

Hosted by Metroplex Aquatics
2023 LC Time Trial Dec Extravaganza
Sunday, December 9, 2023

Sanction #: NT 100-23

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: Garland ISD Natatorium 2485 Firewheel Pkwy Garland, TX 75040

Facility Rules: Spectators are allowed at the meet according to Garland ISD Policies, free of charge. The pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. **Garland ISD has a clear bag policy and no outside food/drinks including any cups, tumblers, water bottles etc empty or not for spectators. Concessions will be open. No overnight parking is allowed on the premises.**

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 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).

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 2023/24 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD and Metroplex 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 club, if attached, to be held accountable for repairs.

Medical

Supervision: Garland ISD has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2023/24 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.

Athletes

Invited: All currently registered USA Swimming athletes are invited to the time trial.

Meet Format: All events will be conducted as timed finals swimming fastest to slowest.

Qualifying

Times: No qualifying time standard for time trials

Age-up Date: The age of the swimmer will be his/her age on 12/9/23.

Entry

Restrictions: A swimmer may enter up to two (2) time trial events

Entry

Deadline: Entries are due no later than 6:00 pm on Saturday, 12/2/23.

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: Lisa Stults lisa0908@att.net

Entry Fees: \$30 per swimmer, includes \$3 North Texas surcharge.

Entry fees from teams must be postmarked by 12/8/23 or brought to the meet. Refunds will not be given for any reason. Zelle payments are accepted to email metrotreasurer@metro-aquatics.org

Make checks payable to: Metroplex Aquatics

Send checks to: Metroplex Aquatics

1314 W. McDermott Dr.

Suite 106, #521

Allen, TX 75013

Deck Entries: No late Entries but entered swimmers entered can change/add events as needed. Limit 2 events swum.

Meet Staff: Meet Referee: Jane Maxvill jemcruiser@hotmail.com

Starter: Jana Morrison

Stroke & Turn: John Chou and Tami Stangl

Admin Official: Lisa Stults lisa0908@att.net

Meet Directors: Paul Hyland and Don Evans

Head Safety Marshall: Don Evans

Club Safe Sport Chair: Jay Bolinger

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.

Unaccompanied

Swimmers: 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. 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.

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 (2023/24) certified, and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2023/24 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee Jane Maxvill jemcruiser@hotmail.com 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. Official's uniform will be white over navy for the entire meet.

Timers: The host team will attempt to provide timers for this meet.

No scores or awards for the time trial.

No hospitality or concessions for the time trial.

Daily

Schedule: Events may be combined, or order of event may change depending on entries.

Order of Events

<u>Girl Event</u>	<u>Sunday 12/9/23 warm-up 3pm meet 4pm</u>	<u>Boy Event</u>
1	100 Freestyle	2
3	200 Butterfly	4
5	200 Breaststroke	6
7	200 Freestyle	8
9	200 Backstroke	10
11	400 IM	12
13	100 Butterfly	14
15	400 Freestyle	16
17	100 Breaststroke	18
19	100 Backstroke	20
21	200 IM	22
23	50 Freestyle	24

<u>Girl Event</u>	<u>Sunday 12/9/23 start approx. 20-30 min after Session 1</u>	<u>Boy Event</u>
25	100 Freestyle	26
27	200 Butterfly	28
29	200 Breaststroke	30
31	200 Freestyle	32
33	200 Backstroke	34
35	400 IM	36
37	100 Butterfly	38
39	400 Freestyle	40
41	100 Breaststroke	42
43	100 Backstroke	44
45	200 IM	46
47	50 Freestyle	48

NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

(Adjust according to your pool and current policies and 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.