



# NTN Spring Fling

April 11-12<sup>th</sup>, 2026

Sanction # NT 018-26

Hosted by:  
North Texas Nadadores

<b>MEET DIRECTOR</b> Jason Roberts – <a href="mailto:JasonRoberts0824@gmail.com">JasonRoberts0824@gmail.com</a> Phone: 817-527-5113	<b>MEET REFEREE</b> Bret Heintz <b>ENTRY CHAIR</b> Jason Roberts – <a href="mailto:Jasonroberts0824@gmail.com">Jasonroberts0824@gmail.com</a>
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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 018-26</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, North Texas Swimming, North Texas Nadadores, and CISC Aquatic Center (Elise Cerami 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;">Elise Cerami Aquatic Center 1501 W Southlake Blvd Southlake, Texas 76092 817-949-8200</p> <ul style="list-style-type: none"> <li>8 competition lanes - 50 meters (LCM)</li> <li>3 warm-up/warm-down 25 yards (SCY)</li> <li>The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, 0 inches at the start end and the turn end is 7 feet, 0 inches measured for 1.0 meter to 5.0 meters from both end walls.</li> <li>Meet host will ensure the required course dimensions.</li> </ul>
<b>TIMING SYSTEM</b>	Automatic timing will be used. Colorado Timing System.
<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>This meet is an Open to all teams. North Texas LSC teams will be given priority.</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, 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.</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>• All events are timed finals.</li> </ul>
<b>POSITIVE CHECK IN/ SCRATCHING</b>	<ul style="list-style-type: none"> <li>• No Penalties for No Shows. This is a timed final event.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• The meet will be seeded as a Timed Final Meet. It will be pre-seeded</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>• This meet will NOT offer Awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be shared at No cost to all participants. They will be posted on HYTek Meet Mobile and NTN Meet page 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 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.</li> </ul>
<b>SPECTATOR INFORMATION</b>	<ul style="list-style-type: none"> <li>• Spectators are NOT allowed on the pool deck. They must remain in the spectator area above the pool.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• The host team will attempt to provide backup timers for the meet but volunteers from visiting teams may be needed.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <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 each session during warm-ups.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b><u>April 2<sup>nd</sup>, 2026 by 11:59pm</u></b></p> <p>IMPORTANT: Second Thursday prior to the start of the meet unless the meet starts Wednesday or</p>

	Thursday, then it will be the Thursday prior to the meet. The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director/ Entry Chair. <a href="mailto:JasonRoberts0824@gmail.com">JasonRoberts0824@gmail.com</a></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, 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> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$25.00 (included \$5.00 LSC Fee)</p> <p>Relay event fee: No Relays</p> <p>Individual event fee: \$6.00 per event</p> <ul style="list-style-type: none"> <li>• Make checks payable to <b>North Texas Nadadores Parent Club</b>. Checks may be <b>mailed to</b>: 300 State Street, Unit 92605, Southlake Tx, 76092.</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> </ul>

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Saturday AM - Warm-ups 8:00am Meet Starts - 9:15am		
MIXED	Age Group	Event
1	13&over	200 Free
2	13&over	100 Breast
3	13&over	200 Fly
4	13&over	50 Free
5	13&over	200 Back
6	13&over	400 IM

Saturday PM - Warm-ups TBD Meet Starts - TBD		
MIXED	Age Group	Event
7	12&under	200 Free
8	12&under	50 Breast
9	12&under	100 Fly
10	12&under	100 Back
11	12&under	50 Free
12	11-12	400 IM

Sunday AM - Warm-ups 8:00am Meet Starts - 9:15am		
MIXED	Age Group	Event
13	13&over	200 IM
14	13&over	100 Free
15	13&over	200 Breast
16	13&over	100 Back
17	13&over	100 Fly
18	13&over	400 Free

Sunday PM - Warm-ups TBD Meet Starts - TBD		
MIXED	Age Group	Event
19	12&under	200 IM
20	12&under	50 Back
21	12&under	100 Breast
22	12&under	100 Free
23	12&under	50 Fly
24	11-12	400 Free

# 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.**