



NTN 14 & Under Creepy Cap Meet

October 27 – 29, 2023

Sanction #: NT 095-23

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. All 18 and older athletes registered with the club must have completed the Athlete Protection Training prior to the start of the meet. Failing to complete the APT test will impact the athlete's ability to compete at meets.

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: Elise Cerami Aquatic Center, 1501 W. Southlake Blvd, Southlake, TX 76092.

Facility: One or two 8 lane, 25 yard pools with multiple 25yd continuous warm up lanes. Meet course may be a 10 lane course going from east to west. One or two pools utilized depending on timeline of meet. Colorado timing system and Hy-Tek Meet Manager will be utilized. Only coaches, athletes, officials, and volunteers will be allowed on the pool deck. Chairs will be allowed on deck.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is: First pool - 13 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. Second pool – 8 feet, 0 inches at the start end and turn end is 4 feet, 0 inches measured from 1 meter to 5 meters from both end walls.

Course

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

Spectator

Information: Only registered workers, officials, coaches, swimmers and CISD staff are permitted on the pool deck.

SAFE SPORT: Only swimmers, coaches, officials, and volunteers will be allowed in the pool area for the meet. Spectators will be allowed in the stands during this 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 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, Elise Cerami Aquatic Center shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet.

Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

Medical

Supervision: The Elise Cerami Natatorium 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. 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 pre-seeded. Positive check in will be required for the 500 Free. All events are timed finals. Events will be swum fastest to slowest. Fly over starts will be utilized.

Heat Sheets: Will be available to purchase on Meet Mobile.

Qualifying

Times: Swimmers may enter events in which they have not achieved a "BB" time standard. Swimmers **MUST HAVE** at least the "B" time in the 500 Free to enter. This meet is for athletes 14 years old and younger.

Age-up Date: The age of the swimmer will be his/her age on October 27, 2023.

Restrictions: Swimmers may participate in a maximum of three (3) individual events per day and a total of seven (7) individual events over the course of the entire meet. All seed times should be submitted to the 100th of a second and be provable in USA Swimming's SWIMS database.

Teams Invited: This meet is for the North Texas C Division, or any team directly invited by the host team. Interested teams outside of Group C must send a request to the entry chair.

Entry

Deadline: All entries must be received by 11:59pm on Thursday, October 17, 2023.

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. **Maximum of 350 athletes.**

Entries Chair: Michelle Garner
Michelle.garner@southlakecarroll.edu
CISD Aquatics Center
1501 W. Southlake Blvd
Southlake, TX 76092

Entry Fees: Individual Event: \$6.00
Surcharge: \$20.00 (*\$3.00 will go to North Texas Swimming, Inc.*)

Please include a Meet Entry Fee report with your payment. Entry fees must be received by October 27th, 2023.

Please make checks out to: NTN Parent Club

Deck Entries: No deck entries will be accepted.

Meet Staff: **Meet Referee:** Julian Fisher
Starter: Suwandi Chandra
Stroke & Turn Officials: Fred Collins, June Matlock
Admin Official: Nadia Atumah
Meet Director: Michelle Garner
Head Safety Marshall: Kimmy Zimmerman
Club Safe Sport Chair: Fred Collins

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 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 2023 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: NTN will provide timers for the meet.

Awards: Heat winners will choose from a Halloween bag of prizes. No other awards will be given.

Scoring: The meet will not be scored.

Host team may adjust warm up and start times based on entries submitted. If an adjustment is necessary, all teams will be notified 3 days prior to the event.

Order of Events

Distances are in SC yards

Friday October 27, 2023

Session 1

General Warm-up: 4:30 PM

Starts/Pace/General Warm Up- 5:00 PM

Meet Starts: 5:30 PM

<u>Girls #'s</u>	<u>Events</u>	<u>Boys #'s</u>
1	10 & Under 200 Free	2
3	11-14 500 Free	4

Saturday October 28th, 2023

Session 2

Warm Up 1: 7:30AM

Warm Up 2: 8:00AM

Starts/Pace/General Warm Up- 8:30- 8:50 AM

Meet Starts: 9:00 AM

<u>Girls #'s</u>	<u>Events</u>	<u>Boys #'s</u>
5	11-14 200 Free	6
7	100 Fly	8
9	100 Back	10
11	100 Breast	12
13	50 Free	14

Sunday October 29th, 2023

Session 3

Warm Up 1: 7:30AM

Warm Up 2: 8:00AM

Starts/Pace/General Warm Up- 8:30- 8:50 AM

Meet Starts: 9:00 AM

<u>Girls #'s</u>	<u>Events</u>	<u>Boys #'s</u>
15	11-14 200 IM	16
17	50 Fly	18
19	12 & Under 100 IM	20
21	50 Back	22
23	50 Breast	24
25	100 Free	26

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.