

COPS OPEN Meet September 23 & 24, 2023

- Sanction #:** NT 066R-00
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:** The meet will be held at Rowlinson Natatorium, 1712 Ave. P, Plano, Tx 75074. This pool is on the physical campus of Williams High School, operated by the City of Plano Parks and Recreation Department. Parking is available on the north and south sides of the pool.
- Facility:** The facility is a 6 lane 25-yard pool. The starting end of the pool is 4.0 feet in depth and the turn in is 9.0 feet in depth. The pool is equipped with Kieffer Wave Breaker Lane lines. Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system - touchpad with two button times and two stopwatch times as backups.)
- Water Depth:** The starting end of the pool is 4.0 feet in depth and the turn in is 9.0 feet in depth.
- Course Certification:** The competition course (**has not**) been certified in accordance with 104.2.2C (4).
- Spectator Information:** There is limited seating 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 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, **Rowlinson 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:** **Rowlinson Natatorium** has Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid. Lifeguards will be on duty during all venue hours of operation and are stationed in either lifeguard room or on the Lifeguard stands.
- 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 will be a timed finals meet. Each session will be limited to 150 swimmers. The meet will be pre-seeded. Heats will be swum from slowest to fastest.

Warmup Times

Saturday: 7:15-8:15 AM

Sunday: 7:15-8:15 AM

Meet Start Time:

Saturday & Sunday 8:30 AM

Heat Sheets: Heat Sheets will be available for purchase on meet mobile.

Qualifying

Times: No qualifying times.

Age-Up Date: The age of the swimmer will be his/her age on September 23, 2023.

Restrictions: Each swimmer will be allowed to swim the maximum number of events per session per day.

Teams

Invited: This meet is for invited teams only, Please reach out to dean@planoswimming.org if you would like to attend this meet to see if there is available space.

Entry

Deadline: 12:00 PM Thursday, September 14, 2023. No late entries will be accepted.

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: Dean Mijares, dean@planoswimming.org

COPS office: 972 398-7946

All checks will be made payable to: City of Plano Swimmers

2925 W. 15th Street Plano, Texas 75075

Daily

Schedule: We reserve the right to adjust meet warm-up and start times based on the entries we receive.

Warmup Times

Saturday: 7:15-8:15 AM
Sunday: 7:15-8:15 AM
Meet Starts at 8:30 AM

Entry Fees: Each swimmer will pay a \$50.00 entry fee, which includes the \$3.00 North Texas surcharge. The entry fee will enable the swimmer to participate in all events in their age group for the day. NO REFUNDS WILL BE GIVEN ONCE ENTRIES HAVE BEEN SUBMITTED TO THE HOST TEAM.

Deck Entries: No Deck entries allowed

Meet Staff:
Meet Referee: Bryce Leach
Starter: Christy Maycock
Stroke & Turn Officials: Robert Hendricks, Richard Wong
Admin Official: Lawrence Tan
Meet Director: Wendy Jones
Head Safety Marshall: Peter Calabrese
Club Safe Sport Chair: Karen Sakalys

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. Uniform for the entire meet will be white shirt, navy pants, shorts/skorts, white shoes, white socks.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed.

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

Scoring: This meet will not be scored

Order of Events

Distances are in Short Course Yards

Session #1: Saturday September 23

Girls Events	Event description	Boys Events
1	13 & Over 200 Breast	2
3	13 & Over 1650 Freestyle	4
5	13 & Over 200 Backstroke	6

Session #2: Sunday September 24

Girls Events	Event description	Boys Events
7	13 & Over 200 Butterfly	8
9	13 & Over 500 Freestyle	10
11	13 & Over 400 IM	12

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.