

Life Time Swim Dallas

Meet of a LIFE TIME – Open

June 14 – 16, 2024

Sanction #: NT 052-24

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: Life Time McKinney at Craig Ranch, 7910 Collin McKinney Pkwy, McKinney, TX 75070

Facility: 1 x 50-meter course 8 Lane (Competing in 6) with blocks and touch pads. 2 Lane short course pool and 1 lane Long course for warm up and cool down. Colorado Timing System. Hy-Tek Meet Manager.

Water Depth: The water depth is 4’11 inches from start to end.

Course

Certification: The competition course **has not** been certified in accordance with 104.2.2C (4).

Spectator

Information: Only coaches, athletes, essential volunteers, and officials will be allowed on the deck. Ample space for spectators in the courtyard to the pool. Canopies and lawn chairs will be permitted.

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, Life Time McKinney at Craig Ranch 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: **Life Time McKinney at Craig Ranch** 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: Meet will be pre-seeded for events 200 Yards and shorter. The distances 400 meters and longer will be deck seeded and will have a check-in 30 minutes before the event is to be swum. Heats will be swum fastest to slowest.

Heat Sheets: Will be sold through Meet Mobile.

Qualifying

Times:

13O will be based on 13/14 times

Events 50 in distance – NT/Open

Events 100 in distance – “B” minimum

Events 200 in distance - “BB” - minimum

Events 400 and Above - “A” minimum

12U will be separately entered and scored

Events 50 in distance – NT/Open

Events 100 in distance – “B” minimum

Events 200 in distance - “BB” - minimum

Events 400 and Above - “A” minimum

Age-Up Date: The age of the swimmer will be his/her age on June 14, 2024.

Restrictions: Swimmers are limited 3 events per day

Teams

Invited: IRON, FNW and other invited teams

Entry

Deadline: All entries shall be received, not later than 8:00pm, Wednesday, June 5, 2024.

Entry

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

Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Entries Chair: ehyatt@lt.life Elizabeth Hyatt

Daily

Schedule:

Saturday (Session 1)-

Warm up 1 LIFE – 7:30-8:10

Warm up 2 GUEST TEAMS- 8:10-8:50

Meet Start 9:00am

Saturday (Session 2)-

Session will begin 30 minutes after session 1 or at 12:00pm.

Sunday (Session 4)-

Warm up 1 LIFE – 7:30-8:10

Warm up 2 GUEST TEAMS- 8:10-8:50

Meet starts 9:00 am

Entry Fees: Individual Event: 6.00
Surcharge:18.00

(\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries Allowed.

Meet Staff: **Meet Referee:** Adriene Sparks
Starter: Cindy Reynolds
Stroke & Turn Officials: Diane Koch & Mai Houn
Admin Official: Amanda Wygant
Meet Director: Heather Maher
Head Safety Marshall: Elizabeth Hyatt
Club Safe Sport Chair: Megan Cantu

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 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 backup timers for this meet but volunteers from visiting teams will be needed. Swimmers will need to provide their own timers and/or counters for the 400/1500 Meter Freestyles and the 400 IM.

Awards: Ribbons will be awarded in each event 1st- 8th

Scoring: There will be no TEAM scoring.

Order of Events

CHANGED ORDER WITH COMBINATION

Day 1 Session 1

1	13 & OVER 50 FREESTYLE	2
3	12 & UNDER 400 FREESTYLE	4
5	13 & OVER 200 BREASTSTROKE	6

7	12 & UNDER 100 BACKSTROKE	8
9	13 & OVER 200 FREESTYLE	10
11	12 & UNDER 100 BREASTSTROKE	12
13	13 & OVER 100 BACKSTROKE	14
15	12 & UNDER 100 FREESTYLE	16
17	13 & OVER 200 BUTTERFLY	18
19	12 & UNDER 50 BUTTERFLY	20
21	13 & OVER 200 IM	22

Day 1 Session 2

23	400 IM	24
25	1500 FREESTYLE	26

DAY 2 SESSION 3

27	13 & OVER 100 FREESTYLE	28
29	12 & UNDER 50 BREASTSTROKE	30
31	13 & OVER 100 BREASTSTROKE	32
33	12 & UNDER 200 IM	34
35	13 & OVER 400 FREESTYLE	36
37	12 & UNDER 50 FREESTYLE	38
39	13 & OVER 200 BACKSTROKE	40
41	12 & UNDER 50 BACKSTROKE	42
43	13 & OVER 100 BUTTERFLY	44
45	12 & UNDER 100 BUTTERFLY	46
47	12 & UNDER 200 FREESTYLE	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.