

RACE

North Texas Short Course 14 & Under “A” Championships

February 17-19, 2023

Sanction #	NT 008-23 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.
Venue	RISD Aquatic Center 1205 T. L. Townsend Rockwall, TX 75087 469-698-7410 Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
Facility	1 x 25 yard course (10 lanes, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary. Daktronics timing system Hy-Tek Meet Manager 4 x 25 yd lanes - continuous WU/WD
Water Depth	The minimum water depth, measured in accordance with Article 103.2.3, is 8 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.
Course Certification	The competition course has not been certified in accordance with 104.2.2C(4).
Spectator Information	Spectators are allowed to view the swim meet from our upper deck only. No spectators are allowed on the pool deck.
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 start 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 PERSON’S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, RISD, (Rockwall Aquatics 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.
USA Swimming Registration	All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (2023 on Meet date listed at the top of front page) 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 Dashboard 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 Dashboard (or a coach

may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format

This is a Prelims/Finals meet for 14 and under age-groups. Top 20 for 11 & Over events will swim in Finals. Top 10 swimmers will final for 10 and under events. Except the following events; 13- 14 500 free and 400 IM Top 10 in finals only. 12 and under 500 and 13 -14 1650 free is timed final event. All events 400/500 and longer will be cut at the top 40 athletes who check in and declare. There will only be 4 heats of 400/500 and over events per age group. All 1650 will be combined and only the top 30 boys and 30 girls checked in will get to swim. There will only be 3 total heats of boys and girls each, alternating girl/boy, depending on pool split.

You must check in for events longer than 400 by:

3:45pm Friday for Friday events

6 pm Friday for Saturday events

6 pm Saturday for Sunday events. All relays will swim in prelims. The "A" heat of finals will swim first then the "B" heat.

Heat Sheets

Heat sheets will be emailed to coaches before the meet and heat and lane information will be posted on deck and in the meet mobile app

Scratch Rules

Swimmers are expected to scratch Finals if they are unable to swim to afford other swimmers the opportunity. In the event of a finals no show without scratching swimmer will be pulled from the remaining finals events from that day. Swimmer must positive check-in for all remaining events with Meet Administration. Swimmers must scratch prelims prior to the scratch deadline. A no show in prelims will count as a swimmer's event for that day.

Qualifying Times

Swimmers can enter any event in which they have a time faster than A time. No Relay only swimmers.

A swimmer can enter the Mile with the 1000 A time.

Age-up Date

The age of the swimmer will be his/her age on **February 17, 2023**.

Entry Restrictions

Swimmers may enter 3 individual events per day with a max of 7 individual events for the entire meet. Swimmers should enter using the following course order SCY, LCM, SCM.

Teams Invited

North Texas LSC Teams.

Entry Deadline

All entries shall be received no later than 6:00PM Central Time, on **February 9, 2023**. Fees shall be Mailed and postmarked by the entry date. **NO LATE ENTRIES**

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: Tom Applegate/469-698-7376/Rockwallswimentries@gmail.com
1205 T.L. Townsend Rockwall, TX, 75087

Daily Schedule

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Schedule: Procedures attached.

Friday Session 1

3:30 PM warm up

3:45 PM check in due for Friday events

4:30 PM Meet start

6:00 PM check in/ scratch deadline for Saturday events:

Saturday Relay cards due

Saturday, & Sunday Prelims Sessions 2&4

7:00 AM Warm up 1

7:30 AM Warm up 2

8:00 AM Dive/push pace

8:30 AM Meet Start

Saturday & Sunday Finals Sessions 3&5

4:00 PM Warm up

4:30 PM Dive/push pace

5:00 PM Meet Start

6:00 PM **Saturday**: check in/ scratch deadline for Sunday events. **Sunday**: Relay cards due

Entry Fees

\$15.00 per individual event

\$30 for relay events

Facility charge of \$15 per swimmer (includes \$3 NTX LSC Fee) per swimmer will apply.

Please include a Meet Entry Fee report with your payment. Entry fees must be received by February 9, 2023 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Rockwall ISD

Send checks to: Tom Applegate
1205 T.L. Townsend
Rockwall, TX 75087

Deck Entries

NO DECK ENTRIES. **Late Entries: email Tom Applegate with proof of times and registration to see if there is space before February 14, 2023.** We will follow current North Texas and RISD rules regarding swimmer capacity per session.

Meet Staff

Meet Referee: Lorraine Temple/Lorraine.temple1013@gmail.com

Starter: Roy Kuipers

Stroke & Turn Officials: Eric Harbin/Stacey Harbin

Admin Official (or Referee): Paul Putchinski/732-407-8149/Paulputchinski@yahoo.com

Meet Director: Shannon Putchinski/469-698-7410

Head Safety Marshall: Tom Applegate

Club Safe Sport Chair: Tom Applegate

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 & 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. Per RISD, photographers must be certified and registered with USA swimming.

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 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 on Meet date listed at the top of front page) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for (2023 on Meet date listed on front page) and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Prelims session attire is white polo and navy shorts/skirts/slacks Finals Session attire is navy polo over khaki skirt or slacks.
Timers	Each team will be responsible for providing timers. The number of timers they provide will be determined by number of entries.
Awards	Medals shall be awarded for 1st – 3rd place for individual events by age group. Relay Ribbons will be awarded 1st – 3rd place by age group. Points will be awarded as follows: Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18-14-12-10-8-6-4-2 Swimmers will accumulate points in the age group in which they swim. If a swimmer swims up in the next age group, then the points are scored for that age group. (IE: 12 year old swimming in open events - 1650). Team trophies and Male and Female High Point trophies per age group. Awards will be distributed to team coaches after the swim meet has concluded. This will be done by shipping directly to the team (\$15 shipping fee) or they will be brought to TAGS.

Order of Events

Distances are in SC yards

Friday - Session 1		
Girls	Event Description	Boys
1	10/U 500 Free*	2
3	11-12 500 Free*	4
5	OPEN 1650*	6

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys or split pools

Saturday - Session 2&3		
Girls	Event Description	Boys
7	10/U 200 FREE	8
9	11-12 200 FREE	10
11	13-14 200 FREE	12
13	10/U 200 FREE RELAY	14
15	11-12 200 FREE RELAY	16
17	13-14 400 FREE RELAY	18
19	10/U 50 BACK	20
21	11-12 50 BACK	22
23	13-14 200 FLY	24
25	11-12 200 FLY	26
27	10/U 50 FREE	28
29	11-12 50 FREE	30
31	13-14 50 FREE	32
33	10/U 100 BREAST	34
35	11-12 100 BREAST	36
37	13-14 100 BREAST	38
39	11-12 50 FLY	40
41	13-14 200 BACK	42
43	10/U 50 FLY	44
45	11-12 200 BACK	46
47	13-14 400 IM*	48

* Swimmers will need to provide their own timers/counters. Event swam fastest to slowest alternating girls and boys.

Order of Events

Distances are in SC yards

Sunday- Session 4&5		
Girls	Event Description	Boys
49	10/U 100 BACK	50
51	11-12 100 BACK	52
53	13-14 100 BACK	54
55	10/U 200 Medley RELAY	56
57	11-12 200 Medley RELAY	58
59	13-14 400 Medley RELAY	60
61	10/U 200 IM	62
63	11-12 200 IM	64
65	13-14 200 IM	66
67	10/U 100 FREE	68
69	11-12 100 FREE	70
71	13-14 100 FREE	72
73	11-12 200 BREAST	74
75	13-14 200 BREAST	76
77	10/U 100 FLY	78
79	11-12 100 FLY	80
81	13-14 100 FLY	82
83	10/U 50 BREAST	84
85	11-12 50 BREAST	86
87	10/U 100 IM	88
89	11-12 100 IM	90
91	13-14 500 FREE*	92

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys

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 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.