

Hosted by Metroplex Aquatics

2023 September Sprint

September 23-24, 2023

- Sanction #:** NT 072-23
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:** Two 8 or 10 x 25 yard lanes pools. At least 6 x 25 yard lanes will be available for warm up/warm down. Colorado Gen 7 Timing and Meet Manager software will be used.
- 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).
- 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 for spectators.
- 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 entry deadline. 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, 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 team, 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 or 2024) registered with USA Swimming. 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 late enter will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: All events will be pre-seeded fastest to slowest and conducted as timed finals swimming. Flyover starts will be used. Heat sheets and results will be posted on Meet Mobile for the parents. Heat sheets will not be sold.
A swimmer may enter up to four (4) individual events per day.

Qualifying Times: Swimmers may enter any event, no time standards.

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

Teams Invited: Meet is open to all teams registered with USA Swimming. Please send an email to lisa0908@att.net if your team would like to attend. No refunds.

Entry Deadline: Entries are due from teams no later than 6:00 pm on Thursday, September 14, 2023.

Entries Chair: Lisa Stults at lisa0908@att.net Confirmations will be sent.

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.

Entry Fees: \$6.00 per individual event. \$10.00 per relay. \$25.00 surcharge per swimmer will apply, \$3.00 will be sent to NT Swimming, \$22.00 is facility charge.
Entry fees from teams must be postmarked by 9/16/23 or brought to the meet. Refunds will not be given for any reason. We do accept Zelle payments 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: Late entries will be accepted up to 45 minutes prior to the start of each session if there is an open lane after seeding at \$10.00 per individual event. Swimmers not previously entered in the meet must present their 2023 USA Swimming membership to deck enter (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Any athlete late entering an event MUST present a current print out of their short course and long course best times from SWIMS on the USA Swimming Website. Any athlete not currently in the meet will pay the \$25 surcharge.

Meet Staff: **Meet Referee:** Jane Maxvill jemcruiser@hotmail.com
Starters: Ron Weimer and Mike McDonald
Stroke & Turn Officials: John Chou, Tami Stangl, Steven Brown, Annie Huang
Admin Referee: Lisa Stults lisa0908@att.net
Meet Director: Paul Hyland
Head Safety Marshall: Jay Bolinger
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.

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. We are only accepting entries from teams.

**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 taken 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 completion 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 (2023/24) 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, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please contact the meet referee prior to the meet if you can come help at any session. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Uniform for entire meet is white over blue.

Timers: The host team will provide timers for this meet. Volunteer timers from other teams are welcomed as well.

Awards: Ribbons will be awarded for places 1st–8th for each event. Meet will not be scored.

**Daily
Schedule:**

Saturday and Sunday

Warm-Up
8:00-8:50am

Meet Starts
9:00 am

Warm-up may be modified at the meet referee's discretion. Extra warmup session may be added before listed warm-up. Any changes will be posted on the Metroplex Aquatics Swim Team website at www.metro-aquatics.org Tuesday, 9/19/23.

Order of Events

Saturday, September 23, 2023
Warm-up 8:00am / Start 9:00am

Girls	Event	Boys
1	Open 200 Free	2
3	Open 100 Back	4
5	Open 50 Free	6
7	11&O 200 Breast	8
9	Open 100 Fly	10
11	12&U 50 Breast	12

Sunday, September 24, 2023
Warm-up 8:00am / Start 9:00am

Girls	Event	Boys
13	11&O 200 Back	14
15	12&U 50 Fly	16
17	Open 100 Breast	18
19	Open 200 IM	20
21	11&O 200 Fly	22
23	12&U 50 Back	24
25	Open 100 Free	26

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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.