



COPS BB & Under Meet May 4-5, 2024

- Sanction #:** NT 023-24
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:** RISD Aquatic Center 1205 T. L. Townsend Rockwall, TX 75087 469-698-7410 Pool is located just north of I30. From I30 east, take exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. The pool will be at the end of the street next to the football stadium.
- Facility:** 2 x 25-yard courses (10 lanes each, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary. Daktronics timing system Hy-Tek Meet Manager 4 x 25 yd lanes - continuous WU/WD
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 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:** **Only swimmers will be allowed on deck unless you are a volunteer**
- 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, Rockwall 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:** Rockwall 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. (Example of supervision requirement)



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: Meet will be pre-seeded. Timed finals. Seeding will be fast to slow with nonconforming times last.

Heat Sheets: Heat sheets will be available to buy on Meet Mobile

Qualifying

Times: Swimmers who have achieved 2021-2024 time standards of BB or under may swim in those said events

Age-Up Date: May 4, 2024

Restrictions: Swimmers may only swim 4 events per day, per session with a total of 8 events swum over the course of the meet.

The 500 Free positive check in. Positive check in is due 15 minutes before meet starts.

If swimmer entry or timeline warrants a change the host team reserves the right to add/subtract sessions. i.e "Running one pool instead of two"

Teams

Invited: All teams in Group B are invited to this meet. If interested in attending, please reach out to Entries@planoswimming.org

Entry

Deadline: Entries are due no later than April 25th, 2024, at 12:00 PM

Entry

Procedures: All entries must be on Hy-Tek Meet Manager
Rosie Morales
City of Plano Swimmers, Inc. Address: 2925 W. 15 th St. Plano, TX 75075
Email: Entries@planoswimming.org Phone: 972-398-7946

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template. Warm-up details will be sent to coaches no later than Wednesday, April 1, 2024 . Please note that the following start times are meet-host best estimates. Meet-host holds the rights to modify warm-up/start times after the entries are received and a meet timeline is established. Each team will be responsible for disseminating this information to their members.

Entry Fees: Individual Event: \$6.00
Surcharge: \$25.00
(\$3.00 will go to North Texas Swimming, Inc.)
REFUNDS WILL NOT BE GIVEN FOR ANY REASON



Deck Entries: No deck entries will be accepted.

Meet Staff: **Meet Referee:** Bryce Leach: bryceleach@me.com
Starter: Christy Maycock
Stroke & Turn Officials: Ajay Amberkar and Olga Oleksyuk
Admin Official: Susan Shim
Meet Director: Wendy Jones - meetdirector@planoswimming.org
Head Safety Marshall: Karen Sakalys
Club Safe Sport Chair: Peter Calabrese

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 2023 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 may be needed. ****Swimmers will need to provide their own timer and counter for 500 free.**

Awards: Ribbons will be given for 1st-8th place for the following categories.

10 & Under

11 & 12

13 & 14

15 & Over

Scoring: This meet will not be scored.

Order of Events

Date/Sessions

Saturday May 4th 2024

Session 1&2

Warm up start: 9:00 AM Meet Start: 10:15

1	12 & under 100 Free	2
3	13 & Over 100 Free	4
5	12 & Under 50 Back	6
7	13 & Over 100 Back	8
9	12 & Under 50 Fly	10
11	13 & Over 100 Fly	12
13	12 & Under 100 IM	14
15	13 & Over 200 IM	16
17	12 & Under 100 Breast	18
19	13 & Over 200 Breast	20

Sunday May 5th, 2024

Session 3&4

Warm up start: 8:00 AM Meet Start: 9:15 AM

21	12 & Under 200 Freestyle	22
23	13 & Over 200 Freestyle	24
25	12 & Under 50 Breast	26
27	13 & Over 100 Breast	28
29	12 & Under 50 Free	30
31	13 & Over 50 Free	32
33	12 & Under 100 Back	34
35	13 & Over 200 Back	36
37	12 & Under 500 Free	38
39	**13 & Over 500 Free	40



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.