

Iron Horse Aquatics

Spring Intrasquad Meet

April 13, 2024

- Sanction #:** NT 029-24
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:** Bruce Eubanks Natatorium, 7411 North First St, Frisco, TX 75033
- Facility:** 8 lane 50m competition course with starting blocks and touchpads. Colorado Timing System, Hy-Tek Meet Manager.

The FISD Swim Center (7210 Stadium Lane, Frisco, TX 75034), a 20 lane x 25 yard pool, 8 lane x 50 meter pool located next door to the Eubanks Natatorium, will be open for continuous warm-up / warm-down for this meet.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 5 feet 6 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 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, 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 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.

Meet Format: This is a long course meters meet. It will be a pre-seeded, timed finals for all events. All athletes must be members of Iron Horse Aquatics. Athletes will have the option to sign-up for 4 events, 2 events 50m in distance and 2 events 100m in distance. The distance events (800m Free, 400 IM) are reserved for swimmers in Gold, Platinum, Sr1 and Sr Elite.

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

Qualifying

Times: **There are no qualifying times for this meet.**

Age-Up Date: The age of the swimmer will be his/her age on April 13th, 2024.

Restrictions: Swimmers may participate in 4 events

Entry Deadline: **All entries shall be received, not later than 8:00pm CST, Friday, April 5, 2024**

Entry

Procedures: Entries will be collected using Hy-Tek Team Manager or its equivalent sent 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.

Please send meet entry file and entry report to franksma@friscoisd.org

Daily

Schedule: **Session 1 – Saturday April 13th (11-12)**
Warm-up: 7:00 – 8:15am
Starts & pace: 8:30 – 8:45am
Meet Start: 9:00am

Entry Fees: **\$20 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.

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:	Melissa Howard
	Meet Directors:	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 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.

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.

Awards: There will be no awards at this meet.

Scoring: This meet will not be scored.

Order of Events LCM

	Saturday April 13th	
	Event	
1	Open 100m Fly	2
3	Open 50m Back	4
5	14 & Under 800m Free	6
7	Open 100m Breast	8
9	Open 50m Fly	10
11	15 & Over 800m Free	12
13	Open 100m Free	14
15	Open 50m Breast	16
17	14 & Under 400 IM	18
19	Open 100m Back	20
21	Open 50m Free	22
23	15 & Over 400 IM	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.