coachtrent@texasfordaquatics.com</a></li> <li>• Include in the subject of the email, "TFA April Super League - ****" 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.</li> <li>• Include in the entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• 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.</li> <li>• 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 &amp; Procedures.</li> <li>• No late entries will be permitted.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• Swimmer Surcharge: \$25.00 (\$5.00 to NTSI)</li> <li>• Make checks payable to <b><u>Texas Ford Aquatics</u></b>.</li> <li>• Checks may be brought to the meet or mailed to: 8353 Legacy Drive, Frisco, TX 75034</li> <li>• 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.</li> <li>• Entry fees are due with meet entry unless other arrangements are made.</li> </ul>
<b>SCHEDULE</b>	<ul style="list-style-type: none"> <li>• Meet Director reserves the right to adjust times/sessions after entries are received.</li> <li>• Saturday (Timed Finals) General Warm-up 1:00 -1:40 pm Push Pace / Dive Sprint 1:40 - 1:55 pm Meet Start 2:00 pm</li> </ul>

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Event # 1 - 200 Mixed Medley Relay		
Women's Event #		Men's Event #
2	800 Free	3
4	50 Fly	5
6	200 Free	7
8	100 Back	9
10	100 Breast	11
12	200 Fly	13
14	50 Free	15
<b>10 minute Break</b>		
16	50 Breast	17
18	100 Free	19
20	200 Back	21
22	200 Breast	23
24	50 Back	25
26	400 Free	27
28	100 Fly	29
30	400 IM	31
Event # 32 - 200 Mixed Free Relay		

# 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.**