

**COR**  
**October Senior Meet**  
**October 4-6, 2024**

- Sanction #:** NT 069-24  
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 or those who turn 18 during the meet) must complete Athlete Protection Training (APT) before the first day of the meet and show proof of completion in their USA Swimming account before 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.
- Safe Sport:** To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual's ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is ongoing.
- Venue:** Garland ISD Natatorium          2585 Firewheel Pkwy Garland TX75040
- Facility:** 8-10 lane x 25 yard competition pool. Two pools may be used if deemed necessary. 6-10 lanes for warm up warm down. Colorado GEN 7 and Meet Manager will be used. Deck seating for approximately 800.
- 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 permitted in the facility. There is a concession stand on the spectator level. No overnight parking on the premises. Overflow parking will be at the Tom Thumb parking lot.
- 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 currently registered as athletes 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD Natatorium, And COR Swimming shall be free from any liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising because 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 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 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member in 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 is a Timed finals Meet. Swimmers must have one 15-16 AA time to enter the meet. All events will be seeded fast to slowest. The 500 free on Friday night will be swum as follows, 3 fastest heats of women followed by the 3 fastest heats of men. The remaining heats will alternate women than men. Swimmers will need to provide their own counter for the 500 freestyle events. COR Swimming reserves the right to adjust warm-up times and start times.

**Heat Sheets:** Will be provided on Meet Mobile

## Qualifying

**Times:** Swimmers must have one 15-16AA time to enter the meet.

**Age-Up Date:** October 4, 2024

**Restrictions:** Swimmers may swim a max of 4 events per day

## Teams

**Invited:** All north Texas teams and any other team that reach out to Dan Hafner email: [dan@corswim.org](mailto:dan@corswim.org).

## Entry

**Deadline:** **All entries must be received no later than 4:00PM Thursday 9-26-24. No Late entries will be accepted.**

## Entry

**Procedures:** Submit entries to Dan Hafner email: [dan@corswim.org](mailto:dan@corswim.org)

Make checks payable to COR Swimming.

Please either bring a check the first day of the meet or Mail it to:

Maggie Shook  
316 Ladyfern Way  
Garland TX 75040

## Daily

**Schedule:**

|                         |                               |
|-------------------------|-------------------------------|
| <b><u>Friday:</u></b>   | <b><u>October 4, 2024</u></b> |
| Warm Up:                | 4:00pm – 5:00PM               |
| Meet Start:             | 5:15 PM                       |
| <b><u>Saturday:</u></b> | <b><u>October 5, 2024</u></b> |
| Warm UP:                | 7:30AM – 8:50AM               |
| Meet Start:             | 9:00 AM                       |
| <b><u>Sunday:</u></b>   | <b><u>October 6, 2024</u></b> |
| Warm Up:                | 7:30AM – 8:50AM               |
| Meet Start:             | 9:00 AM                       |

**Entry Fees:** Individual Event: \$6.00  
Relay: No relays at the meet  
Surcharge: \$30.00 (\$3.00 will go to North Texas Swimming, Inc.)

**Deck Entries:** No Deck Entries

|                    |                                     |                                |                                                                      |
|--------------------|-------------------------------------|--------------------------------|----------------------------------------------------------------------|
| <b>Meet Staff:</b> | <b>Meet Referee:</b>                | Nadia Atumah                   | <a href="mailto:Nadia_Atumah@bcbstx.com">Nadia_Atumah@bcbstx.com</a> |
|                    | <b>Starter:</b>                     | Trish Herskovitz               |                                                                      |
|                    | <b>Stroke &amp; Turn Officials:</b> | Ronny Pewitt / Jodie Michalski |                                                                      |
|                    | <b>Admin Official:</b>              | Larry Breazeale, Nathan Chiu   |                                                                      |
|                    | <b>Meet Director:</b>               | Kelly Belknap                  | <a href="mailto:kelly_belknap@yahoo.com">kelly_belknap@yahoo.com</a> |
|                    | <b>Head Safety Marshall:</b>        | Jamie Mulford                  |                                                                      |
|                    | <b>Club Safe Sport Chair:</b>       | 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. 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:** At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)

#### **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 taken 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 two 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 shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated under Article 105.

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

**Timers:** COR will plan to provide all the timers. If unable to provide all timers some volunteer timers may be needed.

**Awards:** No awards

**Scoring:** Scores will not be kept

## Order of Events

### Friday October 4, 2024

| Women | Event    | Men |
|-------|----------|-----|
| 1     | 200 IM   | 2   |
| 3     | 50 Free  | 4   |
| 5     | 500 Free | 6   |

### Saturday October 5, 2024

| Women | Event            | Men |
|-------|------------------|-----|
| 7     | 200 Free Women   |     |
|       | 100 Free Men     | 8   |
| 9     | 100 Breast Women |     |
|       | 200 Breast Men   | 10  |
| 11    | 100 Fly Women    |     |
|       | 200 Fly Men      | 12  |
| 13    | 100 Back Women   |     |
|       | 200 Back Men     | 14  |
| 15    | 400 IM Women     |     |

### Sunday October 6, 2024

| Women | Event            | Men |
|-------|------------------|-----|
|       | 200 Free Men     | 16  |
| 17    | 100 Free Women   |     |
|       | 100 Breast Men   | 18  |
| 19    | 200 Breast Women |     |
|       | 100 Fly Men      | 20  |
| 21    | 200 Fly Women    |     |
|       | 100 Back Men     | 22  |
| 23    | 200 Back Women   |     |
|       | 400 IM Men       | 24  |

# 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.**