

Metroplex Aquatics

2023 Best Time Challenge

December 8-10, 2023

- Sanction #:** NT 093-23
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
Teams must ask to attend this meet to lisa0908@att.net, space will be limited.
- 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 ID 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. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: All events will be conducted as timed finals, swimming fastest to slowest. All sessions will be pre-seeded. Seed times should be in yard only and shall be the swimmer's best time for the stroke and distance. NT (No Time) will be accepted, only if the athlete has never swum the event in short course but will not earn a ribbon. The theme of the meet is improve on your best time and have fun. Points will be based on improving your best time for events entered, NT (no time) will not be awarded points. Flyover starts will be used.

Times: Swimmers may enter any event up to the daily limit, no time standards. The purpose of this meet is to improve your best time. 'No times' will be accepted but not rewarded with a best time award ribbon.

Age update: The age of the swimmer will be his/her age on 12/8/23.

Restrictions: A swimmer may swim up to four (4) individual events per day.

Entry

Deadline: Entries are due from the team no later than 6pm on Thursday 11/30/23.

Teams Invited: Entries are limited, please email lisa0908@att.net with approximate number attending.

Entry

Procedures: Entry chair is Lisa Stults lisa0908@att.net

Entry Fees: \$6.00 per individual event. \$25.00 surcharge per swimmer will apply, \$3.00 will be sent to NT Swimming, Zelle payments by the teams will be accepted to email metrotreasurer@metro-aquatics.org, mailed to below address postmarked 12/2/23 or payment brought to the meet.

Metroplex Aquatics
1314 W. McDermott Drive
Suite 106, #521
Allen, TX 75013

Make checks payable to Metroplex Aquatics.

Deck Entries: Late entries will be accepted up to 45 minutes prior to the start of each session at \$10.00 per individual event for open lanes only. Swimmers not previously entered in the meet must present their 2023/24 USA Swimming App membership card to deck enter. Any athlete not currently in the meet will pay the \$25 surcharge.

Meet Staff: Meet Referee: Jane Maxvill jemcruiser@hotmail.com
Starter: Ron Weimer and Mike McDonald
Stroke & Turn Officials: Steve Brown, Annie Huang, John Chou and Tami Stangl
Admin Official: Lisa Stults
Meet Directors: Paul Hyland
Head Safety Marshall: Eileen Prentice
Club Safe Sport Chair: Eileen Prentice

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: 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. 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 deck officials must be registered with USA Swimming for 2023/24 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Uniform for entire meet is white over navy with white shoes.

Awards:

Personal Best Time Ribbons: All swimmers with a personal best time at this meet, NOT including NT (no time) events. *Points are just for fun, based on improvement of personal best time.*

Improvement Time (seconds)		Improvement Points		Improvement Time (seconds)		Improvement Points
0.01	0.25	1		3.01	5.00	8
0.26	0.50	2		5.01	10.00	10
0.51	1.00	3		10.01	15.00	20
1.01	2.00	4		15.01	20.00	30
2.01	3.00	6		20.01	and more	40

Daily**Schedule:**

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template. Warm-up groups will be on the Metro website on 12/5/23.

<u>Girl Event</u>	Friday 12/8/23 warm-up 4:30pm meet 6pm	<u>Boy Event</u>		<u>Girl Event</u>	Sunday 12/10/23 warm-up 7:30am meet 9am	<u>Boy Event</u>
1	9 - 12 200 Freestyle	2		35	11 & Over 1000 Freestyle **	36
3	13 & Over 200 Freestyle	4		37	8 & Under 25 Fly	38
5	9 - 12 200 IM	6		39	12 & Under 50 Fly	40
7	13 & Over 200 IM	8		41	11 & Over 200 Fly	42
9	9 - 12 500 Freestyle **	10		43	8 & Under 25 Backstroke	44
11	13 & Over 500 Freestyle **	12		45	12 & Under 50 Backstroke	46
** must provide timer/counter				47	11 & Over 200 Backstroke	48
<u>Girl Event</u>	Saturday 12/9/23 warm-up 7:30am meet 9am	<u>Boy Event</u>		49	8 & Under 25 Breast	50
13	11 & Over 1650 Freestyle **	14		51	9 - 12 100 Breast	52
15	12 & Under 100 IM	16		53	13 & Over 100 Breast	54
17	11 & Over 400 IM	18		55	8 & Under 25 Freestyle	56
19	12 & Under 50 Freestyle	20		57	12 & Under 100 Freestyle	58
21	13 & Over 50 Freestyle	22		59	13 & Over 100 Freestyle	60
23	9 - 12 100 Backstroke	24				
25	13 & Over 100 Backstroke	26				
27	12 & Under 50 Breast	28				
29	11 & Over 200 Breast	30				
31	9 - 12 100 Fly	32				
33	13 & Over 100 Fly	34				

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.