

COR SWIMMING 2023 COR CLASSIC

November 30 – December 3, 2023

- Sanction #:** NT 086-23
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 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:** Garland ISD Natatorium – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** Two 8 or 10 x 25-yard lanes pools. At least 6 x 25-yard lanes will be available for warm up/warm down. Colorado Timing and Meet Manager software will be used. Seating for 1200.
- 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).
- Spectator Information:** Spectators are allowed at the meet according to Garland ISD Policies. Garland ISD has a clear bag policy and no outside food or drinks for spectators. Per Garland ISD guidelines no cups are allowed in the facility. **No overnight parking is allowed on premises.**
- Admissions: \$5.00 per session or \$20.00 for an all session pass.
- 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 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD, and COR Swimming 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:** Garland ISD has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is 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 in good standing with 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: Thursday night Timed finals. Prelim / Finals Friday, Saturday, and Sunday. 10 and unders will swim top 8 for finals. 11-12 and 13-14 will swim top 16. 15 and over age group will swim top 24. Seeding for prelims will be done fast to slow with non-conforming times last. COR reserves the right to run fly over starts, change warmup sessions, and start times depending on meet size. Prelims will be run in 2 competition pools. Teams may enter up to two relays per relay event.

Swimmers must meet time standards in order to swim the 400IM, 500 Free, 1650 Free.

All-Events will be pre-seeded except 400 IM, 500 free, and 1650 free.

Positive Check in for 13 and over 1650 free, 12 and under 500 free will close 45 min before meet start.

Positive check in for Friday: 13 and over 400 IM will be by 9:00am

Positive check in for Saturday: 13 and over 500 free will be 9:00am

Pool configuration will be done once all entries are received. Teams will be notified.

****No relay only swimmers****

Swimmers will need to provide own timer and counters for Thursday Night events.

Scratch Rule: Scratches for finals. Current USA Swimming, Inc. rules 207.11.6D and 207.11.6E will apply. Additionally, first and second alternates shall be announced along with the qualifiers for the consolation final heat and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For championship and consolation finals, 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 swimmer's control.

1650 Free: This event is for 13 & over swimmers who have achieved the "A" time standard in either the 1000 or 1650 free for their respective age group 13-14 or 15-16 for 15 and over (or LCM equivalent).

Heat Sheets: Heat sheets will be available through meet mobile. They will be posted on pool deck and in areas for athletes. Coaches will be given paper heat sheets.

Qualifying

Times: Swimmers must have met the 2021-2024 National A time standard in respective age group. 15 and over will use the 15-16 A time standard.

Bonus

Swims: If a swimmer has less than 6 "A" times, they will be allowed to add bonus swims as follows up to a max of 6 swims:

1 A time = 5 Bonus events

2 A times = 4 Bonus events.

3 A times = 3 Bonus events.

4 A times = 2 Bonus events

5 A times = 1 Bonus event.

Swimmers may not bonus swim in the following events; 400IM, 500 free, or 1650 Free.

Bonus events have no time standard and must be 200 yards and shorter. Bonus events must be marked on the hard copy of the entry sheet and submitted with entries.

Age-Up Date: The age of a swimmer will be his/her age on the first day of the meet. Thursday November 30, 2023.

Restrictions: Swimmers may swim up to 3 events a day and a max of 8 for the meet if they have an A time or better in all events entered

Teams

Invited: North Texas Divisional and Teams from out of the LSC that have contacted.

Entry

Deadline: Monday, November 20, 2023 by 12:00PM. No late entries will be accepted.

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: Dan Hafner email: dan@corswim.org Phone: 248-417-6679
Email or text message is best.

Entry Fees: Individual Event: \$10.00
Relay: \$15.00
Surcharge: \$30.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No deck entries.

Meet Staff:	Meet Referee:	Jane Maxvill – jemcruiser@hotmail.com
	Starter:	Nadia Atumah
	Stroke & Turn Officials:	Mac Lower/ Ronny Pewitt
	Admin Official (or Referee):	Larry Breazeale / Lisa Stults
	Meet Director:	Jennifer Pewitt
	Head Safety Marshall:	Jamie Mulford
	Club Safe Sport Chair:	Laura Ring

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 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.

Officials will wear a white polo shirt over navy shorts, skirt, or pants for prelims. Officials will wear a navy polo shirt over khaki skirt or pants for finals. Thursday night will be white over Navy.

Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers:

The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed.

Swimmers will need to provide own timer and counter for Thursday night events.

Awards:

Custom medals will be given 1st through 3rd place. Custom ribbons will be awarded from 4th through 8th place in all events. Fun Consolation Final Heat Winner prizes will be given. Relays will receive custom ribbons for 1st through 8th place.

Overall Team High Point Awards for 1st Place Team, Combined Male and Female

Overall Small Team Award: 1st place Team Award, combined Male and Female – eligible teams are teams having 20 or less swimmers in the meet.

Individual: Overall High Point regardless of age 1st / 2nd / 3rd for Male and Female.

Awards must be picked up during the meet, awards will not be mailed.

Scoring:

All NTSI sanctioned meets shall be scored in conformance with USA Swimming Rules and Regulations as follows: Individual: 20-17-16-15-14-13-12-11 (1st to 8th) 9-7-6-5-4-3-2-1 (9th to 16th)

10 & under events scoring, for places 9 to 16, will be done via prelims.

Relays: 40-34-32-30-28-26-24-22 (1st to 8th) Relays will score the top 8 places only.

Daily

Schedule: WARM UP INFORMATION

Thursday November 30, 2023

Warm Up: 3:45
Push/Pace: 4:15-4:45 pm lanes 1/8 pace
Starts: 4:15-4:45 pm lanes 2/6/7
Meet Start: 5:00 pm

Friday December 1, 2023

Prelims

Warm Up:	Session 1	6:45 – 7:10 AM
	Session 2	7:15 – 7:40 AM
	Session 3	7:45 - 8:10 AM
	Session 4	8:10 – 8:20 AM All lanes 1 way sprint

Meet Start: 8:30

Finals Warm Up: 3:30 - 4:20 pm
4:00 – 4:20 pm Lanes 2-7 will be 1 way sprint
Finals Start: 4:30 PM

Saturday December 2, 2023

Prelims

Warm Up:	Session 1	6:45 – 7:10 AM
	Session 2	7:15 – 7:40 AM
	Session 3	7:45 - 8:10 AM
	Session 4	8:10 – 8:20 AM All lanes 1 way sprint

Meet Start: 8:30

Finals Warm Up: 3:30 - 4:20 pm
4:00 – 4:20 pm Lanes 2-7 will be 1 way sprint
Finals Start: 4:30 PM

Sunday December 3, 2023

Prelims

Warm Up:	Session 1	6:45 – 7:10 AM
	Session 2	7:15 – 7:40 AM
	Session 3	7:45 - 8:10 AM
	Session 4	8:10 – 8:20 AM All lanes 1 way sprint

Meet Start: 8:30

Finals Warm Up: 3:30 - 4:20 pm
4:00 – 4:20 pm Lanes 2-7 will be 1 way sprint
Finals Start: 4:30 PM

*Warm-up times and lane assignments will be posted on www.corswim.org by **Monday, November 28, 2022**. Warm-up assignments will also be posted on the pool deck Friday through Sunday. Warm up warm down will be in the 6 lane 25 yard pool located underneath the diving boards. Warm up times subject to change.*

Size of the meet will determine how many warm up sessions are needed and duration of each session.
 COR reserves the right to adjust warm up times and meet start times.
 Finals start times may be moved back to give adequate rest between prelims and finals for swimmers.

Order of Events

Thursday November 30, 2023
Timed Finals 5:00 PM Start

Girls Event #	Event Name / Age	Boys Event #
1	12 and 500 Free	2
3	13 and over 1650 Free	4

Friday December 1, 2023
Prelims 8:30AM Start

Girls Event #	Event Name / Age	Boys Event #
5	10 &U 200 Medley Relay	6
7	11-12 200 Medley Relay	8
9	13-14 200 Medley Relay	10
11	15 & Over 200 Medley Relay	12
13	10&U 50 Breast	14
15	11-12 50 Breast	16
17	13-14 100 Breast	18
19	15 & Over 100 Breast	20
21	10&U 100 Free	22
23	11-12 100 Free	24
25	13-14 200 Free	26
27	15 & Over 200 Free	28
29	10&U 50 Fly	30
31	11-12 50 Fly	32
33	13-14 100 Fly	34
35	15 & Over 100 Fly	36
37	10&U 200 IM	38
39	11-12 200 IM	40
41	13-14 400 IM	42
43	15 & Over 400 IM	44

All Relays will be swum in the AM

Friday Prelims pool configuration will be done after entries are received and emailed to teams attending.

Friday Finals: Meet Start 4:30 PM

**Friday Finals will be run in numerical order starting with 10&U 50 Breast
 Finals order will be Consolation Final then Final Heat for 14 and Under
 Finals will be swum C final, Consolation Final, Final for Open events**

Order of Events

Saturday December 2, 2023

Prelims

Meet Start 8:30AM

Girls Event #	Event Name / Age	Boys Event #
45	13-14 50 Free	46
47	15 & Over 50 Free	48
49	10&U 100 IM	50
51	11-12 100 IM	52
53	13-14 200 IM	54
55	15 & Over 200 IM	56
57	10&U 50 Back	58
59	11-12 50 Back	60
61	13-14 100 Back	62
63	15 & Over 100 Back	64
65	10&U 200 Free	66
67	11-12 200 Free	68
69	13-14 500 Free	70
71	15 & Over 500 Free	72

Saturday Prelims pool configuration will be done after entries are received and emailed to teams attending.

Saturday Finals: Meet Start 4:30 PM

Finals will be run in numerical order starting with 13-14 50 Free

Finals order will be Consolation Final then Final Heat for 14 and Under

Finals Order Open events will be C final, Consolation, Final

Order of Events

Sunday December 3, 2023

Prelims

Meet Start 8:30 AM

Girls Event #	Event Name / Age	Boys Event #
73	10 &U 200 Free Relay	74
75	11-12 200 Free Relay	76
77	13-14 200 Free Relay	78
79	15 & Over 200 Free Relay	80
81	10&U 100 Back	82
83	11-12 100 Back	84
85	13-14 200 Back	86
87	15 & Over 200 Back	88
89	10&U 100 Breast	90
91	11-12 100 Breast	92
93	13-14 200 Breast	94
95	15 & Over 200 Breast	96
97	10&U 50 Free	98
99	11-12 50 Free	100
101	13-14 100 Free	102
103	15 & Over 100 Free	104
105	10&U 100 Fly	106
107	11-12 100 Fly	108
109	13-14 200 Fly	110
111	15 & Over 200 Fly	112

All Relays will be swum in the AM

Sunday Prelims pool configuration will be done after entries are received and emailed to teams attending.

Sunday Finals: Meet Start 4:30 PM

Sunday Finals will be run in numerical order starting with 10&U 100 Back

Sunday Finals order will be Consolation Final then Final Heat for 14 and Under

Finals Order Open will be C Final, Consolation Final, Final

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.

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.

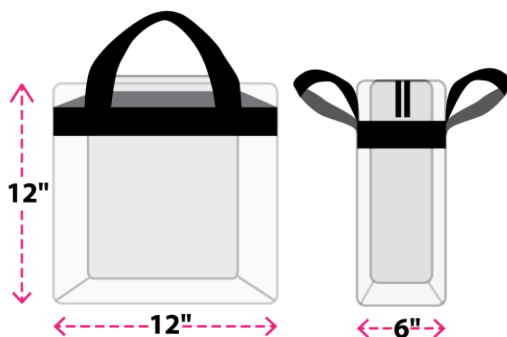
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- 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"

