

Lakeside Aquatic Club

Summer Senior Showdown

July 24-27, 2024

- Sanction #:** NT 049-24
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 or those who turn 18 during the meet) 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:** Northwest ISD Aquatic Center
1976 Texan Drive
Justin, Texas 76247
- Facility:** 1 – 8 lane 50 meter course for competition. 8 50 meters, and 4-5 25 yard 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 for the aquatic center, measured in accordance with Article 103.2.3, is 6 feet, 8 inches all around the competition pool extending to 13 feet in the remaining pool.
- Course Certification:** The competition course has 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.
- Spectator tickets will be available for \$25 for an 'All Session' pass, or \$5 per session.
Children 5 years old and younger are free.
- TICKET PURCHASES WILL NOW BE AVAILABLE AT THE AQUATIC CENTER.**
- Spectators will be allowed into the building 1 hour prior to the start of the meet.
- 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 currently registered as athletes 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, NISD Aquatic Center, and Lakeside Aquatic Club 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: NISD 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 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: Swimmers will be seeded in the order of LCM/SCM/SCY. Swimmers will be seeded and swim from fast to slow unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee. All events 200M and shorter will be seeded after the scratch deadline (the prior evening).

Individual

Events: All individual events 400M or less will be conducted as preliminaries and finals including the 400 Individual Medley and the 400 Freestyle, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be A Final, B Final, C Final, and D Final heats. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A, B, and C Finals will be scored. All Finalists should report to the blocks. A Finalists will be announced behind the blocks and B, C, and D finalists will be announced in the water. Alternates should report to the starter prior to the start of the event and will swim in D Final should no shows occur.

400 Free: The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest alternating women and men.

400 IM: The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest, alternating women and men.

800/1500

Free: The 800/1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. Swimmers who do not indicate a preference will be seeded in the morning. The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the last event, fast to slow alternating women and men. Swimmers must provide their own counters. 800/1500 swimmers in the morning session will be required to provide their own timers.

Relays:

- All relays will be deck seeded after positive check in and conducted as timed finals.
- All relays will swim in the Finals sessions.
- 200M Medley Relay should be entered with the team's 400M Medley Relay time.
- The 800M Free relays will swim fast to slow.
- For all other relays, the fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow, alternating women and men.

All relay swimmers must be entered in at least one qualifying event. No relay only swimmers may be entered.

Scratching: The scratch box will be located at the Clerk of Course.

Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing it in the scratch box. Alternatively, **THE COACH ONLY** may scratch by sending a text to the Admin Referee, Robin Magan, 817-209-4275, or an email to robin.magan@kellerisd.net. You will receive a confirmation text or email when received. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim with the admin referee prior to the close of the scratch box for the succeeding day's events.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the below fines and banishment from competition, even though any qualified swimmer may be moved into finals.

Finals

Scratching:

Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course, or the admin referee, prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

Finals:

The top 8 finalists for each individual event will report to the finals staging area and be paraded out for their heat. Names will be announced before the start of each final heat.

Consolation, bonus, and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each heat of the 50 freestyles.

Time

Trials:

Time permitting, time trials will be conducted after the completion of Thursday and Friday prelims. Rules for time trials will be:

- 1) Fees will be \$25.00 for individual events and \$50.00 for relay events. Fees for time trials must be paid for with cash or a check.
- 2) Swimmers must supply completed entry forms entered at the swimmers' best times.
- 3) Time trial entries will be taken each morning from 9:30am-11:00am for that day's time trial session.
- 4) Swimmers must be entered in the meet in at least one individual event to swim time trials.
- 5) Time trial events count towards the daily entry limit of 3 events.
- 6) Events will be swum in the order of 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 400 free, 800 free and 1500 free. **The meet referee may change the order of events as needed to make an efficient combination of events.**
- 7) The 800 and 1500 Free will only be offered on Friday. The 800 Free Relay will only be offered on Thursday.
- 8) Swimmers must provide their own timers and lap counters.

Lakeside Aquatic Club reserves the right to change the number of lanes used in competition pool, update meet warm up times and session start times, add in necessary breaks to allow for rest, including but not limited to; chase starts, change of warm-up and sessions depending on meet size, flighting the meet, etc.

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

Qualifying**Times:**

There are no qualifying times for this meet, except for events that are 400 meters or longer.

Swimmers will be required to enter the 50s of stroke with their corresponding times for the 100 of those events.

A swimmer with a qualifying time in the 800/1000/1500/1650 Freestyle automatically qualifies for both the 800 and 1500 Freestyle events.

Swimmers must have swum the qualifying time for an event within the qualifying period, from July 1, 2022 to July 17, 2024.

Age-Up Date: The age of the swimmer will be his/her age on July 24, 2024.

Restrictions: Swimmers may enter and swim a maximum of three (3) individual events per day, and a total of 12 for the meet. Time trials (limit one time trial event per day) count towards the swimmer's daily limit, but not toward the meet limit.

Teams may enter as many relays as they like, however only those designated A and B will be allowed to score. Other relays shall be designated as exhibition.

Teams**Invited:**

This meet is open to any USA Swimming registered swimmer representing a USA Swimming member club who has been invited to the meet and who has met the qualifying requirements as stated in this document. **The meet will cap at 500 athletes.**

Entry**Deadline:**

All entries shall be received, not later than 8:59 PM Central Time, Thursday July 18, 2024.

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 registered for 2024 by the entry deadline or the athlete will NOT be included in 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.

Tuesday, July 23	Open warmup time 2pm-7pm	
Tuesday, July 23	General Meeting – 7:00pm CDT via Zoom	
	Warm Up	Meet Start
Wednesday July 24 – Prelims	7:00 AM	9:00 AM
Wednesday July 24 - Finals	3:45 PM	5:30 PM
Thursday July 25 – Prelims	7:00 AM	9:00 AM
Thursday July 25 - Finals	3:45 PM	5:30 PM
Friday July 26 – Prelims	7:00 AM	9:00 AM
Friday July 26 – Finals	3:45 PM	5:30 PM
Saturday July 27 – Prelims	7:00 AM	9:00 AM
Saturday July 27 - Finals	4:15 PM	5:30 PM

Positive check in 800 Freestyle - Tuesday 15 minutes after General Meeting

Positive check in Wednesday night relays* - Wednesday 4:30 PM

Positive check in 400 Individual Medley - Thursday 8:00 AM

Positive check in Thursday night relays* - Thursday 4:30 PM

Positive check in 400 Free - Friday 8:00 AM

Positive check in Friday night relays* - Friday 4:30 PM

Positive check in 1500 Free - Friday 7:00 PM

Positive check in Saturday night relays* - Saturday 4:30 PM

*Relay cards are due by the positive check-in deadline each night, but order may be changed with the Admin Ref or the head lane timer up until the relay swims.

Check-in has three options:

✓	Indicates that the athlete is present and will swim the event.
SCRATCH	Indicates the swimmer has scratched from this event.
_____	Indicates swimmer is not swimming this event for reasons unknown.

Scratch deadlines:

- Wednesday's events: 15 minutes after the conclusion of the General Meeting
- Thursday's events: 7:00 PM on Wednesday, July 24
- Friday's events: 7:00 PM on Thursday, July 25
- Saturday's events: 7:00 PM on Friday, July 26

Entry Fees: Individual Event: \$15.00
Relay: \$20.00
Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Make Checks payable to Lakeside Aquatic Club and bring them to the meet.

Deck Entries: The Admin Referee will accept requests for late entries on deck until 8:15 AM each morning beginning Wednesday of the meet. Swimmers must present proof of USA Swimming membership if they are not already entered in the meet, proof of required qualifying times, and must pay all late fees by cash or check at time of entry. Late entries received prior to the seeding of an event will be seeded with their qualifying time. Late entries received after an event was seeded will be placed in an empty lane. No new heats will be created.

Deck Entry Fees: Individual Event: \$20.00
Relay: \$20.00
Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Meet Staff: **Meet Referee:** Adriane Sparks, adriane.sparks@ntswim.org, 512-739-0535
Starter: Lindsey Petric
Stroke & Turn Officials: Scott Leeper & Steve Crabtree
Admin Official: Robin Magan, 817-209-4275
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: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)

**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 accommodation prior to the competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least two 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 shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated under Article 105.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

The attire for the meet is White Polo over Navy pants, skirt, skorts or shorts with White shoes and socks for prelims and finals. No Shorts for Finals.

[Application to Officiate](#)

Timers: LAC will provide timers for the meet, except for the 800/1500 Free events that are swum in the morning. Swimmers must provide their own timers and counters for those heats conducted at the end of prelims.

Awards: **Individual and Relay Awards:** Medals for 1st through 8th place for individuals and relay events. Awards procedures will be announced at the General Meeting.

Team Awards: Awards for 1st through 3rd place combined, men's, and women's teams will be presented at the conclusion of the meet.

Scoring: The A, B, and C finalists and the top 24 places in timed finals events will score points as follows:

- Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events will score double.

Summer Senior Showdown Time Standards

Qualifying period July 1, 2022 – July 17, 2024

Women				Men		
LCM	SCY	SCM	Events	SCM	SCY	LCM
			50 Free			
			100 Free			
			200 Free			
4:54.49	5:29.09	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
			100 Back			
			200 Back			
			100 Breast			
			200 Breast			
			100 Fly			
			200 Fly			
			200 IM			
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29

Summer Senior Showdown

Order of Events

Wednesday July 24

Women	Event	Men
1	200 Free Relay*	2
3	200 Back	4
5	100 Free	6
7	200 Breast	8
9	800 Free**	10
11	200 Medley Relay*	12

Thursday July 25

Women	Event	Men
13	50 Fly	14
15	200 Free	16
17	400 IM	18
19	100 Back	20
21	800 Free Relay*	22

Friday July 26

Women	Event	Men
23	50 Back	24
25	200 Fly	26
27	50 Free	28
29	100 Breast	30
31	400 Free	32
33	400 Free Relay*	34

Saturday July 27

Women	Event	Men
35	50 Breast	36
37	1500 Free**	38
39	100 Fly	40
41	200 IM	42
43	400 Medley Relay*	44

* All Relays will be swum in finals

** The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the last event, fast to slow alternating women and men. Swimmers must provide their own counters. 800/1500 swimmers in the morning session will be required to provide their own timers.

Swimmers must provide their own lap counters and timers for the AM heats of the 800 and 1500 Free, and lap counters for the finals.

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.