

**Iron Horse
A/BB Meet
May 31 – June 2, 2024**

- Sanction #:** NT 054-24
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.
- 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 on-going.
- Venue:** Bruce Eubanks Natatorium
7411 North First St
Frisco, TX 75033
469-633-6160
- Facility:** 8 x 50m lanes / warm-up / warm-down will be available at the FISD Swim Center next door (20 x 25 lanes)
- Water Depth:** Competition Depth ranges from 13ft at the start end to 5 ft at the turn end. Warm-up/Warm-down depth ranges from 5ft in shallow to 13 ½ in diving area.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Spectator seating for 800.
- 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, Bruce Eubanks 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:** Bruce Eubanks 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 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: Timed Finals, Positive Check-in for the 400 and 800 Free and the 400 IM. Athletes will be seeded fastest to slowest. Meet host reserves the right to cap the number of heats for the 800m free based on Friday evening timeline. This meet will be capped at 400 athletes.

Athletes with one "BB" time can enter up to 4 bonus events 200m and under. Athletes with two "BB" times can enter up to 3 bonus events 200m and under. Athletes with 3 BB times can enter up to two bonus events 200m and under. Bonus events must be marked in the entry file.

Heat Sheets: Heat Sheets will be available on meet mobile for \$5.00

Qualifying

Times: Swimmers must have a minimum of a "BB" time standard to swim any event in this meet.

Age-Up Date: The age of the swimmer will be his/her age as of May 31st, 2024.

Restrictions: Athletes will be able to enter a total of 7 events, no more than 3 events per session.

Teams

Invited: All Teams in the East Division for A/BB meets in North Texas Swimming. Any other team in North Texas that does not have a qualifying meet, or teams outside the LSC, may request to swim in this meet within the athlete cap.

Entry

Deadline: Entries will be due at 12:00pm on Thursday, May 23, 2024.

Entry

Procedures: Entries will be collected using Hy-Tek Team Manager or its equivalent sent to the entries chair prior to the entry deadline. All entries will be sent via e-mail to the franksma@friscoisd.org. An email confirmation will be sent upon receipt and upload to meet manager. Please include a meet entry report and entry fee report with submission.

Daily

Schedule:

Session	Doors Open	Warm-up	Starts & Pace	Sessions Starts
Friday May 31st	2:45pm	3:00pm	3:45pm	4:15pm
Saturday 12 & Under	7:15am	7:30am	8:45am	9:00am
Saturday 13 & Over	12:45pm	1:00pm	2:15pm	2:30pm
Sunday 12 & Under	7:15am	7:30am	8:45am	9:00am
Sunday 13 & Under	12:45pm	1:00pm	2:15pm	2:30pm

Entry Fees: Individual Event: \$7.00 per event
Relay: n/a
Surcharge: \$7.00 per athlete (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: There will be no deck entries

Meet Staff:	Meet Referee:	Nathan Gloier
	Starter:	Suba Vedala
	Stroke & Turn Officials:	Tom Oushalkas, Rob Garagiola, Vien Nguyen
	Admin Official:	Melissa Howard
	Meet Director:	Matt Franks / Daiki Sato
	Head Safety Marshall:	Donna Ginalick
	Club Safe Sport Chair:	Justin Bilgri

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.

Timers: Timers will be provided for all events on Friday. Athletes will be responsible for their own timers for the 400m free.

Awards: Ribbons will be awarded top 8th athletes in each event.

Scoring: This meet will not be scored.

Order of Events

LCM

All Events Must be Entered in at a minimum of
BB time standard

Bonus Events must be denoted at time of entry

Friday May 31st

Girls	Event	Boys
1	13 & Over 800m Free**	2
3	12 & Under 200m IM	4
5	13 & Over 400m IM	6

**Timers and Counters may be needed

Saturday June 1

	12 & Under	
7	200m Breast	8
9	50m Fly	10
11	100m Breast	12
13	50m Back	14
15	400m Free*	16

*Timers may be needed

Saturday June 1

	13 & Over	
17	200m Back	18
19	100m Breast	20
21	200m IM	22
23	100m Fly	24
25	100m Free	26

Sunday June 2

	12 & Under	
27	200m Fly	28
29	50m Breast	30
31	200m Back	32
33	200m Free	34
35	100m Fly	36
37	50m Free	38

Sunday June 2

	13 & Over	
39	200m Free	40
41	200m IM	42
43	100m Back	44
45	200m Breast	46
47	50m Free	48

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.