

Academy of Texas Aquatic Champions
6th Annual Jerry Heidenreich Invitational
February 24-25, 2024

- Sanction #:** NT 018-24
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:** Loos Natatorium 3815 Spring Valley Rd., Addison, Texas, 75001
- Facility:** Indoor 50 meter (and configured for 25 yard competition) eight-lane pool with Colorado Timing System.
- Water Depth:** One or two 8 x 25-yard lanes pools. At least 6 x 25-yard lanes will be available for warm up/warm down. Colorado Timing and Meet Manager software will be used.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Only coaches, athletes, essential volunteers, and officials will be allowed on the deck. Ample seating for spectators are available upstairs.
- 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 2024 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, Dallas ISD 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:** We will have American Red Cross Certified Lifeguards on site during the meet. Training includes, but is not limited to, CPR, AED, and First Aid.
- USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently 2024 registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID 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 ID. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be pre-seeded for events 200 Yards and shorter. The distances 400 yards and longer will be deck seeded and will have a check-in 30 minutes before the event is to be swum. Heats will be swum fastest to slowest with the short course seed times as the conforming times followed by the long course seed times.

Heat Sheets: Heat Sheets will be posted on Meet Mobile.

Qualifying Times: 12 and unders must have "B" time standards to swim each event 100 yards and longer. 13 and overs must have "B" time standards to swim each event 200 yards and longer.

Age-Up Date: The age of the swimmer will be his/her age on February 24, 2024.

Restrictions: Swimmers are limited to 4 individual events per day

Teams

Invited: Teams requesting to participate and must be approved by Head Coach Chris MacCurdy. Teams in the Meet are **ATAC, A+, Fit N Wise, Life, Metro, Prosper, Select.**

Entry

Deadline: All entries shall be received, not later than 6:00pm, Thursday, February 15, 2024.
Entry deadline for those swimmers who are approximately 1 second per 50 off the TAGS time will Be Monday, February 19th at 6:00pm.

Entry

Procedures: All teams with five or more swimmers must submit entries 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.

Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Entries Chair: Sherry Gentry entries@atacswim.com 972-467-5777

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures. Teams will be assigned lanes and times by emails to coaches by Wednesday, February 21, 2024. The times will also be posted on the ATAC web site at www.atacswim.com

Entry Fees: Individual Event: \$ 6.00
Relay: \$ 10.00
Surcharge: \$ 25.00 per swimmer (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Mike Gentry mike.gentry@ntswim.org
Starter: Suba Vedala
Stroke & Turn Officials: Lana Ross, David Park
Admin Official: Larry Breazeale
Meet Director: Danka Vuga/ Sherry Gentry
Head Safety Marshall: Aimee Diccico-Ruhl
Club Safe Sport Chair: Mike Gentry

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.

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 2024 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2023 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed. Swimmers will need to provide their own timers and counters for the 500/1000 yard Freestyles.

Awards: Ribbons will be awarded in each event 1st thru 8th.

Scoring: There will be No TEAM Scoring.

Order of Events

Distances are in SC yards

SCHEDULE OF EVENTS

Session 1- Saturday, February 24, 2024 Warm Ups- 8:30AM Meet Starts- 9:45AM				
Girls		Event Description		Boys
1		12 & Under 50 Back 10 & Under 11-12		2
3		13 & Over 200 Back 13-14 15 & Over		4
5		11-12 & 200 Back		6
7		13 & Over 100 Free 13-14 15 & Over		8
9		12 & Under 100 Free 10 & Under 11-12		10
11		13 & Over 200 Fly 13-14 15 & Over		12
13		11-12 200 Fly		14
15		12 & Under 50 Fly 10 & Under 11-12		16
17		13 & over 100 Breast 13-14 15 & Over		18
19		12 & Under 100 Breast 10 & Under 11-12		20
21		13 & Over 200 IM 13-14 15 & Over		22
23		12 & Under 200 I.M. 10 & Under 11-12		24
25		13 & Over 500 Free* 13-14 15 & Over		26
27		*12 & Under 500 Free* 10 & Under 11-12		28

Session 2- Sunday, February 25, 2024 Warm Ups- 8:30am- Meet Starts- 9:45AM				
Girls		Event Description		Boys
29		12 & Under 100 I.M. 10 & Under 11-12		30
31		13 & Over 400 I.M. 13-14 15 & Over		32
33		12 & Under 100 Back 10 & Under 11-12		34
35		13 & Over 100 Back 13-14 15 & Over		36
37		11-12 200 Breast		38
39		13 & Over 200 Breast 13-14 15 & Over		40
41		12 & Under 50 Breast 10 & Under 11-12		42
43		12 & Under 200 Free 10 & Under 11-12		44
45		13 & Over 200 Free 13-14 15 & Over		46
47		12 & Under 100 Fly 10 & Under 11-12		48
49		13 & Over 100 Fly 13-14 15 & Over		50
51		12 & Under 50 Free 10 & Under 11-12		52
53		13 & Over 50 Free 13-14 15 & Over		54
55		*11 & Over 1000 Free* 11-12 13-14 15 & Over		56
* The 500 & 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers must provide own timer.				

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.