

Iron Horse Unclassified

December 16-17, 2023

- Sanction #:** NT 101-23
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:** Bruce Eubanks Natatorium, 7411 North First St, Frisco, TX 75033
- Facility:** 8 lane 25 yard competition course with starting blocks and touchpads. 5 x 25 yard lanes for continuous warm-up/warm-down in the shallow end. Colorado Timing System, Hy-Tek Meet Manager.

The FISD Swim Center (7210 Stadium Lane, Frisco, TX 75034), a 20 lane x 25 yard pool, located next door to the Eubanks Natatorium, will be open for warm-ups for Sessions 2, 3, and 5 to allow for warm-ups for each subsequent session to begin while the current session is underway.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 6 feet 11 inches at the turn end measured for a distance of 1.0 meter to 5.0 meters from end wall to bulkhead.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** **Spectator seating for 800. No food or outside drinks are permitted in the Spectator seating areas or lobby areas.**
- 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 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 meet will be pre-seeded for all events 200 yards and Under. Positive Check-in will be required for the 400 IM, 500 Free, and 1650 Free Timed finals. Events will be swum Fastest to Slowest, with non-conforming times last. Fly over starts will be utilized.

Heat Sheets: Heat Sheets will be posted to Meet Mobile.

Qualifying

Times: This is an unclassified meet; athletes may enter any event up to the daily limit.

Age-Up Date: The age of the swimmer will be his/her age on December 16, 2023.

Restrictions: Swimmers may participate in 4 events per day, up to the meet limit of 8 events. All events are short course yards. **This meet will be capped at 450 athletes.**

Teams

Invited: **This meet is for Division 1 teams in the North Texas LSC. Interested teams outside of this division must send a request to the entry chair.**

Entry Deadline: **All entries shall be received, not later than 8:00pm CST, Thursday, December 7, 2023**

Entry

Procedures: All teams with five or more swimmers must submit their 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 with your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Daily

Schedule: **Session 1 – Saturday December 16, 2023 (11-14)**

Warm-up: 7:30 – 8:30am

Starts & pace: 8:30 – 8:45am

Meet Start: 9:00am

Session 2 – Saturday December 16, 2023 (10 & Under)

Warm-up: 12:45 – 1:30pm

Starts & Pace: 1:40pm – 1:55pm

Meet Start: 2:05pm

Session 3 – Saturday December 16, 2023 (15 & Over)

Warm-up: 3:45pm – 4:30pm

Starts & pace: 4:40pm – 4:55pm

Meet Start: 5:05pm

Session 4 – Sunday December 17, 2023 (11-12)

1st warm-up: 7:30 – 8:30am

Starts & pace: 8:30 – 8:45am

Meet Start: 9:00am

Session 5 – Sunday December 17, 2023 (13 & Over)

Warm-up: 12:45pm – 1:30pm

Starts & pace: 1:40pm – 1:55pm

Meet Start: 2:05pm

Entry Fees: Individual Event: **\$6.00 per event**
 Surcharge: **\$15.00 per athlete** *\$3.00 will go to North Texas Swimming, Inc.*
 Please include a Meet Entry Fee report with your payment. Entry fees must be received by the start of the meet. Refunds will not be given for any reason.

Makes checks payable: **Frisco ISD – Iron Horse Aquatics**

Deck Entries: **There will be no deck entries allowed**

Meet Staff:

Meet Referee:	Nathan Gloier
Starter:	Suba Vedala
Stroke & Turn Officials:	Tom Oushalkas, Rob Garagiola
Admin Official (or Referee):	Melissa Howard
Meet Director:	Matt Franks
Head Safety Marshall:	DJ McKenna
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: The host team will attempt to provide timers for all sessions of this meet. If timers are needed from teams, we will announce prior to the start of the meet and send out a Sign-up Genius link to all teams in attendance.

Scoring: This meet will not be scored.

Session 1 (Saturday December 16th)

Girls	11-14 year olds	Boys
1	400 IM	2
3	200 Back	4
5	100 Breast	6
7	200 Fly	8
9	100 Free	10
11	1650 Free	12

Session 2 (Saturday December 16th)

Girls	10 & Under	Boys
13	50 Free	14
15	50 Fly	16
17	50 Back	18
19	50 Breast	20
21	100 IM	22
23	200 Free	24

Session 3 (Saturday December
16th)

Girls	15 & Over	Boys
25	400 IM	26
27	200 Back	28
29	100 Breast	30
31	200 Fly	32
33	100 Free	34
35	1650 Free	36

Session 4 (Sunday December 17th)

Girls	11-12 year olds	Boys
37	200 Free	38
39	100 Back	40
41	200 Breast	42
43	500 Free	44
45	100 Fly	46
47	50 Free	48

Session 5 (Sunday December 17th)

Girls	13 & Overs	Boys
49	200 Free	50
51	100 Back	52
53	200 Breast	54
55	500 Free	56
57	100 Fly	58
59	50 Free	60

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.