

LONE STAR 2026
YMCA SWIM CHAMPIONSHIP
Frisco, TEXAS
JULY 23-26, 2026

Hosted by: YMCA of Metropolitan Dallas

- Approval:** NT AP42-26
Held under the approval 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.
- 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:** Bruce Eubanks Natatorium, 7411 First Street Frisco, TX
- Facility:** One 8 course and at least 16 lanes available for pre-meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 or 2 scoreboards will be utilized depending on the session setup.
- Water Depth:** The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- 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.
- Approval:** This meet has been approved by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers who wish for their swim times to be considered for entry in the SWIM database must be registered as athletes for 2026 with USA Swimming by the meet entry date. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the approved 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, 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.

USA Swimming

Registration: This meet is a USA Swimming approved meet. Swimmers who are current USA Swimming athletes who would like for their times to be entered in the SWIMS database must notify their Coach prior to entries being submitted to the meet Committee. These athletes must provide their coach with their USA Swimming ID#. Coaches are responsible for entering their athletes ID# on the Hytek file that they provide with their team's entries. Any Coach needing help with this process should contact Jennifer Pewitt 214-934-8034. It is the athlete and coaches' responsibility to assure that this information is provided with the team's Hytek file. **Once the meet file has been submitted to SWIMS there will be no changes or additions.**

Meet Format: This meet will be swum as a prelims/finals. Seeding will be circle seeded. Nonconforming times will be swum after conforming times. Events will be swum from slowest to fastest. Bonus events will not be accepted.

QUALIFICATION TIMES:

- Qualification times are applicable for swimmers 9 years of age and older
- No qualifications times are applicable for any swimmers in the 50/100 Freestyle or the 50/100 Backstroke
- The minimum qualifying times for each event are listed in the meet event schedule.
- Swimmers must have swum at least the qualifying time or faster to enter an event.
- The time entered must have been swum in a meet and be listed in verifiable results or in a documented time trial form.
- Entries with no times (NT's) or times not meeting the qualifying times will NOT be accepted or entered. Money submitted for these times will NOT be refunded.
- You may submit entry times earned during a USA Swimming or High School meet.
 - **PROOF OF TIMES**
 - If a swimmer does not achieve the minimum qualifying time for the event they have competed in, the coach will be asked to show proof of the swimmer meeting the qualifying time.
 - Meet Results and Time Trial Verification Forms (attached) may be used to prove the entry time.
 - If proof cannot be shown, the team will be charged a penalty fee of \$50 for each infraction. The penalty fee MUST be paid immediately. If that fee is not paid immediately, the swimmer will be disqualified from the remainder of the meet.
 - **A Time Trial Verification Form MUST BE SUBMITTED for all entries that cannot be proven by meet results. It MUST BE submitted with the swimmer's entries to be considered proof of time.**

Age-up Date: Swimmer's age is determined on the date that the meet begins, which is July 23, 2026

Entry Restrictions:

- Swimmers must be registered members of the YMCA Swim Team that they are representing by July 1st.
 - Complete Lone Star Team Roster or attach a similar roster with the required information.
- Swimmers must have represented only one YMCA team since June 1st of the current year.
- Swimmers must have participated in at least 2 YMCA Scheduled League meets with the YMCA team they are representing at the Lone Star Meet since January 1st of the current year.
 - Only one meet per day will count toward eligibility.
- Each swimmer may compete in a total of 10 individual events for the entire meet.
- Each swimmer may compete in only one relay per day.
- Swimmers may only compete in their own age group for individual events. No swimming up or down.

Teams Invited: All teams must be associated with a YMCA.

Entry Deadline: July 13th @ noon. Team Registration, Individual and Relay Entries, Roster, Proof of Insurance, and Certifications

Entry Procedures: **Entries Chair:** Alisha Garrett 972-822-9060 swimleague@ymcadallas.org

- **ON-TIME ENTRIES AND REGISTRATION:-**

Team Registration, Individual and Relay Entries, Roster, Proof of Insurance and Certifications due on July 13th by noon.

 - **PAYMENT:** Credit Card payment is available on the financial form.

- **LATE ENTRIES:**

Only Individual and Relay entries will be accepted after the initial deadline. Late entries for individual and relays will be accepted until noon on Friday, July 17th. All late entries should be sent to swimleague@ymcadallas.org

- **RELAY ENTRIES:**

- **Relay team entries must be received by the due dates/times listed above.**
- They may be turned in without swimmer names but must include entry time.
- Swimmer and alternate names may be added on the day of the meet until the relay is called to the block.
- If you do not have a relay entered the event by the above dates, you cannot add one during the meet.
- Please enter all possible relays and scratch as necessary.
- You will receive an email acknowledging the receipt of your entries. Please review this document carefully as you are responsible for any swimmers/relays that may have been omitted and/or times entered incorrectly.

Entry Fees:	Team Registration	
	1- 9 Swimmers	\$150.00
	10-19 Swimmers	\$200.00
	20-49 Swimmers	\$300.00
	50 + Swimmers	\$375.00
	Swimmer Surcharge	\$15.00 per swimmer
	Individual Entry	\$12.00 per event
	Relay Entry	\$25.00 per event

Deck Entries: Deck Entries will not be accepted unless due to an administrative error.

Meet Staff: **Meet Referee:** Ronny Pewitt
Starter: William Webb, Andrew Guant, Jobic Obung
Admin Official: Amanda Purkey, Emily Spivey
Meet Director: Jennifer Pewitt
Head Safety Marshall: Michael Garrett
Club Safe Sport Chair: Myron Barron

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.

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.

**Swimmer
Photographs
and Videos:**

There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel is 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 will not be allowed to be present in the area immediately behind the starting blocks.

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 completion 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 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:

- To be eligible to officiate during the Lone Star Swim Championship Meet, Swim Officials must be currently certified by the YMCA of the USA or USA Official and must have officiated in a minimum of three full meet sessions since January 1st.
- The determination of whether this eligibility requirement has been accomplished shall be at the sole and absolute discretion of the Lone Star Championship Official's Eligibility Committee which shall consist of the following persons: Meet Referee and Meet Director for the Dallas YMCA Swim League Commissioner
- If you are interested in officiating, please send an email to Ronny Pewitt at ripewitt5@gmail.com

Timers: Each team will be provided with a timing assignment for each session prior to the start of each session.

Awards:

Individual Awards

Swimmers earning places First through Sixteenth	-	Medals
Relay Swimmers earning places First through Eighth	-	Medals

Individual High Point Awards for First, Second & Third Place <i>Boys & Girls - 6 & under, 7-8, 9-10, 11-12, 13-14, 15-21</i>	-	Plaque
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Team Awards

Small Team Division places First through Fifth	-	Plaque
Large Team Division places First through Fifth	-	Plaque

This number is decided based on how many swimmers you have registered on your YMCA Swim team not the number of swimmers you bring to the swim meet. Proof of small team qualification will be required.

- Under 50 swimmers for small teams
- Over 50 swimmers for large teams.

VENDORS: D&J Sports will be selling Lone Star Meet T-Shirts, swim apparel and accessories, and prelim Heat Sheets.

Daily Schedule: Daily Warm-ups will be conducted in accordance with the current NTSO Safety Guidelines and warm-up procedures will be provided to the coaches.

Thursday

11:00pm-12:00pm	Mandatory Coaches Check-in
12:00pm-12:30pm	Coaches Meeting
1:00pm-1:45pm	Session Warm-up
2:00pm	Session Begins – 10 & Older

Friday & Saturday & Sunday

7:30am-8:30am	Moring Session Warm-up
8:30am	Morning Session Begins

*** Warm-up for afternoon session and Finals sessions will be determined based on the timeline and entries received.

***** ALL session times are subject to change based on the morning session timeline**

COACHES RELAYS AND AWARDS CEREMONY IMMEDIATELY FOLLOWING SUNDAY FINALS SESSION

Thursday Timed Finals				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
1	3:35.00	9-10 200 Free	3:35.00	2
3	8:25.00	11-12 500 Free	8:25.00	4
5	7:57.00	13-14- 500 Free	7:34.00	6
7	7:57.00	15-21 500 Free	7:34.00	8
9	3:41.00	9-10 200 IM	3:41.00	10
11	7:54.00	11-12 400 IM	7:56.00	12
13	7:18.00	13-14 400 IM	7:18.00	14
15	7:18.00	15-21 400 IM	7:18.00	16
17		21 & U 400 Free Relay		18

Friday Morning Prelims 11 & Over				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
19	3:28.00	11-12 200 Free	3:28.00	20
21	3:25.00	13-14 200 Free	3:18.00	22
23	3:25.00	15-21 200 Free	3:18.00	24
25	1:40.00	11-12 100 IM*	1:42.00	26
27	1:30.00	13-14 100 IM*	1:27.00	28
29	1:30.00	15-21 100 IM*	1:27.00	30
31	53.00	11-12 50 Fly*	49.00	32
33	45.00	13-14 50 Fly*	42.00	34
35	45.00	15-21 50 Fly*	42.00	36
37	NO Qualifying Time	11-12 100 Back*	NO Qualifying Time	38
39	NO Qualifying Time	13-14 100 Back*	NO Qualifying Time	40
41	NO Qualifying Time	15-21 100 Back*	NO Qualifying Time	42

Friday Afternoon Prelims 10 & Under				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
43	NO Qualifying Time	8&U 100 Free	NO Qualifying Time	44
45	NO Qualifying Time	8&U 100 IM	NO Qualifying Time	46
47	NO Qualifying Time	9-10 100 IM	NO Qualifying Time	48
49	NO Qualifying Time	8&U 25 Fly	NO Qualifying Time	50
51	NO Qualifying Time	9-10 50 Fly*	NO Qualifying Time	52
53	NO Qualifying Time	8&U 50 Back	NO Qualifying Time	54
55	NO Qualifying Time	9-10 100 Back	NO Qualifying Time	56

Friday Finals		
Girls Event #	Event and Distance	Boys Event #
25	11-12 100 IM*	26
27	13-14 100 IM*	28
29	15-21 100 IM*	30
51	9-10 50 Fly*	52
31	11-12 50 Fly*	32
33	13-14 50 Fly*	34
35	15-21 50 Fly*	36
37	11-12 100 Back*	38
39	13-14 100 Back*	40
41	15-21 100 Back*	42

** Top 16 individual finishers during prelims will swim again in the final's sessions for events with an asterisk.*

Saturday Morning Prelims 11 & Over				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
57	3:28.00	11-12 200 IM	3:49.00	58
59	3:18.00	13-14 200 IM	3:12.00	60
61	3:18.00	15-21 200 IM	3:12.00	62
63	NO Qualifying Time	11-12 100 Free*	NO Qualifying Time	64
65	NO Qualifying Time	13-14 100 Free*	NO Qualifying Time	66
67	NO Qualifying Time	15-21 100 Free*	NO Qualifying Time	68
69	56.00	11-21 50 Breast*	53.00	70
71	52.00	13-14 50 Breast*	47.00	72
73	52.00	15-21 50 Breast*	47.00	74
75	1:45.00	11-12 100 Fly*	1:48.00	76
77	1:42.00	13-14 100 Fly*	1:36.00	78
79	1:42.00	15-21 100 Fly*	1:36.00	80

Saturday Afternoon Prelims 10 & Under				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
81	NO Qualifying Time	6&U 50 Free	NO Qualifying Time	82
83	NO Qualifying Time	8&U 50 free	NO Qualifying Time	84
85	NO Qualifying Time	9-10 100 Free	NO Qualifying Time	86
87	NO Qualifying Time	8&U 50 Breast	NO Qualifying Time	88
89	NO Qualifying Time	9-10 50 Breast*	NO Qualifying Time	90
91	NO Qualifying Time	8&U 50 Fly	NO Qualifying Time	92
93	NO Qualifying Time	9-10 100 Fly	NO Qualifying Time	94
95		8&U 100 Medley Relay		96
97		10&U Medley Relay		98

Saturday Finals		
Girls Event #	Event and Distance	Boys Event #
99	11-12 200 Medley Relay	100
101	13-14 200 Medley Relay	102
103	15-21 200 Medley Relay	104
63	11-12 100 Free*	64
65	13-14 100 Free*	66
67	15-21 100 Free*	68
89	9-10 50 Breast*	90
69	11-21 50 Breast*	70
71	13-14 50 Breast*	72
73	15-21 50 Breast*	74
75	11-12 100 Fly*	76
77	13-14 100 Fly*	78
79	15-21 100 Fly*	80

** Top 16 individual finishers during prelims will swim again in the final's sessions for events with an asterisk.*

Sunday Morning Prelims 11 & Over				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
105	NO Qualifying Time	11-12 50 Back*	NO Qualifying Time	106
107	NO Qualifying Time	13-14 50 Back*	NO Qualifying Time	108
109	NO Qualifying Time	15-21 50 Back*	NO Qualifying Time	110
111	1:58.00	11-12 100 Breast*	1:56.00	112
113	1:47.00	13-14 100 Breast*	1:47.00	114
115	1:47.00	15-21 100 Breast*	1:47.00	116
117	NO Qualifying Time	11-12 50 Free*	NO Qualifying Time	118
119	NO Qualifying Time	13-14 50 Free*	NO Qualifying Time	120
121	NO Qualifying Time	15-21 50 Free*	NO Qualifying Time	122

Sunday Afternoon 2 Prelims 10 & Under				
Girls Event #	Qualifying Time	Event and Distance	Qualifying Time	Boys Event #
117	NO Qualifying Time	6&U 25 Back	NO Qualifying Time	118
119	NO Qualifying Time	7-8 25 Back	NO Qualifying Time	120
121	NO Qualifying Time	9-10 50 Back*	NO Qualifying Time	122
123	NO Qualifying Time	8&U 25 Breast	NO Qualifying Time	124
125	NO Qualifying Time	9-10 100 Breast	NO Qualifying Time	126
127	NO Qualifying Time	6&U 25 Free	NO Qualifying Time	128
129	NO Qualifying Time	7-8 25 Free	NO Qualifying Time	130
131	NO Qualifying Time	9-10 50 Free*	NO Qualifying Time	132
139		8&U 100 Free Relay		140
141		10&U 200 Free Relay		142

Sunday Finals		
Girls Event #	Event and Distance	Boys Event #
143	11-12 200 Free Relay	144
145	13-14 200 Free Relay	146
147	15-21 200 Free Relay	148
121	9-10 50 Back*	122
105	11-12 50 Back*	106
107	13-14 50 Back*	108
109	15-21 50 Back*	110
111	11-12 100 Breast*	112
113	13-14 100 Breast*	114
115	15-21 100 Breast*	116
131	9-10 50 Free*	132
117	11-12 50 Free*	118
119	13-14 50 Free*	120
121	15-21 50 Free*	122

** Top 16 individual finishers during prelims will swim again in the final's sessions for events with an asterisk.*

ELIGIBILITY OF COACHES

- Coaches must be staff or volunteer members of the YMCA that they are representing.
 - Coaches must show coaches registration with YUSA- by downloading a copy of their Deck pass.
 - A copy of the deck pass must be sent with entries

SCORING

- Points are earned during timed finals and finals events only.
- Events swum in the final's sessions are identified on the event schedule with an asterisk.
- All events not marked with an asterisk are considered timed finals and will be scored as such.
- Points will be awarded for individual events and relays as follows:
 - 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Only one relay team for each YMCA will be eligible to score points. However, there will be no limit on awards regardless of the number of relays teams entered by any YMCA. The points by the second and subsequent relay teams of a YMCA swimming more than one relay are awarded to the next eligible relay team from another YMCA.

FINALS SESSIONS

- Events swum in finals sessions are identified on the event schedule with an asterisk. These events will have swum during preliminaries with the Top 16 event finishers of the preliminary heats returning in the evening to swim in the finals sessions.
- Swimmers finishing in 17th and 18th place are considered alternates and should check in for Finals in the event that a swimmer placing 1st through 16th does not arrive to swim their event.
- Swimmers placing 1st through 18th that cannot return to swim their finals event should scratch the event with the Meet Director within 30 minutes after preliminary results are posted so that alternate swimmers may be notified. Swimmers not meeting the scratch deadline are subject to being disqualified from the event that they did not scratch along with all future scheduled events.
- The Consolation Heat will consist of finishers placing 9th through 16th and will be swum first.
- The Championship Heat will consist of finishers placing 1st through 8th and will be swum second.
- Swimmers in the Consolation Heat will finish no higher than 9th place regardless of their finish time.
- Preliminary events with eight or fewer swimmers will have swum as timed finals during the Finals session for that event.
- There are no preliminary relay events. All relays have swum as timed finals.

MEET RULES

- Disqualification slips will be submitted for rules infractions. If you disagree with a disqualification that has been called on your swimmer, you may file an appeal using the Protest Form found at the Official's Table.
- The appeal must be submitted to the Meet Referee no later than thirty minutes after the time stamp on the DQ slip.
- The No False Start Rule applies to all age groups.
- Swimmers age 7-21 MUST swim in their own age group for all individual events.
- Swimmers age 6 or younger may swim in the 6 & Under and 8 & Under events. Swimmers aged 6 and younger will accrue team points in the 8 & Under events but are eligible for high point awards in only those events designated as 6 & under.
- There must be at least one swimmer in the specified age group of each relay. The other three swimmers may swim-up.
- Only swimmers, coaches, officials and meet volunteers with valid credentials are allowed on the pool deck.
- Spectators should not 'hold' seats for others in the bleachers.
- Spectators, coaches, and swimmers are refrained from using noisemakers throughout the meet. Noisemakers may be used only during the parade portion of the events.
- Swim caps will be strictly monitored and must follow either the YMCA branding guidelines or wear a SOLID color cap without logos. Swimmers who do not have caps that follow these guidelines must turn their caps inside to comply with this rule.

CERTIFICATE OF INSURANCE COVERAGE REQUIREMENTS

All YMCAs participating in the Lone Star Swim Championship MUST obtain and maintain in full force for the duration of the meet, July 23 – 26, 2026, insurance coverage in the following type(s) and amounts:

- Commercial General Liability Insurance: including, but not limited to, Premises/Operations, Personal & Advertising Injury, Products/Completed Operations, Independent Contractors, and Contractual Liability with a minimum combined bodily injury (including death) and property damage limits of \$1,000,000 per occurrence.
- Proof of insurance must be submitted with your entries.

COACHES CHECKLIST

Items to Submit with Entries:

- Team & Coach Registration (page 10 & 11)
- Team Roster & signature page (packet page 12)
- Submit Meet Manager zip file to swimleague@ymcadallas.org
- Time Trial Verification Forms for any time that cannot be proved with meet results. These must be turned in with the meet entries (packet page 13)
- Payment- CC payment preferred
- YMCA Certificate of Insurance

TEAM REGISTRATION

YMCA Name: _____ Team Code (3-4 letters): _____

Address: _____

City: _____ State: _____ Zip: _____

YMCA Director: _____ Phone: _____

Primary Entry Contact: _____ Cell Phone: _____

Email: _____

Check One:

Small Team Division

Large Team Division

Small teams are teams that have less than 50 swimmers registered with their YMCA swim team. Large teams have 51 or more swimmers registered with their YMCA swim team. This number is not the same as the number of swimmers you bring to the meet.

COACH REGISTRATION

Head Coach

Last Name _____ First Name _____

Cell Phone _____

Email _____

Asst. Coach

Last Name _____ First Name _____

Cell Phone _____

Email _____

Asst. Coach

Last Name _____ First Name _____

Cell Phone _____

Email _____

Asst. Coach

Last Name _____ First Name _____

Cell Phone _____

Email _____

Coaches must be registered with YUSA and must have a current Deck Pass. The following certifications are required to be issued a deck pass.

- 1) BLS - CPR
- 2) First Aid
- 3) Child Protection Training **(on-line options available through your local YMCA)**
- 4) Principles of YMCA Competitive Swimming & Diving **(offered on-line from Y USA via the LCDC)**
- 5) Red Cross Safety Training for Swim Coaches
 - a. Lifeguard certification or in-water safety check-off form

TEAM ROSTER

Please attached a “NUMBER of MEETS ATTENDED” report out of TEAM MANAGER or TEAM UNIFY. You can filter the report to show Meets since 1/1/2026.

Note: If you have trouble accessing this report- please call Alisha Garrett 972-822-9060.

All swimmers registered for the 2026 Lone Star Championship Swim Meet are paid members of the _____ YMCA Swim Team and registered by July 1, 2026.

Swim Team Coach

Date

Aquatic Director or Designee

Date

Time Trial Verification Form

Team Name: _____

Team Code: _____

Time Trial Verification Form:

Date of Time Trial: _____

Last Name: _____ First Name: _____ MI: _____

Female:

Male:

Birthdate:

Age on July 23, 2026:

(Month) (Day) (Year)

1. First Event

Stroke

Distance

FR BR BK FL IM

25 50 100 200 400 500

Timer 1

Timer 2

Official Time

(Average of Timer 1 & Timer 2)

_____:_____:_____

_____:_____:_____

_____:_____:_____

2. Second Event

Stroke

Distance

FR BR BK FL IM

25 50 100 200 400 500

Timer 1

Timer 2

Official Time

(Average of Timer 1 & Timer 2)

_____:_____:_____

_____:_____:_____

_____:_____:_____

3. Third Event

Stroke

Distance

FR BR BK FL IM

25 50 100 200 400 500

Timer 1

Timer 2

Official Time

(Average of Timer 1 & Timer 2)

_____:_____:_____

_____:_____:_____

_____:_____:_____

YMCA Coach's Original Signature

YMCA Coach's Printed Name

Date

YMCA Coach's Printed Name

YMCA Coach's Printed Name

Date

Attach Time Trial Verification Forms with meet entries for any times that cannot be proven with official meet results.

NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

(Adjust according to your pool and current policies and procedures.)

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on a 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 a 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. Instruct 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.