



# LAC Intrasquad

April 11th -12th, 2026

Sanction # NT 021-26

Hosted by:  
Lakeside Aquatic  
Club

<b>MEET DIRECTOR</b> Matt Leuschner, mleuschner04@gmail.com, 860-227-9423	<b>MEET REFEREE</b> Olga Oleksyuk, <a href="mailto:swimmref@gmail.com">swimmref@gmail.com</a>
--	--

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through North Texas Swimming: <b>NT 021-26</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> 1976 Texan Drive Justin, Tx 76247 (817) 215-0087</p> <ul style="list-style-type: none"> <li>1- 8 lane 50-meter 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> <li>There will be a spectator entrance fee of \$5 per day</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> <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>
<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>This is a meet for Lakeside Aquatic Club only.</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 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> <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> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• The age of the swimmer will be their age on April 11<sup>th</sup>, 2026.</li> <li>• All events are timed finals.</li> <li>• A maximum of 3 events per day may be entered for this meet.</li> <li>• Open Time Standards.</li> </ul>
<b>POSITIVE CHECK-IN/ SCRATCHING</b>	<ul style="list-style-type: none"> <li>• There will be no positive check in events.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Meet will be pre-seeded for all events and will be swum fastest to slowest.</li> <li>• Depending on the timeline, LAC may adjust to use two pools for all, or part of, the meet.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• This meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will not be any awards for this meet.</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>, prior to the start of 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 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> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• LAC will provide timers for all sessions.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials are cordially invited to fill out the form <a href="https://forms.gle/zDDC5NHjKH8b142E7">https://forms.gle/zDDC5NHjKH8b142E7</a> or email at <a href="mailto:swimmref@gmail.com">swimmref@gmail.com</a></li> <li>• All currently certified and in-training USA Swimming officials are cordially invited to participate.</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Officials volunteering for this meet should check in 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.</li> <li>• The uniform will be a white polo shirt over navy shorts, skirt or pants.</li> </ul>															
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b><u>April 2nd, 2026 at 12:00pm</u></b> Send to <a href="mailto:meetentries@swimlac.org">meetentries@swimlac.org</a></p>															
<b>ENTRY PROCEDURES</b>	<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> <ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director/ Entry Chair.</li> <li>• 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.</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, official 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> </ul>															
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: \$29.00 Individual event fee: \$10.00</p> <p style="text-align: center;">Make checks payable to <b><u>Lakeside Aquatic Club</u></b> Checks may be <b><u>mailed to:</u></b> PO Box 270189, Flower Mound, TX 75027</p> <ul style="list-style-type: none"> <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> </ul> <table border="1" data-bbox="380 1499 1570 1906"> <thead> <tr> <th style="text-align: center;">Session</th> <th style="text-align: center;">Warmup</th> <th style="text-align: center;">Meet Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Session 1 – January 11<sup>th</sup></td> <td style="text-align: center;">A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="text-align: center;">Session 2 – January 11<sup>th</sup> Start time subject to change</td> <td style="text-align: center;">A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <td style="text-align: center;">Session 3 – January 12<sup>th</sup></td> <td style="text-align: center;">A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="text-align: center;">Session 4 – January 12<sup>th</sup> Start time subject to change</td> <td style="text-align: center;">A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm</td> <td style="text-align: center;">1:30pm</td> </tr> </tbody> </table>	Session	Warmup	Meet Start	Session 1 – January 11 <sup>th</sup>	A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am	9:00am	Session 2 – January 11 <sup>th</sup> Start time subject to change	A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm	1:30pm	Session 3 – January 12 <sup>th</sup>	A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am	9:00am	Session 4 – January 12 <sup>th</sup> Start time subject to change	A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm	1:30pm
Session	Warmup	Meet Start														
Session 1 – January 11 <sup>th</sup>	A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am	9:00am														
Session 2 – January 11 <sup>th</sup> Start time subject to change	A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm	1:30pm														
Session 3 – January 12 <sup>th</sup>	A 7:30-8:00am/B 8:00-8:30am Starts/Pace 8:30-8:50am	9:00am														
Session 4 – January 12 <sup>th</sup> Start time subject to change	A 12:00-12:30pm/B 12:30-1:00pm Starts/Pace 1:00-1:20pm	1:30pm														

# LAC Intrasquad Order of Events

## April 11th -12th, 2026

### Session 1 – April 11<sup>th</sup>

Warm-up starts at 7:30am, Meet starts at 9:00am

GIRLS	EVENT	BOYS
1	12 & Under 50 Fly	2
3	12 & Under 50 Back	4
5	12 & Under 100 Breast	6
7	12 & Under 200 IM	8
9	11 - 12 Year Old 200 Back	10
11	11 - 12 Year Old 200 Fly	12
13	12 & Under 100 Free	14

### Session 2 – April 11<sup>th</sup>

Warm-up - TBD, Meet start - TBD

GIRLS	EVENT	BOYS
15	13 & Over 50 Fly	16
17	13 & Over 50 Back	18
19	13 & Over 100 Breast	20
21	13 & Over 200 IM	22
23	13 & Over 200 Back	24
25	13 & Over 200 Fly	26
27	13 & Over 100 Free	28

### Session 3 – April 12<sup>th</sup>

Warm-up starts at 7:30am, Meet starts at 9:00am

GIRLS	EVENT	BOYS
29	12 & Under 50 Breast	30
31	12 & Under 50 Free	32
33	12 & Under 100 Back	34
35	12 & Under 100 Fly	36
37	11 - 12 Year Old 200 Breast	38
39	12 & Under 200 Free	40

### Session 4 – April 12<sup>th</sup>

Warm-up - TBD, Meet start TBD

GIRLS	EVENT	BOYS
41	13 & Over 50 Breast	42
43	13 & Over 50 Free	44
45	13 & Over 100 Back	46
47	13 & Over 100 Fly	48
49	13 & Over 200 Breast	50
51	13 & Over 200 Free	52

# 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.**