

Select Team of Aquatic Racers
April Long Course Meet
A/BB East Division
B/C Group A
April 27 – 28, 2024

- Sanction #:** NT 028-24
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) 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 – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** 8 lane 50 meter pool. 6 x 25 yard lanes will be available for Warm Up/Warm Down. Colorado Gen 7 Timing and Meet Manager 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).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Garland ISD Natatorium, Garland ISD, Select Team of Aquatic Racers, and Sell Consulting Group LLC 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 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, fastest to slowest, and will be timed finals. No deck entries allowed. No awards, or scoring. This meet will have 4 sessions. The morning sessions are for 12 & Under and the afternoon sessions will be for 13 & Over.

Meet host holds the right to modify warm-up/start times/pool configurations for competition after entries are received and a meet timeline is established.

The meet referee has the discretion to combined events, and to determine the order of heats, and to make any other changes to the meet format when deemed appropriate.

Heat Sheets: Heat Sheets will be posted on on deck, and available for purchase on Meet Mobile.

Qualifying

Times: Swimmers from Group A have no time standards for this meet EXCEPT to enter the 400 Free, all swimmers must have a B time in at least one of the following events: 100 Free, 200 Free, 400 Free.

Swimmers from the East Division, but NOT from Group A must have achieved a BB time (2021-2024)

Age-Up Date: The age of the swimmer will be his/her age on April 27, 2024

Restrictions: Entries should be in LCM, then SCM, SCY. Each athlete will be limited to a maximum of 5 events per day.

Teams

Invited: A/BB - North Texas LSC East Division Teams (MTRO, DM, COPS, COR, PACE, RACE, IRON, STAR, TRAC, ATAC, BOSS, SSCT, FFE, and SMU).

B/C – North Texas LSC Group A Teams (MTRO, TFA, STAR, PAC, IRON, SSCT, BOSS).

Entry

Deadline: All entries shall be received not later than 6:00PM Central Time on Thursday, April 18, 2024.

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 will 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: Sean Sell – info@SelectSwim.com (214) 773-8800

Daily Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached. Warm up lane assignments will be sent to teams by April 25, 2024 and be posted on the Select Swim website.

Entry Fees: \$10.00 per individual event plus a \$25.00 per swimmer surcharge (\$3.00 will go to North Texas Swimming, Inc.). Relays are \$15.00 per relay. Please include a Meet Entry Fee report with your payment. Entry fees must be received by April 27th or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: **Select Team of Aquatic Racers**
Send checks to: **Select Team of Aquatic Racers**
Attn: Meet Entries
9813 Sota Grande Drive
Plano, TX 75025

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Stephanie Minervini
Starter: Ron Weimer
Stroke & Turn Officials: James Pepler and Jamie Popp
Admin Official: Molly Dorsey
Meet Director: Sean Sell
Head Safety Marshall: Sarah Lewis
Club Safe Sport Chair: Sarah Lewis

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 currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Timers: The host team will provide backup timers for this meet. Each of the eight lanes will have two timers operating both the plunger and a stop watch, and one timer operating a stop watch. There will be one additional back up timer available as well.

Awards: There will be no scoring or awards.

Scoring: There will be no scoring or awards.

Order of Events
Distances are in LC Meters

Saturday, April 27
Session I
Warmup – Group A 7:15am~7:45am / Group B 7:45am~8:15am
Start – 8:30am
AM Session 12 & Under

Girls Events	Event	Boys Events
1	11 & 12 - 200 meter Backstroke	2
3	12 & U - 200 meter Medley Relay	4
5	12 & U – 200 meter Freestyle	6
7	12 & U – 100 meter Butterfly	8
9	12 & U – 50 meter Backstroke	10
11	12 & U - 100 meter Breaststroke	12
13	12 & U – 200 meter IM	14
15	12 & U – 50 meter Freestyle	16

Session II
Warmup – 12:30pm~1:00pm
Start – 1:15pm
PM Session 13 & Over

Girls Events	Event	Boys Events
17	13 & O - 200 meter Breaststroke	18
19	13 & O - 200 meter Medley Relay	20
21	13 & O - 100 meter Butterfly	22
23	13 & O - 200 meter Freestyle	24
25	13 & O - 100 meter Backstroke	26
27	13 & O - 400 meter IM	28
29	13 & O - 50 meter Freestyle	30

Sunday, April 28
Session III
Warmup – Group A 7:15am~7:45am / Group B 7:45am~8:15am
Start – 8:30am
AM Session 12 & Under

Girls Events	Event	Boys Events
31	11 & 12 - 200 meter Breaststroke	32
33	12 & U - 200 meter Freestyle Relay	34
35	12 & U - 50 meter Butterfly	36
37	12 & U - 100 meter Freestyle	38
39	12 & U – 50 meter Breaststroke	40
41	12 & U - 100 meter Backstroke	42
43	11 & 12 - 200 meter Butterfly	44
45	12 & U - 400 meter Freestyle	46

Session IV
Warmup – 12:30pm~1:00pm
Start – 1:15pm
PM Session 13 & Over

Girls Events	Event	Boys Events
47	13 & O - 200 meter Backstroke	48
49	13 & O - 200 Freestyle Relay	50
51	13 & O - 200 meter Butterfly	52
53	13 & O – 100 meter Freestyle	54
55	13 & O - 200 meter IM	56
57	13 & O - 100 meter Breaststroke	58
59	13 & O - 400 meter Freestyle	60

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.