

COR Swimming
“BB-B-C My Valentine” Meet

February 3 - 4, 2024

Sanction #: NT 014-24

Held under the sanction of USA Swimming by North Texas Swimming, Inc.

MAAPP 2.0: 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: Garland ISD Natatorium – 2585 Firewheel Pkwy, Garland, TX 75040

Facility: 2 x 25 yard courses (8-10 lanes each, 7 feet wide, short course yards) with blocks and touchpads. Both pools will be used if necessary. 4 x 25 yd lanes – continuous warm-up. Daktronics timing system, Hy-Tek Meet Manager

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: Spectator seating for 1200. Spectators have a clear bag policy, and no outside food or drink is allowed. No empty mugs or containers will be allowed in the facility. There is a concession stand on the spectator level. No overnight parking on premise. Overflow parking at Tom Thumb.

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, Garland 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: Garland 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 2024 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 meet will be pre-seeded. Timed finals seeded Fastest to Slowest with non-conforming times last. Fly over starts will be utilized.

Qualifying

Times: Swimmers may enter events in which they have not achieved the "A" time standard.

Age-Up Date: The age of the swimmer will be his/her age on February 3, 2024.

Restrictions: Swimmers may Participate in 4 events per day, up to the meet limit of 8 events. *This meet is for the North Texas Group B Division. Interested teams outside of Group B must send a request to the entry chair.* All events are short course yards.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, Thursday, January 25, 2024.

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.

Entries Chair: Brandon Jones email: brandon@corswim.org
mobile: 214-280-2744

Daily

Schedule: Warm-up assignments will be sent to coaches no later than Wednesday, January 31, 2024. *Meet host holds the right to modify warm-up/start times after entries are received and a meet timeline is established.* Each team will be responsible for disseminating this information to their members.

Saturday AM

1st Warm-Up 8:00 – 8:30 AM

2nd Warm-Up 8:30 – 9:00 AM

Meet Start 9:15 AM

Sunday AM

1st Warm-Up 8:00 – 8:30 AM

2nd Warm-Up 8:30 – 9:00 AM

Meet Start 9:15 AM

Entry Fees: Individual event entries \$6.00. We will apply a \$15 surcharge will includes the \$3.00 North Texas surcharge to each participating swimmer. Please include a Meet Entry Fee report with your payment. Entry fees must be received by February 3, 2024, or your entries may be removed from the meet. Refunds will not be given for any reason.

Make checks payable: **COR Swimming.**
Mail checks to: Maggie Shook
316 Ladyfern Way
Garland, TX 75040

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Jane Maxvill, jemcruiser@hotmail.com
Starter: Nadia Atumah, Trish Herskovitz
Stroke & Turn Officials: Seth Grossman, Jodie Michalski, Ronnie Pewitt
Admin Official: Larry Breazeale
Meet Director: Dan Hafner
Head Safety Marshall: Jamie Mulford
Club Safe Sport Chair: Jennifer Sandidge

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 completion 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. Please contact the meet referee at least 7 days before the meet if you are interested in participating. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Uniform for both sessions is white polo over blue skirt/shorts/pants, and white shoes.

Timers: The host team will attempt to provide timers for this meet.

Awards: Ribbons will be awarded 1st – 8th place per event.

Order of Events

Distances are in Short Course Yards

Saturday: February 3, 2024

Session 1: Warm-up 8:00 am / 8:30 am, Meet start 9:15 am

GIRLS	EVENTS	BOYS
1	11 & Over 200 Back	2
3	10 & Under 50 Back	4
5	11-12 50 Back	6
7	13 & Over 100 Breast	8
9	10 & Under 100 Breast	10
11	11-12 100 Breast	12
13	13 & Over 50 Free	14
15	10 & Under 50 Free	16
17	11-12 50 Free	18
19	13 & Over 100 Fly	20
21	10 & Under 100 Fly	22
23	11-12 100 Fly	24
25	13 & Over 200 Free	26
27	10 & Under 200 Free	28
29	11-12 200 Free	30
31	10 & Under 100 IM	32
33	11-12 100 IM	34

* Swimmers must provide their own timer & lap counter

Order of Events

Distances are in Short Course Yards

Sunday: February 4, 2024

Session 2: Warm-up 8:00 am / 8:30 am, Meet start 9:15 am

GIRLS	EVENTS	BOYS
35	11 & Over 200 Fly	36
37	10 & Under 50 Fly	38
39	11-12 50 Fly	40
41	13 & Over 100 Back	42
43	10 & Under 100 Back	44
45	11-12 100 Back	46
47	13 & Over 100 Free	48
49	11-12 100 Free	50
51	10 & Under 100 Free	52
53	11 & Over 200 Breast	54
55	10 & Under 50 Breast	56
57	11-12 50 Breast	58
59	13 & Over 200 IM	60
61	10 & Under 200 IM	62
63	11-12 200 IM	64
65	*13 & Over 500 Free	66
67	*12 & Under 500 Free	68

* Swimmers must provide their own timer & lap 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.