

Hosted by Metroplex Aquatics
2024 LC Summer Time Trial
Saturday, July 13, 2024

- Sanction #:** NT 064-24
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 or those who turn 18 during the meet) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming 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.
- Safe Sport:** To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual's ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is on-going.
- 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 2024 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.
- Athletes Invited:** All currently registered USA Swimming athletes with A time standard in event entered are invited to the time trial.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2024 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.

Meet Format: All events will be conducted as timed finals. Events may be combined and swam out of order to best accommodate the swimmers.

Heat Sheets: Heat sheet will be available at the meet.

Qualifying

Times: Swimmers must have achieved the "A" time standard for their age group in each event to enter the meet. 17 and over swimmers will use the 15-16 time standard.

Age-up Date: The age of the swimmer will be his/her age on 7/13/24.

Entry

Restrictions: A swimmer may enter up to two (2) time trial events, 1 per session. Session 2 event may be changed at the meet if needed.

Entry

Deadline: Entries are due no later than 6:00 pm on Tuesday, 7/9/24.

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 7/9/24 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: Late Entries accepted with approval from lisa0908@att.net. Entered swimmers can change/add event in Session 2 as needed. Limit 2 events swum for the meet, 1 per session.

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.

Meet Staff: Meet Referee: Jane Maxvill jemcruiser@hotmail.com
Starter: Nadia Atumah
Stroke & Turn: John Chou and Sarah Landry
Admin Official: Lisa Stults lisa0908@att.net
Meet Directors: 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. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time

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.

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 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 certified, and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2024 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. Official's uniform will be white over navy.

Timers:

The host team will attempt to provide timers for this meet. Counters will be needed for distance events.

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>	Saturday 7/13/24 warm-up 12:30pm meet 1:30pm	<u>Boy Event</u>
1	11&O 200 Backstroke	2
3	12&U 50 Backstroke	4
5	100 Backstroke	6
7	100 Freestyle	8
9	100 Breaststroke	10
11	100 Butterfly	12
13	12&U 50 Butterfly	14
15	12&U 50 Breaststroke	16
17	50 Freestyle	18
19	200 IM	20
21	200 Freestyle	22
23	11&O 200 Breaststroke	24
25	11&O 200 Butterfly	26
27	11&O 400 IM	28
29	400 Freestyle	30
31	11&O 800 Freestyle	32
33	11&O 1500 Freestyle	34

<u>Girl Event</u>	Saturday 7/13/24 approx. 20-30 min after Session 1	<u>Boy Event</u>
35	11&O 200 Backstroke	36
37	12&U 50 Backstroke	38
39	100 Backstroke	40
41	100 Freestyle	42
43	100 Breaststroke	44
45	100 Butterfly	46
47	12&U 50 Butterfly	48
49	12&U 50 Breaststroke	50
51	50 Freestyle	52
53	200 IM	54
55	200 Freestyle	56
57	11&O 200 Breaststroke	58
59	11&O 200 Butterfly	60
61	11&O 400 IM	62
63	400 Freestyle	64
65	11&O 800 Freestyle	66
67	11&O 1500 Freestyle	68

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
8 Lanes	1 and 8	2 and 7	3 through 6

- 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.