



2026 Metro May Meet
NT Group A B/C Short Course
May 16-17, 2026
Sanction # NT 020-26



Hosted by:
Metroplex Aquatics

MEET REFEREES Tami Stangl - tcstangl@gmail.com Jane Maxvill - jemcruiser@hotmail.com	MEET DIRECTOR Jay Bolinger – coachjay@metro-aquatics.org
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SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through North Texas Swimming: NT 020-26• In granting this sanction, it is understood and agreed that USA Swimming, North Texas Swimming, Metroplex Aquatics, Garland ISD and all meet officials shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.
FACILITY	<p style="text-align: center;">Larry H Glick Natatorium 2585 Firewheel Pkwy Garland, TX 75071</p> <ul style="list-style-type: none">• 2 x 8 lane or 10 lane, 25 yards (SCY)• Water depth at the starting end and at the turning end is 6'8".• The meet host will ensure the required course dimensions.• At least 6 lanes for warm-up and warm-down will be available.• Deck space for 800 individuals.
TIMING SYSTEM	<ul style="list-style-type: none">• Gen7 Colorado Automatic timing will be used.• Meet Manager software will be used.
Available Medical Supervision/Equip	<ul style="list-style-type: none">• Garland ISD has full-time and part-time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.
ELIGIBILITY	<ul style="list-style-type: none">• Open to registered USA Swimmers in NT Group A division only.• No swimmer will be permitted to compete in the meet unless the swimmer is currently registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.• Swimmer's age will be his or her age on the first day of the meet. May 16, 2026.
DISABILITY SWIMMERS	<ul style="list-style-type: none">• Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodation to the Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the referee of any disability before competition.
TEAMS INVITED	<ul style="list-style-type: none">• North Texas Group A teams APS, BOSS, IRON, LAC (Colony, Westside), PAC, STAR, and MTRO.(East side)
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 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) is prohibited from behind the starting blocks during the entire meet, including warm-up, competition, and cool-down periods.• 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 Referee may assist the swimmer in making arrangements, but it is the swimmer's responsibility to make such arrangements before the start of the meet.• Deck changes are prohibited.• No Late Entries.• 500 Freestyle will be swum alternating girl/boy heats. Must provide own timer/counter.

	<ul style="list-style-type: none"> 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 device is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present. The Meet Referee 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"> Swimmers may enter any event in which they have a time slower than the BB time standard for their age group. 2024-2028 National Motivational Time Standards. Swimmers without times will be accepted. 15/16-time standards will be used for 15&older entries. Swimmers are allowed to swim 3 events per day.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded from fastest to slowest and conducted as timed finals swimming. Flyover starts will be used.
SCORING/AWARDS	<ul style="list-style-type: none"> No scoring/awards at this meet.
PROGRAM/RESULTS	<ul style="list-style-type: none"> Heat sheets and results will be on Meet Mobile for a cost of \$5. Psych sheet is free.
WARM-UP	<ul style="list-style-type: none"> The attached NTSI warm-up procedures and safety policies will be followed. Warm-up times/groups will be sent to the teams no later than Tuesday, 5/12/26. Meet Referee reserves the right to adjust times/sessions after entries are received.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up 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 the meet as a deck official, volunteer timer, or other volunteer 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.
SPECTATOR INFORMATION	<ul style="list-style-type: none"> Garland ISD has a clear bag policy; no outside food, drinks, or cups are allowed in the facility per ISD regulations. No cost for admission or parking.
TIMERS	<ul style="list-style-type: none"> The host team will attempt to provide timers for the meet, but volunteers from visiting teams may be needed.
OFFICIALS	<ul style="list-style-type: none"> Please contact the meet referee before the meet if you can come help at any session Uniform for the entire meet is white over blue.
ENTRY DEADLINE	<ul style="list-style-type: none"> Entries must be received no later than 6 PM CST Thursday, May 7, 2026.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by the teams via email to meet admin, Lisa Stults, lisa0908@att.net The Entry Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received promptly, please contact the Meet Admin. 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: 35.00 Individual event fee: \$6.00 (\$5 to NTSi)</p> <ul style="list-style-type: none"> Entry fees from teams must be postmarked by 5/8/26 or brought to the meet. Zelle payments to email metrotreasurer@metro-aquatics.org Make checks payable to: Metroplex Aquatics Send checks to: Metroplex Aquatics 1314 W. McDermott Dr. Suite 106, #521 Allen, TX 75013 Refunds will not be given for any reason.

EVENT SCHEDULE	All entered events must be slower than BB time standard for their age group.					
	Saturday, May 16, 2026			Saturday, May 16, 2026		
	Warm-up 7:30 am / Start 9:00 am			Warm-up TBD / Start TBD		
	Girl	Event	Boy	Girl	Event	Boy
	1	12&Under 100 Back	2	13	13&Over 200 Back	14
	3	12&Under 200 IM	4	15	13&Over 400 IM	16
	5	12&Under 50 Fly	6	17	13&Over 100 Breast	18
	7	12&Under 100 Breast	8	19	13&Over 200 Fly	20
	9	12&Under 50 Back	10	21	13&Over 100 Free	22
	11	12&Under 100 Free	12			
	Sunday, May 17, 2026			Sunday, May 17, 2026		
	Warm-up 7:30 am / Start 9:00 am			Warm-up TBD / Start TBD		
	Girl	Event	Boy	Girl	Event	Boy
	23	12&Under 200 Free	24	35	13&Over 200 Free	36
	25	12&Under 50 Breast	26	37	13&Over 100 Back	38
	27	12&Under 100 Fly	28	39	13&Over 100 Fly	40
	29	12 &Under 100 IM	30	41	13&Over 200 Breast	42
	31	12&Under 50 Free	32	43	13&Over 50 Free	44
	33	12&Under 500 Free	34	45	13&Over 500 Free	46
	500 Free -swimmer will provide their own timer and counter. Alt Girl/Boy Heats.					



Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

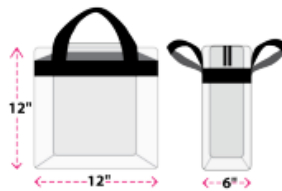
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

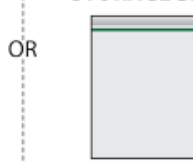
LARGE BAGS

CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



One-Gallon
Resealable, Clear
**PLASTIC
STORAGE BAG**

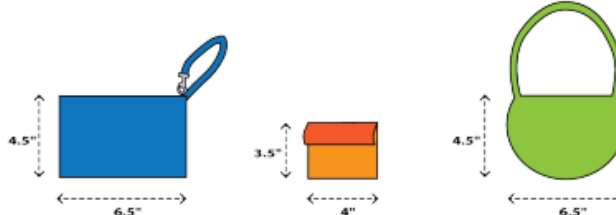


OR

SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"



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.