

COR SWIMMING
COR CUP
February 23-25, 2024

Sanction #: **NT 008-24**

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 Deck Pass 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: Two 8 – 10 lane 25-yard pools. At least 6 x 25-yard lanes will be available for continuous warm and warm down. Deck seating for athletes 800. Gen 7 timing and Meet Manager Software will be used

Water Depth: 6 feet 8 inches at both the start and turn end.

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 date, 2/15/24. 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD, and COR 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 has full time and part time American Red Cross certified lifeguards. 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 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 Dashboard 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 Dashboard. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This meet is for 15 and over swimmers. Friday night will be timed finals. Saturday and Sunday will be prelims/finals. All events will be seeded fast to slow. In prelims for 200 and down, the 1st 3 heats will be circle seeded. There will be 4 heats of finals at night swum slow to fast in D, C, Consolation, and Final format.

1000 yard free will be offered on Sunday at the end of prelims as timed final event. All swimmers entered in the 1000 will swim at the end of prelims. There will be a 20-minute break before the start. The event will be seeded fast to slow and will alternate women/men.

There will be Positive check in for all Friday night events and 1000 free. All other events will be pre-seeded. There will not be a penalty for missing a prelim event.

Swimmers will need to provide their own counters for the 500 free. Swimmers entered in the 1000 Free will need to provide their own timers and counters.

COR reserves the right to change warm up times, meet start times, and how many pools or lanes will be used for prelims and finals.

All information will be provided to coaches by Monday February 19, 2024.

Heat Sheets: Will be on Meet Mobile

Qualifying

Times: No Qualifying Times

Age-Up Date: February 23,2024

Restrictions: Swimmers may swim up to 3 events per day. All times must be entered in yards.

Teams

Invited: North Texas Teams and any team invited by COR.

Entry

Deadline: All entries must be received by Thursday February 15, 2024 by 4:00pm

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: Dan Hafner dan@corswim.org 248-417-6679

Scratch Rule: Scratches for finals. Current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the bonus final heats, consolation final heat, and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For those swimmers who qualify top 32 or 40 depending on pool configuration and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will be barred from all subsequent competition in the meet. Swimmers will not be penalized for Failure to Compete in an event during prelims; however, it will count as an event towards the total number per meet restrictions. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control at the discretion of the Meet Referee.

**Clerk of
Course:**

Will be located on deck for check in for 400IM, 500 Free, 1000 Free, and for scratches of finals swims. We ask anyone that is not swimming in finals to make sure they scratch.

**Daily
Schedule:**

Friday February 23, 2024 Timed Finals

Timed Finals:	Warm Up:	4:30PM	Meet Start 5:30PM
Pace Lanes		5:00-5:20PM	Lanes 1 and 8
One-way Sprint		5:00-5:20PM	Lanes 2 and 7
Competition Pool closed		5:20pm	

Saturday and Sunday February 24 and 25, 2023

Prelims:	Warm Up:	7:00AM	Meet Start:	8:30AM
Pace Lanes:		7:50-8:20AM	Lanes 1 and 8	
One Way Sprint:		7:50-8:20AM	Lane 2,3,6,7	
Competition Pool Closed		8:20AM		
Finals:	Warm Up:	4:00PM	Meet Start:	5:00PM
Pace Lanes:		4:30-4:50PM	Lanes 1 and 8	
One Way Sprint:		4:30-4:50PM	Lane 2,3,6,7	
Competition Pool Closed		4:50PM		

Entry Fees: Individual Event: 10.00
Surcharge: 30.00 (\$3.00 will go to North Texas Swimming, Inc.)

Make checks payable to COR Swimming
Either bring check to the meet or mail to:
Maggie Shook
316 Ladyfern Way
Garland TX, 75040

Deck Entries: Deck entries will not be accepted

Meet Staff: **Meet Referee:** Jane Maxvill
Starter: Nadia Atumah
Stroke & Turn Officials: Ronny Pewitt, Seth Grossman
Admin Official (or Referee): Lisa Stults / Larry Breazeale
Meet Director: Kelly Belknap 214 507 2173
Dan Hafner dan@corswim.org
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 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 2024 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please contact the Meet Referee for uniform and times to report to meet.

Timers: COR will do its best to provide timers for all the sessions except the 1000 Free. Swimmers will need to provide own timers and counters for the 1000 free.

Awards: No Awards

Safe Sport: Coaches and officials will have a designated bathroom for their use on deck by the lifeguard's offices. Locker rooms will be available on deck for swimmers. Swimmers may not change in any of the restrooms in the hallways or upstairs spectator area.

Order of Events

Friday February 23	Saturday February 24	Sunday February 25
Timed Finals: Warm Up: 4:30 – 5:20 PM Start: 5:30 PM	Prelims: Warm Up: 7:00-8:20AM Start: 8:30 AM	Prelims: Warm Up: 7:00-8:20AM Start: 8:30 AM
1. W 400IM 2. M 400IM 3. W 500 Free 4. M 500 Free	5. W 200 Free 6. M 200 Free 7. W 100 Fly 8. M 100 Fly 9. W 200 Back 10. M 200 Back 11. W 50 Free 12. M 50 Free 13. W 200 Breast 14. M 200 Breast	15. W 200 IM 16. M 200 IM 17. W 100 Free 18. M 100 Free 19. W 200 Fly 20. M 200 Fly 21. W 100 Back 22. M 100 Back 23. W 100 Breast 24. M 100 Breast 25. W 1000 Free 26. M 1000 Free
	Finals: Warm-Up: 4:00-4:50PM Start: 5:00 PM	Finals: Warm-Up: 4:00-4:50PM Start: 5:00 PM
	5. W 200 Free 6. M 200 Free 7. W 100 Fly 8. M 100 Fly 9. W 200 Back 10. M 200 Back 11. W 50 Free 12. M 50 Free 13. W 200 Breast 14. M 200 Breast	15. W 200IM 16. M 200 IM 17. W 100 Free 18. M 100 Free 19. W 200 Fly 20. M 200 Fly 21. W 100 Back 22. M 100 Back 23. W 100 Breast 24. M 100 Breast

D-Final, Bonus, Consolation, and Championship Finals for all events. Women's and Men's 400IM, 500 Free, and 1000 yard free will be conducted as timed finals.

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.



Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

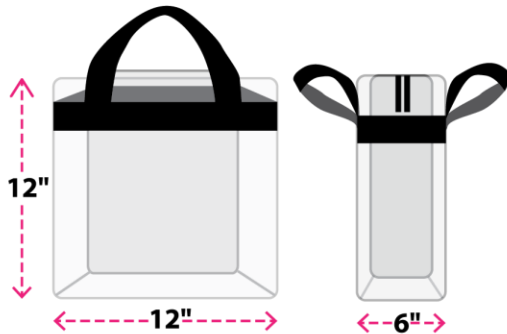
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

LARGE BAGS

CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



OR

One-Gallon Resealable, Clear **PLASTIC STORAGE BAG**



SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"

