

AAC March Unclassified Meet

March 1-3, 2024

- Sanction #:** NT 012-24
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- Venue:** Arlington ISD Natatorium, 1001 E Division St, Arlington, TX. 76011
- Facility:** One 10 lane, or two 8 lane courses for competition with four or more lanes available for continuous warm up. One or two Colorado Gen7 timing systems and scoreboard will be in use. Hy-Tek Meet Manager will be in use. Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats".
- Water Depth:** 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 6 feet, 7 inches measured for 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course **has not** been certified in accordance with 104.2.2C (4).
- Spectator Information:** To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meet personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2023 with USA Swimming by the meet entry deadline.
North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- Liability:** In granting this sanction and by any persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Arlington ISD Natatorium shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. 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.
- Medical Supervision:** Arlington ISD Natatorium has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.
- USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently 2023 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. All should also be prepared to present their USA Swimming Account as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This is a Timed Finals meet. All events will be seeded fastest to slowest. The meet host reserves the right to conduct flyover starts, change warm-up sessions, or change meet sessions depending on the meet size.

***Events 400 and longer will alternate 1 heat girls and 1 heat boys. Swimmers must provide their own timer & counter.**

****The 400IM, 500 Free, and 1000 Free will require positive check-in 45 minutes prior to the start of each session.**

Heat Sheets: Will be provided at no cost on the Meet Mobile App, and to attending teams by email.

Qualifying

Times: This meet does not have qualification times.

Age-Up Date: The age of the swimmer will be his/her age on March 1, 2024

Restrictions: Swimmers may participate in a maximum of three (3) individual events per day.

Teams

Invited: MAC, MARS, AAC, LIFE, MTRO-FTW, other teams invited by host (LAC and PLAT)

Entry

Deadline: Thursday, February 22, 2024 by 6:00pm CST.

Entry

Procedures: All entries must be submitted using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries chair to make other arrangements. Include a meet entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Entries Chair:

Jamie Heggan – jheggan@aisd.net
Arlington Aquatic Club
1001 E. Division St. Arlington, TX. 76011

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached.

Session 1 Friday, March 1st

Warm-up 4:45 - 5:35pm
One-way Sprints 5:35 - 5:45pm
Meet Starts 5:50pm

Session 2 Saturday, March 2nd

Warm up 7:45 - 8:45am
One-way Sprints 8:45 - 8:55am
Meet Starts 9:00am

Session 3 Saturday, March 2nd

Warm up 1:00 - 2:00pm
One-way Sprints 2:00 - 2:10pm
Meet Starts 2:15pm

Session 4 Sunday, March 3rd

Warm up 7:45 - 8:45am
One-way Sprints 8:45 - 8:55am
Meet Starts 9:00am

Session 5 Sunday, March 3rd

Warm up 1:00 - 2:00pm
One-way Sprints 2:00 - 2:10pm
Meet Starts 2:15pm

Entry Fees: Individual Event: \$6.00
Relay: N/A
Surcharge: \$12.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries allowed.

Meet Staff:	Meet Referee:	Adriane Sparks
	Starter:	Sam Smith
	Stroke & Turn Officials:	Steve Plamondon, Henry Chin
	Admin Official:	Jamie Heggan
	Meet Director:	Eric Briscoe
	Head Safety Marshall:	Eric Briscoe
	Club Safe Sport Chair:	Jamie Heggan

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time.

Drone

Restrictions: Operation of a drone, or any other flying apparatus, 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.

Racing Starts: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges.

Unaccompanied

Swimmers: 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.

Swimmer Photographs and Videos:

There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Deck

Changing: Deck changes are prohibited.

Swimmers with

Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment. In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2024 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Timers: Host team will attempt to provide timers but may need help fillings slots.

Awards: Ribbons 1st – 8th per age group

Scoring: 9-7-6-5-4-3-2-1 per gender/age group

Order of Events

Session 1: Friday PM

GIRLS	EVENT	BOYS
1	13 & Over 200 IM	2
3	13 & Over 50 FREESTYLE	4
5	1000 FREESTYLE	6

****Events 400 and longer will alternate 1 heat girls and 1 heat boys. Swimmers must provide their own timer & counter.**

Session 2: Saturday AM (12 & Under)

GIRLS	EVENT (12 & Under)	BOYS
7	200 FREESTYLE	8
9	100 BUTTERFLY	10
11	50 BACKSTROKE	12
13	100 BREASTSTROKE	14
15	50 FREESTYLE	16
17	200 IM	18
19		20

Session 3: Saturday PM (13 & Over)

GIRLS	EVENT (13 & Over)	BOYS
21	200 FREESTYLE	22
23	100 BUTTERFLY	24
25	200 BACKSTROKE	26
27	100 BREASTSTROKE	28
29	400 IM	30

****Events 400 and longer will alternate 1 heat girls and 1 heat boys. Swimmers must provide their own timer & counter.**

Session 4: Sunday AM (12 & Under)

GIRLS	EVENT (12 & Under)	BOYS
31	50 BUTTERFLY	32
33	100 BACKSTROKE	34
35	50 BREASTSTROKE	36
37	100 FREESTYLE	38
39	100 IM	40
41	500 FREESTYLE	42

****Events 400 and longer will alternate 1 heat girls and 1 heat boys. Swimmers must provide their own timer & counter.**

Session 5: Sunday PM (13 & Over)

GIRLS	EVENT (13 & Over)	BOYS
43	200 FLY	44
45	100 BACKSTROKE	46
47	200 BREASTSTROKE	48
49	100 FREESTYLE	50
51	500 FREESTYLE	52

****Events 400 and longer will alternate 1 heat girls and 1 heat boys. Swimmers must provide their own timer & counter.**

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.