

**COPS**  
**BB & Above Meet**  
**June 3 – 4, 2023**

- Sanction #:** NT 039R-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:** RISD Aquatic Center 1205 T. L. Townsend Rockwall, TX
- Facility:** 1 X 50-meter course (8 lanes, 7 feet wide, long course meters) with blocks and touch pads. 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 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** Spectators are allowed to view the meet from the upper deck. No spectators are allowed on 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 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Rockwall 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.
- 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 timed finals meet. The events will be seeded from fastest to slowest.

**Heat Sheets:** Heat Sheets will be for sale on Meet Mobile.

**Qualifying**

**Times:** Swimmers can compete in events where they have achieved times the 2021-2024 BB and above time standard in their age group. Swimmers 17 years or older will use the 15-16 time standards.

**Age-Up Date:** Swimmer age as of June 3, 2023.

**Restrictions:** We will be limiting the number of swimmers for this meet to 450 Swimmers.

**Swimmers may enter a maximum of 4 events per session per day.**

**Teams**

**Invited:** This is an A/BB East Divisional Meet open to teams in the division only meet. If other teams are interested in attending, please reach out to meet host.  
**Dean@planoswimming.org**

**Entry**

**Deadline:** Entries will be due no later than May 25<sup>th</sup> at 6:00 pm.

**Entry**

**Procedures:** All entries must be on Hy-Tek Meet Manager Dean Mijares City of Plano Swimmers, Inc. Address: 2925 W. 15th St. Plano, TX 75075 Email: [entries@planoswimming.org](mailto:entries@planoswimming.org) Phone: 972-398-7946

**Daily**

**Schedule:** Warmups will be conducted according to current NTSI safety standards. The warmup schedule will be sent out and posted by June 1, 2023. Session and warm-up times listed are subject to change based on the number of entries.

**Saturday:**

**Warm-up start times: 8:00-8:30 AM, 8:30-9:00 AM**

**Meet start Time 9:15 AM**

**Sunday:**

**Warm-up start times: 8:00-8:30 AM, 8:30-9:00 AM**

**Meet start Time 9:15 AM**

**Entry Fees:**

Individual Event: \$10

Relay: \$15

Surcharge: \$25 (\$3.00 will go to North Texas Swimming, Inc.)

**Refunds for this meet will not be given for any reason.**

**Deck Entries:** Deck entries will not be allowed.

**Meet Staff:**

**Meet Referee:** Bryce Leach **[Bryce.leach@ntswim.org](mailto:Bryce.leach@ntswim.org)**

**Starter:** Stephanie Minervini

**Stroke & Turn Officials:** Kevin Conner, Robert Hendricks

**Admin Official:** Nate Merrill

**Meet Director:** Wendy Jones

**Head Safety Marshall:** Peter Calabrese

**Club Safe Sport Chair:** Karen Sakalys

**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 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. Attire for the meet is white over Navy, with white shoes / socks. Officials briefing will be held one hour before the start of each session.

Officials may pre-register for this meet [HERE](#).

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

**Awards:** Awards will be given for 1<sup>st</sup>-8<sup>th</sup> place for the following divisions.

**10 & Under**

**11 & 12**

**13 & over**

**Scoring:** Events will not be scored.

# Order of Events

## Session 1 Saturday June 3, 2023

Session starts at 9:15 AM

| <b>Girls</b> | <b>Events</b>                         | <b>Boys</b> |
|--------------|---------------------------------------|-------------|
| <b>1</b>     | <b>12 and under 100 Free</b>          | <b>2</b>    |
| <b>3</b>     | <b>13 &amp; over 100 Free</b>         | <b>4</b>    |
| <b>5</b>     | <b>12 and under 50 Back</b>           | <b>6</b>    |
| <b>7</b>     | <b>13 &amp; over 200 Back</b>         | <b>8</b>    |
| <b>9</b>     | <b>12 and under 100 Breaststroke</b>  | <b>10</b>   |
| <b>11</b>    | <b>13 &amp; over 100 Breaststroke</b> | <b>12</b>   |
| <b>13</b>    | <b>12 and under 50 Fly</b>            | <b>14</b>   |
| <b>15</b>    | <b>13 &amp; over 200 Fly</b>          | <b>16</b>   |
| <b>17</b>    | <b>12 &amp; under 400 Free</b>        | <b>18</b>   |
| <b>19</b>    | <b>13 &amp; over 400 Free</b>         | <b>20</b>   |

## Session 2 Sunday June 4, 2023

Session starts at 9:15 AM

| <b>Girls</b> | <b>Events</b>                       | <b>Boys</b> |
|--------------|-------------------------------------|-------------|
| <b>21</b>    | <b>13 and over 200 Free</b>         | <b>22</b>   |
| <b>23</b>    | <b>12 and under 100 Back</b>        | <b>24</b>   |
| <b>25</b>    | <b>13 &amp; over 100 Back</b>       | <b>26</b>   |
| <b>27</b>    | <b>12 and under 50 Breaststroke</b> | <b>28</b>   |
| <b>29</b>    | <b>13 and over 200 Breaststroke</b> | <b>30</b>   |
| <b>31</b>    | <b>12 and under 50 Free</b>         | <b>32</b>   |
| <b>33</b>    | <b>13 &amp; over 50 Free</b>        | <b>34</b>   |
| <b>35</b>    | <b>12 and under 100 Fly</b>         | <b>36</b>   |
| <b>37</b>    | <b>13 &amp; over 100 Fly</b>        | <b>38</b>   |
| <b>39</b>    | <b>11 &amp; 12 400 IM</b>           | <b>40</b>   |
| <b>41</b>    | <b>13 &amp; over 400 IM</b>         | <b>42</b>   |

# 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.**