

Texas Ford Aquatics

2023 October LC Invite

October 28-29, 2023

- Sanction #:** NT 089-23
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:** Texas Ford Aquatics
8353 Legacy Drive
Frisco, TX 75034
- Facility:** 1 - 8 lane long course 50 meter pool, with 3 25-yd continuous warm-up lanes in the teaching pool. Colorado timing system and 1 scoreboard will be utilized. Texas Ford Aquatics reserves the right to change the number of lanes in use for competition.
- Water Depth:** The depth of the competition pool when measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) at the start wall is 6 feet 0 inches at the start end and 6 feet 0 inches at the turn end for one competition pool and 6 feet 0 inches at the start end and 6 feet 0 inches at the turn end for the other competition pool 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 will not be allowed on deck during the meet. There will be limited space in the front lobby to view the pool, as well as outside seating space to view the racing course through the open garage doors (weather permitting). The meet will be live streamed to TFA's YouTube channel.
- 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, Texas Ford 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 team, if attached, to be held accountable for repairs.
- Medical Supervision:** Texas Ford Aquatics has an AED and First Aid kit available on deck, as well as standard lifeguard rescue equipment (including rescue tubes, shepherd's hooks, and backboards). There will be no lifeguard on duty.
- 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 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: This is a long-course meet. All events will be conducted as timed finals. All events will be pre-seeded. Seed times entered should be the swimmer's best times for the stroke and distance. All events will be swum slowest to fastest. Texas Ford Aquatics reserves the right to conduct flyover starts or change warm-up or sessions depending on meet size. The meet will be capped at 200 participants.

Heat Sheets: Heat sheets will be sent to coaches during the week leading up to the meet.

Non-Conforming

Times: Conversion of Non-Conforming Times is NOT permitted.
Non-Conforming entry times will be seeded after Long Course Meters times according to the following format: 1) LCM, 2) SCM, 3) SCY, 4) No Time (NT)

Qualifying

Times: The qualifying times used for this meet are the Sectionals Bonus Standard, as used for Texas Senior Circuit meets. Qualifying times can be viewed using the table on Page 4.
All qualifying times must be provable in the USA Swimming SWIMS database.
Swimmers may qualify for the 1500m freestyle with either the 800m, 1500m, 1000yd, or 1650yd time standard.

Bonus Events: Swimmers qualified to swim in individual events will be allowed bonus events based on the table below:

Qualifying Times	Bonus Events
1	3
2	2
3	1
4+	0

Swimmers CANNOT enter the 1500m freestyle as a bonus event.

Age-Up Date: The age of the swimmer will be his/her age on 10/28/2023.

Restrictions: Each swimmer may participate in up to 4 individual events per session.
All seed times should be submitted to the 100th of a second and be provable in USA Swimming's SWIMS database.

Teams

Invited: All North Texas teams.

Entry

Deadline: All entries shall be received no later than 6:00 PM Central Time on Thursday October 19, 2023.

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:

coachtrent@texasfordaquatics.com
214-436-1192
8353 Legacy Drive
Frisco, TX 75034

Daily

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

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

Deck Entries: No deck entries will be accepted.

Meet Staff: **Meet Referee:** Bob Lang
Starter: Jennifer McEachern
Stroke and Turn Officials: Amanda Wygant, Christine Gadsby
Admin Referee: Ann Lang
Meet Director: Catherine Pape
Head Safety Marshall: Sammie Hashbarger
Club Safe Sport Chair: Sammie Hashbarger

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.

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 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 uniform for this meet is white polo over navy pants, skirt, or shorts as applicable; white deck shoes. All officials please arrive one hour before the meet start time for assignments and briefing.
- Timers:** The host team will provide timers for this meet. There will be 2 timers per lane.
- Awards:** No awards will be given for this meet.
- Scoring:** This meet will not be scored.

Qualifying Times

Women			Men	
SCY	LCM	Event	SCY	LCM
:25.49	:28.89	50 FREE	:22.59	:25.89
:53.99	1:01.59	100 FREE	:48.59	:55.99
1:55.79	2:12.39	200 FREE	1:45.39	2:02.59
5:09.39	4:39.59	400/500 FREE	4:43.89	4:21.99
10:31.79	9:31.49	800/1000 FREE	9:48.09	8:58.49
17:58.19	18:25.19	1500/1650 FREE	16:33.59	17:11.49
1:00.49	1:11.69	100 BACK	:54.09	1:04.69
2:09.29	2:34.19	200 BACK	1:56.19	2:21.69
1:09.69	1:21.19	100 BREAST	1:01.69	1:13.09
2:31.39	2:55.49	200 BREAST	2:13.79	2:40.99
:59.89	1:08.59	100 FLY	:53.39	1:01.59
2:13.69	2:35.89	200 FLY	1:58.69	2:21.29
2:13.49	2:32.89	200 I.M.	1:58.79	2:19.69
4:43.59	5:23.19	400 I.M.	4:14.89	4:58.29

Order of Events

Distances are in LC Meters

Saturday, October 28

Warmup- 1:00 pm

Start- 2:00 pm

1	200 IM	2
3	100 FR	4
5	200 BR	6
7	100 BK	8
9	100 FLY	10
11	400 FR	12

Sunday, October 29

Warmup- 9:00 am

Start- 10:00 am

13	200 FR	14
15	400 IM	16
17	200 BK	18
19	50 FR	20
21	200 FLY	22
23	100 BR	24
25	1500 FR	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.