

Arlington Aquatic Club

B/C Meet

February 11-12, 2023

- Sanction #:** NT 015-23
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 Deck Pass 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:** Arlington ISD Natatorium, 1001 E Division St, Arlington, TX. 76011
- Facility:** One 8 lane, 25yard competition pool. 8 additional lanes available for continuous warm up/warm down. Colorado timing system and scoreboard will be in use. Hy-Tek Meet Manager will be in use. Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, 0 inches at the start end and the turn end is 6 feet, 7 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:** To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meet personnel only. Parents and other spectators must remain in the bleachers above the pool. No chairs are allowed in the bleacher area except for "stadium seats". No standing along the railing will be allowed. No food or drink (except water) is allowed on the 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, **AISD Natatorium** 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 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. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be pre-seeded. All events are timed finals. Events will be swum fastest to slowest. Meet host reserves the right to conduct flyover starts, change warm-up sessions or change meet sessions depending on the meet size, etc. Seed times entered should be the swimmer's best time for the stroke and distance from the USA Swimming SWIMS database. If the swimmer has not previously competed in the stroke and distance, NT (no time) should be entered. Swimmers will need to provide their own timers for session 3. Swimmers will also need to provide their own lap counters for the 500 and 1000 Free.

Heat Sheets: Will be sold through Meet Mobile.

Qualifying

Times: Swimmers may not enter any event in which they have achieved a "BB" or faster time.

Age-Up Date: The age of the swimmer will be his/her age on February 11, 2023.

Restrictions: Swimmers may participate in a maximum of three (3) individual events per session, and 1 relay per day.

Teams

Invited: MAC, MARS, AAC, LIFE, MTRO-FTW

Entry

Deadline: All entries shall be received, not later than 12:00PM Central Time, Thursday, February 2, 2023.

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:

Matthew Kahlig

AISDentries@gmail.com

(817)209-5583

Arlington Aquatic Club

1001 E. Division St. Arlington, TX. 76011

Daily

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

Session 1 Saturday, February 11

Warm up 8:30-8:55am

One-way Sprints 8:55-9:05am

Meet Starts 9:15am

Session 2 Sunday, February 12

Warm up 8:30-8:55am

One-way Sprints 8:55-9:05am

Meet Starts 9:15am

Entry Fees:

Individual Event: \$ 6.00

Relay: \$12.00

Surcharge: \$12.00 (\$3.00 will go to North Texas Swimming, Inc.)

Please include a Meet Entry Fee report with your payment. Entry fees must be received by Saturday, February 11, 2023 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Arlington Aquatic Club

Send checks to: Arlington Aquatic Club

C/O: Danny Huffman

1001 E. Division St, Arlington, TX. 76011

Deck Entries: No Deck Entries allowed.

Meet Staff:	Meet Referee:	Kenneth Chung/Stephanie Minervini
	Starter:	Sam Smith
	Stroke & Turn Officials:	Steve Plamondon, Henry Chin
	Admin Official:	Lee Miller
	Meet Director:	Eric D. Huffman
	Head Safety Marshall:	Brooke Dolberry
	Club Safe Sport Chair:	Brooke Dolberry

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 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Uniform for the entire meet will be white over navy, white shoes/socks.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed. Swimmers must provide their own timers for the 400IM and 500 Free. Swimmers must provide their own lap counters for the 500 Free.

Awards: Ribbons will be awarded for 1st-8th place for individual events. Awards must be picked up at the meet.

Scoring: Events will be scored by age group and gender as follows: 9-7-6-5-4-3-2-1. Relay points are double.

Order of Events

Distances are in short course yards.

Session 1 Saturday, February 11, 2023

Girls	Event	Boys
1	*200 Medley Relay	2
3	200 IM	4
5	100 Back	6
7	11 & Over 200 Fly	8
9	12 & Under 50 Fly	10
11	100 Free	12
13	11 & Over 200 Breast	14
15	12 & Under 50 Breast	16
17	**500 Free	18

*Relay heats may be swum together, but swimmers must stay within their age group

**Swimmers in the 500FR must provide their own timer and counter

Session 2 Saturday, February 12, 2023

Girls	Event	Boys
19	*200 Free Relay	20
21	200 Free	22
23	100 Fly	24
25	12 & Under 100 IM	26
27	11 & Over 200 Back	28
29	12 & Under 50 Back	30
31	100 Breast	32
33	50 Free	34
35	11 & Over 400 IM	36

*Relay heats may be swum together, but swimmers must stay within their age group

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.