



COPS 42nd Annual Greater Southwest January 19-21, 2024

- Sanction #:** NT 002-24
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:** Garland ISD Natatorium – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** Garland ISD Natatorium will be set up with two 8 lane 25-yard pools for prelims. Finals - one 8 lane 25-yard pool. Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system to touchpad with button time and stop-watch time as backups.)
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 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:** **Spectators are allowed at the meet according to Garland ISD Policies. Garland ISD has a clear bag policy and no outside food for spectators. No overnight parking is allowed on the premises.**
- 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.
No Parents, or siblings of swimmers will be allowed on the pool deck unless volunteering. Any Swimmers entered in the meet who do NOT have a bag tag will not be allowed on the pool deck.
- Medical**
- Supervision:** **Garland ISD Natatorium** 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 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.

Scratches:

For all final events swimmers are required to follow as outlined in the current USA Swimming, Inc. rules 207.11.6D and 207.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for finals heat. These alternates shall not be penalized if unavailable to compete in the Finals. For A and B Finals, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course 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 may be excused from this penalty by the Meet Referee because of illness, injury, or situations beyond the swimmers' control. 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 of events per meet restrictions. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control at the discretion of the Meet Referee.

Relay:

The top 8 relay entries will swim in finals. The remaining relays will be swum at prelims, fastest to slowest. Only A and B relays will be accepted from each team. Only swimmers who are entered in the meet are allowed to swim in any relay events. All relay cards are due at the Clerk of Course before 6:00PM, the day before the relay event.

Coaches & Officials

Meeting:

There will be a mandatory technical meeting for coaches via Zoom to go over meet information and answer any questions about GSW. The Zoom will be on January 17th, The Zoom invite will be sent out at a later date with more information regarding the time.

Meet Format:

The meet will be run as a prelims/ finals meet on all 3 days. Two pools will be run in prelims, one pool for finals.

Seeding and Check-in

- 500 free, 1650 free, and 400 IM will require positive check in 30 minutes before session starts.
- **Session 6 will be a timed final seeded fastest to slowest. Swimmers must provide their own timers and counters.**
The host team also reserves the right to alternate boys and girls heats if necessary.
- All relay cards are due at the Clerk of Course before 6:00PM, the day before the relay events.
- All sessions besides session 6 will be championship seeded according to USA Swimming 102.5

Finals

- 10 & under events - one A final of 8 swimmers
- 11 & over events - one A final of 8 swimmers, one B final of 8 swimmers. It will be swum Consolation then finals.

Commented [RS1]: My suggestion is an hour after finals the day before the event except for 400 IM that would be 30 minutes before the start of the session. That way the athletes and coaches can better prepare for the distance events

Commented [BL2R1]: The discussion with the meet host was that while it could be beneficial, the possible confusion to coaches wasn't worth it. Want to leave as is.

Commented [RS3]: Spell check!



Heat Sheets: Heat Sheets will be available to purchase on Meet Mobile

Qualifying

Times:

13 and over swimmers can compete in events in which they have an A time or faster.
12 and under swimmers must have one A time to enter the meet and can swim bonus events in which they have BB times or faster equal to the number of A times they have entered in (up to the session limit). The 400 IM, 500 freestyle, and 1650 freestyle require A times and cannot be bonus entry events.

i.e

1 "A" time Swim Entered = 1 BB Bonus Swim

2 "A" time Swims Entered = 2 BB Bonus Swims

3 "A" Time Swims Entered= 3 BB Bonus Swims

Age-Up Date: January 19, 2024

Restrictions: Athletes will be allowed to compete in a maximum of 3 individual events per day.

Teams

Invited: This is an Invitation only meet, priority will be giving to North Texas swimming member clubs. Please reach out to dean@planoswimming, or entries@planoswimming to see if there is room for your team.

Entry

Deadline: Entries shall be received, not later than 12:00PM Central Time, on Wednesday, January 10, 2024.

Entry

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

Entry Fees:

Individual Event: \$10:00

Relay: \$15:00

Surcharge: \$25 (\$3.00 will go to North Texas Swimming, Inc.)



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 Tuesday, January 16, 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.

The host team reserves the right to alter session and warmup times.

Day/Session	Warm up	Push Pace	Session Starts
Friday Prelims Session 1 January 19, 2024	WU- 6:30-7:00 AM WU2- 7:00-7:30 AM	7:30-7:50 AM Lanes 1 & 8 PACE Lanes 2 & 7 One Way Starts Lanes 3-6 Gen WU	8:00 AM
Friday Finals Session 2 January 19, 2024	Gen WU 3:30- 4:25PM	4:25-4:50 PM Lanes 1 & 8 PACE Lanes 2 -7 One Way Starts	5:00 PM
Saturday Prelims Session 3 January 20, 2024	WU-6:30-7:00AM WU2 7:00-7:30AM	7:30-7:50 AM Lanes 1 & 8 PACE Lanes 2 & 7 One Way Starts Lanes 3-6 Gen WU	8:00 AM
Saturday Finals Session 4 January 20, 2024	Gen WU 3:30- 4:25PM	4:25-4:50 PM Lanes 1 & 8 PACE Lanes 2 -7 One Way Starts	5:00 PM
Sunday Prelims Session 5 January 21, 2024	WU-6:30-7:00AM WU2 7:00-7:30AM	7:30-7:50 AM Lanes 1 & 8 PACE Lanes 2 & 7 One Way Starts Lanes 3-6 Gen WU	8:00 AM
Sunday Distance Timed Finals Session 6 January 21, 2024	The warm down pools will be available for warm- up		12:00 PM
Sunday Finals Session 7 January 21, 2024	Gen WU 2:30- 3:25PM	3:25-3:50 PM Lanes 1 & 8 PACE Lanes 2 -7 One Way Starts	4:00 PM



Deck Entries: Deck Entries will not be allowed.

Meet Staff: **Meet Referee:** Bryce Leach (email: bryce.leach@ntswim.org)
Starter: Christy Maycock
Stroke & Turn Officials: Amanda Wygant (email: amanda.wygant@ntswim.org), Robert Hendricks
Admin Referee: Robert Steffner (email: robert.steffner@ntswim.org), Kenneth Chung
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.
Unattached swimmers must have prior approval from the host team to attend this meet.

**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 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 one hour before the session begins if they are 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.

This meet is planned to be an Official Qualifying Meet (pending approval) for officials seeking N2 or N3 certification or re-certification for all positions. We will be able to do all certifications on a first come first serve basis via the Application to Officiate below. All officials should pre-register/apply to officiate via Google Form by January 11, 2024: For consideration at assigned positions and or advancement evaluations, please apply no later than January 5th.

[Application to officiate](#)

Meet shirts are planned and will be made available in priority order by number of sessions worked. To assist in making sure your shirt size is available, early registration is appreciated.

All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary and timed finals sessions will be white polo shirt over navy blue shorts / pants / skirt as appropriate. Finals uniform will be white polo shirt over navy blue pants / skirt (NO shorts) as appropriate. White shoes for all sessions.

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 counter and timer for 500 free and 1650 free.

Awards: An award will be given to 1-8 place of each event. The top 3 receive medals, 4-8 receive ribbons. Swimmers must pick up their award at the awards table. Ribbons will be given to the top 3 relays only. Sunday's 1650 will receive awards as shown above. High point awards will be given to top scoring athlete in their respective age group and gender.

Team high point award will be given to highest scoring team.

Kathy Kuipers Spirit Award: Awarded to the team who exhibits the highest level of sportsmanship throughout the meet and will be awarded right after prelims on Sunday.

Hot Heat: Winners of these randomly selected heats will win a prize. Hot heats will be announced prior to or during the heat.

Scoring: This Meet will be scored, and team/ high point awards will be announced after finals on Sunday.



Order of Events

Date/Sessions

Friday, January 19

Session 1 Prelims start: 8 AM Session 2 Finals start: 5 PM

1	10 & under 200 Fr	2
3	11-12 200 Fr	4
5	13 & 14 200 Fr	6
7	15 & over 200 Fr	8
9	10 & Under 50 Back	10
11	11-12 50 Back	12
13	13 & 14 100 Back	14
15	15 & Over 100 Back	16
17	10 & Under 50 Fly	18
19	11-12 50 Fly	20
21	13 & 14 100 Fly	22
23	15 & Over 100 Fly	24
25	10 & Under 200 IM	26
27	11-12 200 IM	28
29	13 & 14 400 IM	30
31	15 & Over 400 IM	32

Saturday, January 20

Session 3 Prelims start: 8 AM Session 4 Finals start: 5 PM

33	10 & Under 100 Back	34
35	11-12 100 Back	36
37	13-14 200 Back	38
39	15 & Over 200 Back	40
41	10 & Under 200 Free Relay	42
43	11-12 200 Free Relay	44
45	13-14 400 Free Relay	46
47	15 & Over 400 Free Relay	48
49	10 & Under 100 Breast	50
51	11-12 100 Breast	52
53	13-14 200 Breast	54
55	15 & Over 200 Breast	56
57	10 & Under 100 Free	58
59	11-12 100 Free	60
61	13-14 100 Free	62
63	15 & Over 100 Free	64
65	13-14 500 Free	66
67	15 & Over 500 Free	68



Sunday, January 21
Session 5 Prelims starts 8 AM, Session 7 Finals starts 4 PM

69	10 & Under 100 IM	70
71	11-12 100 IM	72
73	13-14 200 IM	74
75	15 & Over 200 IM	76
77	10 & under 200 Medley Relay	78
79	11-12 200 Medley Relay	80
81	13-14 400 Medley Relay	82
83	15 & Over 400 Medley Relay	84
85	10 & Under 100 Fly	86
87	11-12 100 Fly	88
89	13-14 200 Fly	90
91	15 & Over 200 Fly	92
93	10 & Under 50 Breast	94
95	11-12 50 Breast	96
97	13-14 100 Breast	98
99	15 & Over 100 Breast	100
101	10 & Under 50 Free	102
103	11-12 50 Free	104
105	13-14 50 Free	106
107	15 & Over 50 Free	108

Sunday, January 21
Session 6, Timed finals Starts at 12:00 PM

109	10 & Under 500 Free	110
111	11-12 500 Free	112
113	13 & Over 1650 Free	114



NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned Warm-up Procedures

- Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- All warm-up activities will be coordinated by the coach(es) supervising that lane.
- 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

- The first half of the assigned warm-up time shall be general warm-up for all lanes.
- Push/Pace lanes will push off one or two lengths from starting end.
- Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- Dive sprints may only be done under the direct supervision of the coach.
- There will be no diving in the general warm-up lanes—circle swimming only.

III. Safety Guidelines

- Coaches are responsible for the following:
 - Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 - Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- The host team will be responsible for the following:
 - 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).
 - 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.
 - The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 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."
 - 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.
 - 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.