

RACE

North Texas Short Course 14 & Under Championships

February 16-18, 2024

- Sanction #:** NT 010R-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.
- Venue:** RISD Aquatic Center
1205 T. L. Townsend
Rockwall, TX 75087 469-698-7410
Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
- Facility:** 1 x 25 yard course (10 lanes, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary.
Daktronics timing system Hy-Tek Meet Manager
4 x 25 yd lanes - continuous WU/WD
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and the turn end is 8 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:** Spectators are allowed to view the swim meet from our upper deck only. No spectators are allowed on the pool deck.
- 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, February 8, 2024.
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, RISD Aquatic Center 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:** RISD Aquatic Center has Part Time American Red Cross Certified Lifeguards.

USA Swimming

Registration:

All swimmers, coaches, and officials participating in this competition must be currently 2024 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member in good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. 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:

This is a Prelims/Finals meet for 14 and under age-groups. Top 20 for 11 & Over events will swim in Finals. Top 10 swimmers will final for 10 and under events. Except the following events: 13-14 500 free and 400 IM Top 10 in finals only. 12 and under 500 and 13-14 1650 free is timed final event. All events 400/500 and longer will be cut at the top 40 athletes who check in and declare. There will only be 4 heats of 400/500 and over events per age group. All 1650 will be combined and only the top 30 boys and 30 girls checked in will get to swim. There will only be 3 total heats of boys and girls each, alternating girl/boy, depending on pool split.

You must check in for events longer than 400 by:

3:45pm Friday for Friday events

6 pm Friday for Saturday events

6 pm Saturday for Sunday events. All relays will swim in prelims. The “A” heat of finals will swim first then the “B” heat.

Heat Sheets:

Heat sheets will be emailed to coaches before the meet and heat and lane information will be posted on deck and in the meet mobile app.

Scratch Rules:

Swimmers are expected to scratch Finals if they are unable to swim to afford other swimmers the opportunity. In the event of a finals no show without scratching swimmer will be pulled from the remaining finals events from that day. Swimmer must positive check-in for all remaining events with Meet Administration. Swimmers must scratch prelims prior to the scratch deadline. A no show in prelims will count as a swimmer's event for that day.

Qualifying Times:

13 -14 must have an A time to enter the meet and can swim with BB times in 100s or less, but must have the A in the event to swim 200's and above.

12 and under must have a BB to enter the meet. Must have an A in the event to swim 400 and over events, BB times in the 200 events to swim them, but can enter 100's or 50's as bonus without the BB time.

No NT (entries without times) entries.

Relays are limited to 2 per team.

No Relay only swimmers.

Swimmers must have an A time or faster for events 400 meters/yards or more.

Swimmers can enter the Mile with the 1000 A time.

Age-up Date:

The age of the swimmer will be his/her age on February 16, 2024.

Entry

Restrictions:

Swimmers may enter 3 individual events per day with a max of 7 individual events for the entire meet. Swimmers should enter using the following course order SCY, LCM, SCM.

Teams Invited:

North Texas LSC Teams.

Entry**Deadline:**

All entries shall be received no later than 6:00PM Central Time, on February 8, 2024. Fees shall be Mailed and postmarked by the entry date.

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: Tom Applegate/469-698-7376/Rockwallswimentries@gmail.com
1205 T.L. Townsend Rockwall, TX, 75087

Daily**Schedule:**

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Schedule: Procedures attached.

Friday Session 1 – Timed Finals

3:30 PM warm up

3:45 PM check in due for Friday events

4:30 PM Meet start

6:00 PM check in/ scratch deadline for Saturday events &: Saturday Relay cards due

Saturday, & Sunday Prelims Sessions 2&4

7:00 AM Warm up 1

7:30 AM Warm up 2

8:00 AM Dive/push pace

8:30 AM Meet Start

Saturday & Sunday Finals Sessions 3&5

4:00 PM Warm up

4:30 PM Dive/push pace

5:00 PM Meet Start

6:00 PM **Saturday:** check in/ scratch deadline for Sunday events.

Sunday: Relay cards due

Entry Fees:

\$15.00 per individual event

\$30 for relay events

Facility charge of \$15 per swimmer (includes \$3 NTX LSC Fee) per swimmer will apply.

Please include a Meet Entry Fee report with your payment. Entry fees must be received by February 8, 2024 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Rockwall ISD

Send checks to: Tom Applegate
1205 T.L. Townsend
Rockwall, TX 75087

Deck Entries:	NO DECK ENTRIES. Late Entries Only: email Tom Applegate with proof of times and registration to see if there is space before February 13, 2024. We will follow current North Texas and RISD rules regarding swimmer capacity per session.
Meet Staff:	Meet Referee: Lorraine Temple/Lorraine.temple1013@gmail.com Starter: Roy Kuipers Stroke & Turn Officials: Kjerstin Gardner, Aaron Gardner Admin Official: Paul Putchinski/732-407-8149/Paulputchinski@yahoo.com Meet Director: Shannon Putchinski/469-698-7410 Head Safety Marshall: Tom Applegate Club Safe Sport Chair: Tom Applegate
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.
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 and have a USA Swimming Coach represent them.
Swimmer Photographs & 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. Per RISD, photographers must be certified and registered with USA swimming.
Deck Changing Swimmers with Disabilities:	Deck changes are prohibited. 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 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, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Please email the Meet Referee 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.

Prelims session attire is white polo and navy shorts/skirts/slacks

Finals Session attire is navy polo over khaki skirt or slacks.

Application to Officiate <https://forms.gle/yRNUqL3nVZrGtZfP8>

Timers:

Each team will be responsible for providing timers. The number of timers they provide will be determined by number of entries.

Awards:

Medals shall be awarded for 1st – 3rd place and ribbons for 4th-8th place for individual events by age group. Relay Ribbons will be awarded 1st – 3rd place by age group.

Points will be awarded as follows: Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18-14-12-10-8-6-4-2 Swimmers will accumulate points in the age group in which they swim. If a swimmer swims up in the next age group, then the points are scored for that age group. (IE: 12 year old swimming in open events - 1650).

Team trophies and Male and Female High Point trophies per age group.

Awards will be distributed to team coaches after the swim meet has concluded.

This will be done by shipping directly to the team (\$15 shipping fee) or they will be brought to TAGS.

Order of Events

Distances are in SC Yards

Friday - Session 1		
Girls	Event Description	Boys
1	10/U 500 Free*	2
3	11-12 500 Free*	4
5	11 -14 1650*	6

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys or split pools

Saturday - Session 2&3		
Girls	Event Description	Boys
7	10/U 200 FREE	8
9	11-12 200 FREE	10
11	13-14 200 FREE	12
13	10/U 200 FREE RELAY	14
15	11-12 200 FREE RELAY	16
17	13-14 400 FREE RELAY	18
19	10/U 50 BACK	20
21	11-12 50 BACK	22
23	13-14 200 FLY	24
25	11-12 200 FLY	26
27	10/U 50 FREE	28
29	11-12 50 FREE	30
31	13-14 50 FREE	32
33	10/U 100 BREAST	34
35	11-12 100 BREAST	36
37	13-14 100 BREAST	38
39	11-12 50 FLY	40
41	13-14 200 BACK	42
43	10/U 50 FLY	44
45	11-12 200 BACK	46
47	13-14 400 IM*	48

* Swimmers will need to provide their own timers/counters. Event swam fastest to slowest alternating girls and boys.

Order of Events

Distances are in SC yards

Sunday- Session 4&5		
Girls	Event Description	Boys
49	10/U 100 BACK	50
51	11-12 100 BACK	52
53	13-14 100 BACK	54
55	10/U 200 Medley RELAY	56
57	11-12 200 Medley RELAY	58
59	13-14 400 Medley RELAY	60
61	10/U 200 IM	62
63	11-12 200 IM	64
65	13-14 200 IM	66
67	10/U 100 FREE	68
69	11-12 100 FREE	70
71	13-14 100 FREE	72
73	11-12 200 BREAST	74
75	13-14 200 BREAST	76
77	10/U 100 FLY	78
79	11-12 100 FLY	80
81	13-14 100 FLY	82
83	10/U 50 BREAST	84
85	11-12 50 BREAST	86
87	10/U 100 IM	88
89	11-12 100 IM	90
91	13-14 500 FREE*	92

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest alternating girls and boys

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.