

Texas Ford Aquatics

2022 TFA Sweetheart BB and Below

February 11-12, 2023

- Sanction #:** NT 013-23
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 Dashboard 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:** LISD Eastside Aquatic Center
5729 Memorial Drive
The Colony, TX 75056
- Facility:** 8 lanes, one 25-yard course with 10 additional 25 yard warm up cool down lanes. Colorado timing system will be utilized. In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool. 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for warm up cool down pool.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator Information:** Off-deck bleacher seating is available at this facility, with full view of the entire pool.
- 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, 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.
- 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: 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.

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 Short Course Yard times according to the following format: 1) SCY, 2) SCM, 3) LCM, 4) No Time (NT)

Qualifying

Times: Swimmers must be entered at a BB time standard or below. Swimmers who have achieved an A-time in an event will not be permitted to enter that event.

Age-Up Date: The age of the swimmer will be his/her age on 02/11/2023

Restrictions: Each swimmer may participate in up to 3 individual events on Saturday, 3 on Sunday. All seed times should be submitted to the 100th of a second and be provable in USA Swimming's SWIMS database.

Teams

Invited: This meet is open to teams in Group A of North Texas Swimming, as outlined in the North Texas Swimming Meet Divisions.

Entry

Deadline: All entries shall be received no later than 6:00PM Central Time on Thursday, February 2, 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

Relay: \$12.00

Surcharge: \$25.00 (\$3.00 will go to North Texas Swimming, Inc.)

Please include a Meet Entry Fee Report with your payment. Refunds will not be given for any reason. Make checks payable to: Texas Ford Aquatics.

Meet entry fees must be received by the host prior to the start of the first session.

Deck Entries: No deck entries will be allowed.

Meet Staff: **Meet Referee:** Nathan Gloier, Stephanie Minervini
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 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. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Meet Uniform - White polo shirt over navy pants, shorts, skirts as appropriate, white deck shoes.

Timers: The host team will provide timers for this meet. There will be 2 timers per lane.

Awards: Ribbons will be awarded for Top 8 finishers in each age group.

Scoring: This meet will not be scored.

Order of Events

Distances are in SC yards

Saturday, February 11 (Day 1 Session 1)

Warmup- 8:00 am Start- 9:00 am

1	10 & Under 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	10 & Under 100 FR	6
7	11-12 100 FR	8
9	10 & Under 200 IM	10
11	11-12 200 IM	12
13	10 & Under 50 FLY	14
15	11-12 50 FLY	16
17	11-12 200 BK	18
19	10 & Under 100 BR	20
21	11-12 100 BR	22
23	10 & Under 50 BK	24
25	11-12 50 BK	26
27	11-12 200 FLY	28
29	10 & Under 500 FR	30
31	11-12 500 FR	32

Saturday, February 11 (Day 1 Session 2)

Warmup- 1:00 pm Start- 2:00 pm

33	13-14 200 Medley Relay	34
35	15 & Over 200 Medley Relay	36
37	13-14 100 FR	38
39	15 & Over 100 FR	40
41	13-14 200 IM	42
43	15 & Over 200 IM	44
45	13-14 200 BK	46
47	15 & Over 200 BK	48
49	13-14 100 BR	50
51	15 & Over 100 BR	52

53	13-14 200 FLY	54
55	15 & Over 200 FLY	56
57	13-14 500 FR	58
59	15 & Over 500 FR	60

Sunday, February 12 (Day 2 Session 3)
Warmup- 8:00 am Start- 9:00 am

61	10 & Under 200 Free Relay	62
63	11-12 200 Free Relay	64
65	10 & Under 200 FR	66
67	11-12 200 FR	67
69	10 & Under 100 IM	70
71	11-12 100 IM	72
73	10 & Under 50 BR	74
75	11-12 50 50 BR	76
77	10 & Under 100 BK	78
79	11-12 100 BK	80
81	11-12 200 BR	82
83	10 & Under 100 FLY	84
85	11-12 100 FLY	86
87	10 & Under 50 FR	88
89	11-12 50 FR	90
91	11-12 400 IM	92

Sunday, February 12 (Day 2 Session 4)
Warmup- 1:00 pm Start- 2:00 pm

93	13-14 200 Free Relay	94
95	15 & Over 200 Free Relay	96
97	13-14 200 FR	98
99	15 & Over 200 FR	100
101	13-14 100 BK	102
103	15 & Over 100 BK	104
105	13-14 200 BR	106
107	15 & Over 200 BR	108
109	13-14 100 Fly	110

111	15 & Over 100 Fly	112
113	13-14 400 IM	114
115	15 & Over 400 IM	116

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.