

Lakeside Aquatic Club

Ice Breaker

January 6-8, 2023

- Sanction #:** NT 003-23
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:** Northwest ISD Aquatic Center
1976 Texan Drive
Justin, Texas 76247
- Facility:** 1 and/or 2 - 8 lane courses for competition and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 or 2 scoreboards will be utilized depending on the session setup.
- Water Depth:** The minimum water depth for the aquatic center, measured in accordance with Article 103.2.3, is 7 feet, 0 inches all around the competition pool extending to 13 feet in the remaining pool.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- Spectators will be allowed into the facility at a cost of \$5.00.
- 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Northwest ISD 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 ID Card or USA Swimming App 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 card or USA Swimming App (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 timed final meet and will be pre-seeded for all events except the 400 IM, 500 Free, and 1650 Free. The 400 IM, 500 Free, and 1650 Free will require positive check in.

Friday afternoon session, Saturday morning session, and Sunday morning session will run in 1 8 lane competition pool. (Sessions 1, 2, and 4)

The second session on Saturday and Sunday will run in 1 or 2 8 lane competition pools based on the size of the sessions. (Sessions 3 and 5)

Swimmers may only enter one session per day on Saturday and Sunday.

All events will be swum fastest to slowest. The 400 IM and 500 Free will be swum alternating the fastest 3 heats of girls and the fastest 3 heats of boys; then alternate one heat of girls then one heat of boys going fastest to slowest. The 1650 Free will be swum alternating one girls heat, one boys heat.

Teams may enter a maximum of 3 relays per relay event.

Lakeside Aquatic Club reserves the right to change the number of lanes used in competition pool, update meet warm up times and session start times, add in necessary breaks to allow for rest, including but not limited to; number of pools for competition, change of warm-up and sessions depending on meet size, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.

Qualifying

Times: Friday afternoon session, Saturday morning session, and Sunday morning session will require BB or faster times. (Sessions 1, 2, and 4)

The second session of the day on Saturday and Sunday will be slower than BB times. (Sessions 3 and 5)

All times will be based off the 2021-2024 National Age Group motivational time standards.

Age-Up Date: The age of the swimmer will be his/her age on January 6, 2023.

Restrictions: Maximum of 3 individual events and 1 relay per day may be entered for this meet. Only one session may be entered per day on Saturday and Sunday.

Teams

Invited: All teams in West Division, and teams outside the division invited by LAC.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, December 29, 2022. There will be no changes or additions to entries after deadline.

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.

Entries Chair: Andrew Marsh - andrew.marsh@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

Daily

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

Friday January 6	Warm up	Meet Start
Session 1	4:30 pm	5:30 pm

Saturday January 7	Warm up	Meet Start
Session 2	8:00 am	9:30 am
Session 3	TBD	TBD

Sunday January 8	Warm up	Meet Start
Session 4	8:00 am	9:30 am
Session 5	TBD	TBD

Check ins will take place at the Clerk of Course table per the following schedule:

Check-ins:

Check in is required for the 400 IM, 500 Free, and 1650 Free

- 400 IM & 500 free – check in closes Friday January 6th at 5:00 pm
- 1650 Free – check in closes Sunday January 8th at 9:00 am

Check-in has three options:

√ Indicates that the athlete is present and will swim the event.
SCRATCH Indicates the swimmer has scratched from this event.
_____ Indicates swimmer is not swimming this event for reasons unknown.

Entry Fees: Individual Event: \$6.00
Relay: \$15.00
Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Chuck Chinnis
Starter: John Tysdal
Stroke & Turn Officials: Niki Rogers & Sharon McGrath
Admin Official (or Referee): Robin Magan
Meet Director: Brad Eichenseer
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

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: LAC will provide timers for all sessions. Swimmers will need their own counter for the 500 Free and 1650 Free.

Awards: Ribbons will be awarded for individual events 1st-8th for 10 & U and 11-12 age groups men and women. No awards will be given for relay events.

Scoring: Events will be swum as combined age groups, but scored separately, 10&U, 11-12, 13-14, and 15&O for individual events. Relay events will not be scored.

Order of Events

Friday January 6th, 2023

Session 1 (BB and faster times only)

Women	Events	Men
1	400 IM	2
3	12 & U 200 IM	4
5	500 Free	6

Saturday January 7th, 2023

Session 2 (BB and faster times only)

Women	Events	Men
7	12 & U 200 Free Relay	8
9	12 & U 100 IM	10
11	200 Free	12
13	12 & U 50 Breast	14
15	11 & O 200 Breast	16
17	100 Fly	18
19	12 & U 50 Back	20
21	11 & O 200 Back	22
23	50 Free	24
25	13 & O 200 IM	26

Session 3 (slower than BB times only)

Women	Events	Men
27	100 Free	28
29	12 & U 50 Breast	30
31	100 Fly	32
33	12 & U 50 Back	34
35	200 IM	36

Sunday January 8th, 2023

Session 4 (BB and faster times only)

Women	Events	Men
37	12 & U 200 Medley Relay	38
39	12 & U 50 Fly	40
41	11 & O 200 Fly	42
43	100 Back	44
45	100 Breast	46
47	100 Free	48
49	13 & O 1650 Free	50

Session 5 (slower than BB times only)

Women	Events	Men
51	100 Back	52
53	50 Free	54
55	12 & U 100 IM	56
57	12 & U 50 Fly	58
59	100 Breast	60
61	200 Free	62

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.