

2023 American Long Course Meet Information

Wednesday, July 19th – Saturday July 22nd

Garland ISD Natatorium
2585 Firewheel Pkwy
Garland, TX 75040

Entry Deadline in OME is Sunday, July 9, 2023

Hosted by Metroplex Aquatics

Meet and Time Trials are held under the sanction of
USA Swimming Sanction # NT 034-23
Time Trial Sanction # NT 034TT-23



Important Facts about the Meet

- Meet will be limited to the first 450 athletes. If last team causes count to go over 450 all swimmers on the last team will be accepted into the meet. North Texas teams need to let us know they are coming before June 1st and deposit of \$75 per swimmer is due June 7th for North Texas teams only.
- All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at www.usaswimming.org/ome beginning May 1, 2023, and not later than July 9, 2023 at midnight Central Time. Meet named 2023 American Long Course in OME for entries. ***If swimmers are entering 3 events or less use 2023 American Long Course OME as well for entries. Cost is \$75. Cost will be adjusted when entries are pulled into Meet Manager.***
- Times must be achieved between January 1, 2021, and July 9, 2023, dates inclusive.
- New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 10, 2023, through Sunday, July 16, 2023. Send entries via email to lisa0908@att.net. This process cannot be used to improve the seed time of a prior entry.
- Maximum of 3 individual events and 2 relays per day. Unlimited bonus events, up to the daily limit, will be permitted for each athlete who has the meet qualifying time standard in at least 1 individual event. MUST enter the event that you have the qualifying time standard for in order to get the bonus entries. Will allow relay only swimmers but all swimmers must pay the meet entry fee.
- All prelim sessions will begin at 9:00am, and finals at 5:30pm. Top 4 heats from prelims qualify for Finals. All prelim events swum fastest to slowest, circle seed fastest heats. Finals swum slowest to fastest heats. Alternates will fill empty spots for only the C and D final heats.
- Events 200 and less distance will be seeded for the meet on Monday 7/17/23. If you know of a scratch, please send it to the meet admin at lisa0908@att.net. Events 400 and longer distance will require check-in. Check-in for distance events close 6pm the evening before the event. Event 13/14 check-in will close at 8:30am Wednesday.
- Seeding of the meet - 400 Freestyle and 400 Individual Medley will be swum with the top 3 seeded heats of women swum first, followed by the top 3 seeded heats of men then the remaining heats alternating women/men. 800/1500 will be a timed final swum in prelims, alternating women/men. Relay card names are due by the end of prelims for the day of that relay, all relays will be swum in finals.
- It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of information. Any changes will be announced at the General Meeting that will be held Wednesday morning before the first session.
- Team packages will be available for pickup at the front office starting Tuesday 7/18/23 during travel team general warm-up. All coaches must be prepared to show their credentials to receive a deck pass for the meet. We will need phone numbers of meet contacts for swim offs, finals changes etc.
- Time Trials will be run on Friday and Saturday provided there is enough time between the end of the preliminary session and the start of warm-ups for the final session. Time trials count toward the athlete daily limit of 3. Limit of two time trials for the meet. Entries close both days at 11am. Must be entered in meet to enter Time Trials.

Meet Updates:

Pertinent information about meet details: lodging, restaurants, warm-up times, etc., will be posted on the Metroplex Aquatics website--- <https://www.teamunify.com/team/ntsm/page/2023-american-long-course>
Heat Sheets and Results will be sent to Meet Mobile.

2023 American Long Course
Hosted by Metroplex Aquatics
July 19-22, 2023

- Sanction #:** NT 034-23
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 Deck Pass 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:** Garland ISD Natatorium
2485 Firewheel Pkwy
Garland, TX 75040
- Facility Rules:** Spectators are allowed at the meet according to Garland ISD Policies, free of charge. The pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. Garland ISD has a clear bag policy and no outside food for spectators. No overnight parking is allowed on the premises.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4).
- 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 2023 with USA Swimming by the meet entry date. 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, Garland ISD and Metroplex Aquatics 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 club, if attached, to be held accountable for repairs.
- USA Swimming**
Registration: All swimmers, coaches, and officials participating in this competition must be currently 2023 registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID 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 ID. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be limited to 450 athletes. This is a Prelims-Finals (Timed Finals for 800/1500 Freestyle and all relays) meet for all ages that qualify with at least one meet qualifying Time Standard. The meet host reserves the right to run chase starts in prelims. Top 4 heats from prelims qualify for Finals. All prelim events will be swum fastest to slowest. Prelims 400 IM and 400 Freestyle will be swum with the top 3 seeded heats of women followed by top 3 seeded heats of men then alternating the women/men remaining heats. 800/1500 will be swum in prelims alternating women/men fastest to slowest. Finals will swim slowest to fastest, D heat first followed other heats. 50 Br, 50 Fly and 50 back will be entered with associated 100 time for the stroke.

Heat Sheets: Heat sheet and results will be available on Meet Mobile, cost will be \$5 for entire meet.

Qualifying Times: Swimmers must enter with at least one meet qualifying Time Standard event. Times entered must be achieved between January 1, 2021, and July 9, 2023, dates inclusive. No entries will be accepted unless the entrant is a registered athlete member of USA Swimming, Inc. Every club entered as a team in North Texas Swimming sanctioned meets must be a member of USA Swimming, Inc. No USA Swimming Registrations will be accepted at the meet.

Age-up Date: Swimmer's age as of 7/19/23 shall determine his/her age for the entire meet.

Entry Restrictions: A swimmer may swim up to three (3) individual events (including time trial). Unlimited bonus events may be swum, up to the daily limit, for each athlete that has at least one event with the meet qualifying time standard. MUST enter the event that you have the qualifying time standard to get the bonus entries.

Teams Invited: Any registered USA team is invited to this meet. North Texas teams need to let us know they plan to attend the meet no later than June 1st to hold your spot. Deposit of \$75 per swimmer is due June 7th for North Texas teams only. Email Lisa at lisa0908@att.net, address for deposit is below. We are taking requests from other teams now but will make sure any NT team that wants to attend the meet can.

Entry Deadline: All entries must be submitted using the USA Swimming OME (Online Meet Entry) system at www.usaswimming.org/ome. OME entries are due no later than Sunday, July 9, 2023 at midnight Central Time. Meet is named 2023 American Long Course in OME for entries. Fees need to be postmarked no later than Saturday July 15, 2023 or may be brought to the meet. See below for address.

Entry Procedures: OME will be open for entries on May 1, 2023 and close July 9, 2023 at midnight or early if the meet reaches 450 swimmers. OME is not an eligibility report; coaches are responsible for knowing events for which their swimmers are qualified. Your team entry personnel are responsible for confirming the accuracy of receipt of entries with the Meet Entry Contact if an acknowledgment is not received. Please bring all paperwork to the meet. Entry problems or questions: Lisa Stults at lisa0908@att.net 972-741-7416 (Confirmation and final fees will be sent after entries are entered into the database).

New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 10, 2023, through Sunday, July 16, 2023, may be entered no later than 11:59pm Central Time on Sunday, July 16, 2023. This process cannot be used to improve the seed time of a prior entry. Normal entry fees apply. Please send these entries to Lisa Stults at lisa0908@att.net

Entry Fees: Meet entry fee is \$125.00 per swimmer. If entering up to 3 events including relay only swimmers, the meet entry fee is \$75 per swimmer. North Texas surcharge of \$3.00 is included. Relays will be \$20 per relay.

All North Texas teams must send a swimmer deposit of \$75 per athlete by June 7th to hold your spot. This deposit will be used toward that swimmer's final fee. If you send less athletes than expected there will not be a refund.

North Texas deposits sent to the following address. Final fees may be brought to the meet or sent to this address. Zelle payments will be accepted email metrotreasurer@metro-aquatics.org.

Metroplex Aquatics
1314 W. McDermott Drive
Suite 106, #521
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

Deck Entries: Late entries for this meet will not be accepted. Time Trial entries will be accepted at the meet or can be entered via OME with original entries. Must be entered in the meet to enter Time Trials.

Check-In: Events 400 and longer distances will require check-in. Check-in for distance events will close at 6pm the evening before the event. Events 13/14 check-in will close at 8:30am Wednesday. Initial relay card names are due by the end of prelims for the day of that relay, all relays will be swum in finals. Changes can be made at the admin desk or on the timer sheets until the start of the race.

Scratch Rule: No Shows at prelims will be allowed with no penalty. No Shows for all final heats will be penalized. Scratches for all final events are required per current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For all final heats, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will be barred from all subsequent competition in the meet. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control.

Concessions: Will be sold by Garland ISD. No outside food or drink is allowed in the building for spectators.

Hospitality: Available for all meet officials and coaches.

Deck Changing: Deck changes are prohibited.

Meet Staff: **General Meet Information**
Brent Mitchell
972-897- 7072
coachmitchell@metro-aquatics.org
Meet Director
Paul Hyland
hyland.p@gmail.com

Meet Admin
Lisa Stults
972-741-7416
lisa0908@att.net
Meet Referee
Jane Maxvill
214-202-4296
jemcruiser@hotmail.com

Starters: Ron Weimer and Tami Stangl

Stroke & Turn Officials: Michael McDonald, John Chou and Steven Brown

Head Safety Marshall: Angela Keller

Club Safe Sport Chair: Vicki Porter

Officials: All currently 2023 certified 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. All officials are encouraged to attend an official's meeting one hour prior to the start of each session. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for all Preliminary sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki.

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.

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 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.

Swimmers with Disabilities: Coaches and or swimmers are responsible for notifying the meet referee or meet director of any disability prior to the completion and for providing their own assistant or equipment. Please contact the meet director/referee 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.

Timers: The host team will attempt to provide timers for this meet. If you would like to help, please check in at clerk of course. Swimmers must provide their own timer and counter for all distance events, 400 and longer, in the prelim sessions.

Awards/Score: Individual Awards – Individual event medals will be awarded to 1st – 8th place.
Individual High Point Awards - High Point Awards will be given to the top scoring male and female.
Team Awards - Team awards will be presented to the top three Women's and Men's teams.
Scoring will be on a sixteen (16) place basis.
Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relays double.

Admission to Deck: All athletes, coaches and officials must present their USA Swimming app to be issued a deck pass for the meet. The meet deck pass must be presented each time you enter the deck.

Credentials Pick-Up: Credentials can be picked up at the Natatorium Tuesday 7/18, 5pm-7pm, Wednesday 7/19 – Saturday 7/22, 7:00am - end of Finals each day.
No swimmer will be issued credentials without a coach member present. If the home club coach is not planning to attend the meet, swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before credentials can be issued.

Daily Schedule: 7:00am to 8:45am General Warm Up
8:15am Start Lane 1/8 push/pace, Lane 2/7 dive starts
8:30 to 8:45am Dive/Sprint/Pace
9:00am Prelim Session Starts
Relay cards due end of Prelim sessions daily
4:15pm to 5:00pm Finalist General Warm-up
5:00-5:15 pm Dive/Sprint/Pace
5:30pm Finals start
6:00pm Check-in for next day distance event closes. (Event 13/14 close 8:30am Wednesday)

Meet Qualifying Time Standards: One qualify time, unlimited bonus up to daily limit. Must enter qualifying event.

Order of Events:

<i>Women's Events</i>	Day 1– Wednesday, July 19	<i>Men's Events</i>
	<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>	
1	200 Medley Relay ***	2
3	50 Butterfly	4
5	200 Freestyle	6
7	100 Breaststroke	8
9	100 Backstroke	10
11	200 Freestyle Relay ***	12
13	1500 Freestyle **	
	800 Freestyle **	14

Women's Events		Day 2– Thursday, July 20	Men's Events
<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>			
15		50 Breaststroke	16
17		200 Backstroke	18
19		100 Freestyle	20
21		50 Backstroke	22
23		400 Individual Medley *	24
25		800 Freestyle Relay ***	26

Women's Events		Day 3– Friday, July 21	Men's Events
<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>			
27		200 Breaststroke	28
29		100 Butterfly	30
31		400 Freestyle *	32
33		400 Freestyle Relay ***	34

Women's Events		Day 4– Saturday, July 22	Men's Events
<i>(Prelims Begin at 9:00am, Finals begin at 5:30pm)</i>			
35		200 Butterfly	36
37		50 Freestyle	38
39		200 Individual Medley	40
41		400 Medley Relay ***	42
43		800 Freestyle **	
		1500 Freestyle **	44

* 400 Freestyle and 400 Individual Medley will be swum with the top 3 seeded heats of women swum first, followed by the top 3 seeded heats of men then the remaining heats alternating women/men. These events require check-in at clerk of course.

** 800 and 1500 Freestyle is a Timed Final that will be swum at the end of Prelim sessions, alternating women/men events 13/14 and 43/44. These events require check-in at clerk of course.

Must provide your own timer and counter for 400 Freestyle, 400 Individual Medley and 800/1500 Freestyle events

*** All relays will be swum in finals.

American Long Course Champs						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:20.09	4:42.49	5:02.99	400/500 Free	4:43.69	4:22.39	4:59.09
11:03.29	9:42.49	9:57.59	800/1000 Free	9:22.69	9:08.59	10:22.09
18:48.39	18:32.09	19:06.29	1500/1650 Free	17:50.49	17:25.99	17:21.19
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:47.49	5:18.39	5:25.09	400 IM	5:00.99	4:52.79	4:24.19

Time Trials (Sanction # NT 034TT-23)

Time Trials will be conducted provided there is enough time between the end of the preliminary session and the start of warm-ups for the final session Friday and Saturday.

- Time Trials will be conducted in long course meters.
- A swimmer is limited to a maximum of two Time Trials, maximum of 3 events per day including meet events swum.
- Swimmers must provide their own timer and counter (if needed).
- Entry fees for Time Trials are \$10.00 each.
- Time Trials entries will close at 11am Friday and 11am Saturday.
- Time Trial entries will be taken on-site at the Clerk of Course. Only swimmers entered in the meet may swim Time Trials.

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

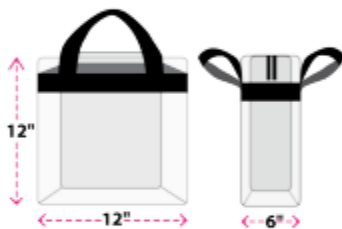
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

LARGE BAGS

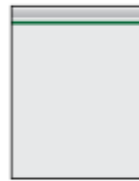
CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



OR

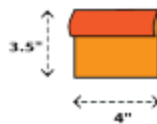
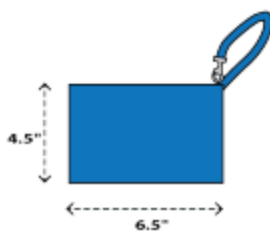
One-Gallon Resealable, Clear PLASTIC STORAGE BAG



SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"



Hotels: Following hotels recommended by City of Garland. They each have a block of rooms for your convenience. Any problems please email lisa0908@att.net

Hyatt Place \$89 plus tax [Booking Link](#) 5101 N George Bush Hwy, Garland, Texas 75040 972-414-3500
Block code ALCB. July 18-23, 2023. Reservations must be made before July 4, 2023, for this price.

Holiday Inn Express Garland E Lake Hubbard - \$99 Rate [Booking Link](#) 4412 Bass Pro Drive, Garland, TX 75043
(972) 203-5700 July 19-23, 2023 Two Queen Standard Rooms (15 available) Group Rate: \$99.00 per room per night plus tax click on the link, click on the book now button on the top right corner, then select their group dates and then it will take them to the group page

Updated information for the meet --- <https://www.teamunify.com/team/ntsma/page/2023-american-long-course>

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
8 Lanes	1 and 8	2 and 7	3 through 6

- 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.