

Lakeside Aquatic Club

Season Opener

April 13-14, 2024

- Sanction #:** NT 025-24
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:** LISD Eastside Aquatic Center
5729 Memorial Dr. The Colony, TX 75056
- Facility:** 1 – 8 lane, 25 yard course for competition, and 18 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 scoreboard will be utilized.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool. 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for warm up cool down pool.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- 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, and LISD Eastside Aquatic Center 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:** LISD Eastside Aquatic Center 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 timed final, BB and slower time standard meet, and will be pre-seeded for all events. All heats will be swum fastest to slowest.

Lakeside Aquatic Club reserves the right to change the amount of lanes used in competition pool, number of pools used for competition, update meet start times, update meet warm up times, add in necessary breaks to allow for rest, change of warm-up sessions depending on meet size, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.

Qualifying Times: Swimmers may enter events in which they have not yet reached the A time standard for their age group.

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

Restrictions: Maximum of 3 events per day may be entered for this meet.

Teams Invited: All teams in West division, Group C, and teams invited by LAC.

Entry Deadline: All entries shall be received, not later than 6:00PM Central Time, March 28, 2024. There will be no changes or additions to entries after deadline.

Entry Procedures: All entries must be submitted 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 of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. All athletes must be currently registered for 2024 by the entry deadline or the athlete will NOT be included in the meet. There are NO late entries for the meet.

Entries Chair: Andrew Marsh - meetentries@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

Daily Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

Saturday April 13	Warm Up	Meet Start
Session 1	9:15 am	10:20 am
Session 2	TBD	TBD

Sunday April 14	Warm Up	Meet Start
Session 3	8:15 am	9:20 am
Session 4	TBD	TBD

Entry Fees: Individual Event: \$6.00
Relay: \$10.00
Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason. Make checks payable to: **LAC**
Teams may send checks to our PO Box, or bring it to the meet. All entry fees must be paid prior to the start of the meet.

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** John Tysdal
Starter: Scott Leeper
Stroke & Turn Officials: Niki Rogers, Belinda Beck
Admin Official: Robin Magan
Meet Director: Teddy Davis
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

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 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: LAC will provide timers for all sessions.

Awards: There will be no awards at this meet.

Scoring: This meet will not be scored.

Order of Events

Saturday April 13, 2024

Session 1

Women	Event	Men
1	12 & O 100 Back	2
3	12 Year Old 100 IM	4
5	12 & O 200 Free	6
7	12 & O 100 Fly	8
9	12 Year Old 50 Breast	10
11	12 & O 50 Free	12

Session 2

Women	Event	Men
13	11 & U 100 Back	14
15	11 & U 100 IM	16
17	11 & U 50 Free	18
19	11 & U 100 Fly	20
21	11 & U 50 Breast	22
23	11 & U 200 Free	24

Sunday April 14, 2024

Session 3

Women	Event	Men
25	12 Year Old 50 Fly	26
27	12 & O 100 Breast	28
29	12 & O 200 IM	30
31	12 Year Old 50 Back	32
33	12 & O 100 Free	34

Session 4

Women	Event	Men
35	11 & U 50 Fly	36
37	11 & U 100 Br	38
39	11 & U 200 IM	40
41	11 & U 50 Back	42
43	11 & U 100 Free	44

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.