

North Texas Nadadores Long Course Sprint Opener

April 1, 2023

- Sanction #:** NT 020-23
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:** Carroll ISD Natatorium, 1501 W. Southlake Blvd, Southlake, TX 76092
- Facility:** One 8 lane, 50-meter pool with one 25yd continuous warm up lane. Meet course may be an 8-lane course going from east to west. One pool utilized depending on timeline of meet. Colorado timing system and Hy-Tek Meet Manager will be utilized. Only coaches, athletes, officials and volunteers will be allowed on the pool deck. Chairs will be allowed on deck.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet, 0 inches at the start end and the turn end is 7 feet, 0 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).
- Spectator Information:** Only swimmers, coaches, officials, and volunteers will be allowed in the pool area for the meet. Spectators will be allowed in the stands during this meet.
- 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 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, the Carroll ISD Natatorium 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 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: Meet will be pre-seeded. All events are timed finals. Events will be swum fastest to slowest. All 50's will begin at the south end of the pool by the locker rooms. All other events will begin at the north end by the diving boards. Depending on the attendance and number of meet entries, Meet Referee has the option to make changes.

Qualifying

Times: Athletes may only swim events they have achieved an "A" standard in or slower. If you would like an invite to this meet please contact the Entries Chair. Seed times entered should be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, NT (no time) should be entered.

Age-Up Date: The age of the swimmer will be his/her age on April 1st, 2023.

Restrictions: Athletes will not be allowed to compete in more than 3 events/session.

Teams

Invited: NTN, Lifetime, WEST, Fit n' Wise, O2

Entry

Deadline: All entries must be received by 12:00pm on Wednesday, March 22nd, 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.

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: Michelle Garner michelle.garner@southlakecarroll.edu

Daily

Schedule: Saturday April, 1, 2023
Warm-up: 8:00am
Meet Start 9:30am

Entry Fees: Individual Event: \$6
Surcharge: \$12 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No deck entries will be accepted.

Meet Staff:

Meet Referee: Julian Fisher

Starter: Jody Drap

Stroke & Turn Officials: Suwandi Chandra, June Matlock

Admin Official: Nathan Gloier

Meet Director: Michelle Garner

Head Safety Marshall: Kimmy Zimmerman

Club Safe Sport Chair: Fred Collins

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 considered to be judged under Article 105.

Officials: All current 2023 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Official uniform will be white polo over blue shorts/skirts/pants and white shoes. All interested officials please sign up to assist the MR to be able to notify you in advance of any changes to the meet schedule or requirements. Click here: Official [Sign Up](#). This meet is open to all LSC apprentice positions. Please make note in the sign-up form of your preference to do so.
Link to signup: <https://forms.gle/aAkVQgeycAMq2PKY6>

Timers: NTN will provide timers for the meet.

Awards: No awards will be given for this meet.

Order of Events

Saturday April 1, 2023

SESSION 1 Meet Starts: 9:30am

Girl	Event	Boys
1	10 & under 100 Free	2
3	11 & over 100 Free	4
5	*OPEN 200 IM	6
7	10 & under 50 Fly	8
9	11 & over 50 Fly	10
11	10 & under 50 Back	12
13	11 & over 50 Back	14
15	*OPEN 200 Free	16
17	10 & under 50 Breast	18
19	11 & over 50 Breast	20
21	10 & under 50 Free	22
23	11 & Over 50 Free	24

***Must have a "B" Time in your age group to compete**

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
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.