



**2023 Texas Age Group Swimming
Short Course Championships & Time Trials
March 2-5, 2023
Sanction NT 012-23, NT 012TT-23**

Entry deadline – 12:00PM, Monday, February 27, 2023

Welcome: MARS Swimming invites your team to join us at the Lewisville LISD Westside Aquatic Center for Texas Age Group Swimming Championships. The meet will be conducted in two 25 yd pools, using Colorado Timing System and Hy-Tek Meet Manager software.

Facility Renovations (Fall/Winter 2022): Paddock Evacuator system, 3rd floor (grandstand) fresh air vents blowing across grandstand and down to the pool deck, ten new wall vents bringing in fresh air, three new Pulsars chlorinators, new PA system, interior painting and cosmetic changes

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: Lewisville ISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, Texas 75067

Facility: Two - 25yd eight lane courses for competition and at least 5 lanes available for warm down. Colorado Timing System, Hy-Tek Meet Manager Software and two scoreboards will be utilized.

Water Depth: The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Course

Certification: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Safe Sport: The pool deck is strictly limited to athletes, coaches and officials. The pool deck is completely visible from the spectator area.

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 start 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, LISD (Westside 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.

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 Dashboard 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 Dashboard. Current national and LSC regulations do not allow for exceptions to these policies.

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.

Cell Phone Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

General Meeting:

All swimmers must be represented at a pre-meet general meeting that will be held on Thursday, March 2, 2023. The meeting will be held 10 minutes after the end of Session 1 in the grandstand with coaches. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

Team Scoring/Awards Eligibility: All teams must comply with all TSA entry requirements. The team must be a member of the Texas Swimming Association (TSA) for their swimmers to compete in any event and to earn team points and awards. Swimmers must be currently registered as athletes for 2023 with USA Swimming by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). Swimmers age 14 and under on March 2, 2023 are eligible to compete. The age of the swimmer will be his/her age on March 2, 2023. Swimmers must have achieved those times between January 1, 2022 and March 2, 2023. SCY time standards are shown on the order of events. Non-conforming qualifying times can be found on the [Texas Swimming Association website](#).

TSA Membership Requirements: All teams must be a member of TSA for their swimmers to compete in any event and to earn team points and awards. TSA dues are \$25.00 and must be paid at the time of check-in at the meet. Late entries must pay the TSA dues at the time of entry if the respective team has not already paid the TSA dues. All checks for TSA dues must be made payable to TSA. No credit cards accepted for TSA dues.

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 not accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Unattached Swimmers: A swimmer may swim "unattached" if he/she is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points, nor swim in team relays. If an unattached swimmer is not representing a team, that individual must pay the \$25.00 TSA dues to be eligible for the meet.

Meet Operations: Current USA Swimming Rules and Regulations govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between this Meet Information and current TSA rules.

Meet Format: Individual events in prelims will be conducted in two pools. However, we reserve the right

to run events on Thursday evening from only one pool. Preliminary events will be seeded slowest to fastest. Events on Thursday, and the 1650 Free on Sunday, will swim fastest to slowest. The 1000, 12 and under 500, and 1650 Free require positive check-in and will swim alternating heats of girls and boys. There will be a 15-minute break on Thursday before the 800 Free Relay. There will be a 10-minute break during prelims on Sunday after the relay and before the start of the 1650 Free.

In prelim/final events, two heats in the 10 & under, 11-12 and 13-14 age groups, will advance to finals.

All relays, the 1000 Free, 12 & under 500 Free and 13-14 1650 Free are timed finals. In the 13-14 1650 Free, the fastest heat of girls and boys will swim during finals. However, swimmers in the 1650 Free on Sunday may elect a morning swim. This election is due by 6 PM on Saturday. If no indication is made, the entry will be seeded as if it is available for an evening swim. All other heats of the 1650 Free will swim as the final event in Sunday's prelim session, fast to slow, alternating girls and boys.

Relays: There is not a limit on the number of relays teams may enter. All relays are timed finals. The fastest 8 seed times in each age group electing to swim in finals will swim at night during finals. Teams may elect a morning swim. This election must be made by 6 PM the evening before the relay will swim (so on Thursday at 6 PM for Friday relays, etc.) If no election is made, the relay will be seeded as if it is available for an evening swim. Teams seeded in finals must swim or scratch.

Relay cards listing the order of swimmers must be turned in to clerk of course by 6 PM the evening before the relay will swim (same time that you will make an election for a morning swim). You will be able to change the order of the swimmers on the relay. If you fail to turn in a relay card by the 6 PM deadline, your relay will be scratched. If you plan to scratch a relay, fill out a relay card and write "scratch" on it. The order of swimmers on relay teams will be strictly enforced in accordance with 102.3.7 USA Swimming Rules and Regulations.

Relay only swimmers must be pre-entered (prior to the start of the meet) and in the meet to be eligible to swim relays. After entries close, relay only swimmers can be added to the meet for \$20.00 per athlete at any time, prior to the scratch relay deadline for that day. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or aggregate, must be eligible to swim that event for this meet.

Positive Check In: The 13-14 1000, 1650 Free, and 12 and under 500 free will be deck seeded and require positive check in. Failure to check in at clerk of course before the deadline will result in the swimmer being scratched from the event. See the Meet Schedule for exact check-in times.

Scratch Rule: Scratching for preliminaries is required. You must scratch a prelim event you will not swim the next day (i.e. scratch deadline for Friday's events is 10 minutes after the conclusion of the general meeting on Thursday; etc.) See the Meet Schedule for exact times each day. Failure to scratch an event means that event (whether you swim or not) will count as one of your seven allowed events for the meet.

Scratching for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E: Any finalist who fails to compete at finals or consolation finals, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

In this Prelim/Final meet, the finalists and alternates shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above banishment from competition, even though any qualified swimmer may be moved into finals.

Entry Deadline: The entry deadline is NOON CDT Monday, February 27, 2023.

Entry Fees: \$15.00 per individual event, \$30 for relays. A \$30.00 per swimmer Facility/Swimmer Surcharge will be charged, including relay only swimmers. \$3 of this surcharge will go to North Texas Swimming. All fees and surcharges are non-refundable.

Time Trials: \$30.00 per individual event.

Deck Entries: \$30.00 per individual event, \$60 for relays.

Entries: Swimmers may enter as many events as they are qualified to swim, but they may only compete in a total of 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 2 relay event per day. Time trial events will count as one of the 3 events allowed per swimmer per day, but not as one of the seven 7 individual meet events.

If you enter more than 7 events, you must scratch the events you don't want to swim. See "Scratch Rule" above.

Teams may list up to two alternates per relay as relay only swimmers. Alternates that may be used on a relay at the meet must be included on team entries.

Checks for entry fees must be brought to the meet. Credit cards will also be accepted at check-in for entry fees. Coaches Deck Passes are \$20. A coaches list from each team must be included with entries into receive a deck pass. Teams should use this [Google Form](#) to list their coaches. As a reminder, only coaches with clear Deck Passes will be issued deck passes.

If you have an entry question, please contact Brian Dangelmaier (coachbrian@marswim.org). Email is preferred.

Non-conforming times and distance events: Swimmers qualifying with a "non-conforming" time (LCM) should enter that event using the non-conforming time. All events will be seeded SCY first then LCM (except for the 1000 Free and 1650 Free).

A swimmer that has the qualifying time for the 1650/1500 Freestyle also qualifies for the 1000 Freestyle. If entering the 1000 Freestyle with the 1650/1500 Freestyle qualification, the swimmer must enter the 1000 Freestyle with their 1650/1500 Freestyle time. This will provide proof of qualification for the event and will allow the swimmers to be seeded in the correct order: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM. Conversely, a swimmer who qualifies for the 800/1000 Freestyle qualifies for the 1650 Freestyle. If entering the 1650 Freestyle with the 800/1000 Freestyle qualification, the swimmer must enter the 1650 Freestyle with their 800/1000 Freestyle time. This will provide proof of qualification for the event and will allow the swimmers to be seeded in the correct order: 1650 SCY, 1500LCM, 1000 SCY, 800 LCM.

A 13-14 medley relay with a qualifying time in the 400 automatically qualifies for the 200-medley relay. If entering the 200-medley relay teams should enter with their 400-medley qualifying time.

Proof of Times: Teams will be responsible to provide proof of times. Once entries are received, we will send database through SWIMS for audit. Teams will be notified of any POT exceptions and subsequent scratches.

For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches should refer to the TSA handbook. If a meet is in the USA Swimming database, coaches do not need to bring a hard copy to TAGS to prove any relays or individual swims aggregated together for qualifying times.

Bonus Swims: Swimmers with 1 regular cut can swim bonus events they have bonus times in up to the daily maximum.

Deck Entries: Deck entries will be accepted. Deck Entries are \$30.00 per individual event, \$60 for relays. Deck entries will close 30 minutes prior to the start of the session to be entered. Swimmers not previously entered in the meet must have achieved the entry time during the qualifying period.

Time Trials: Time Trials will be held, time permitting, for TAGS participants between preliminaries and finals on Friday and Saturday. Entries will be taken outside the pool, near the athlete entrance from 9 AM -11 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The entry fee is \$30 per event. A swimmer may swim a maximum of one-time trial per day. The 1000 Free will only be offered for Time Trial on Friday and the 1650 Free will only be offered for Time Trial on Saturday. Time trial events count towards a swimmer's maximum events per day as outlined in the "Entries" section. Time Trial results will be published with the Final Results. However, these times cannot be considered

for state records. Events may swim mixed gender. Order of events will be: 50's, 100's, 200's, 400 IM, 500 FR and distance of that day.

A qualifying TAGS time earned during time trials will NOT qualify a swimmer to swim that event at TAGS (time trials are past the qualifying period).

Opening Ceremonies/Athlete Recognition: There will be a short opening ceremony on Friday, March 3, 2023 at 8:50 AM. Each team will be introduced and recognized. Teams will not parade. The session will start approximately 10 minutes following the opening ceremony.

Credentials/Registration/Deck Access: All coaches, officials and participating athletes will be issued credentials. Only people with credentials will be allowed access to the deck. Coaches deck passes are \$20.

Coaches and officials will be required to show their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app in order to receive their credential. Coaches may pick up their team's credential tags at the registration desk beginning Thursday, March 2 beginning at 2:00 PM. The registration desk will be located at Clerk of Course. Replacement credential tags will be available at a cost of \$50.

Volunteers will be given a credential to access the deck and help for that specific purpose. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director or LISD Westside Aquatic Center staff. Deck passes are only available for coaches.

Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with:

- 1 – 4 swimmers will be allowed 1 deck pass
- 5 – 8 swimmers 2 deck passes
- 9 – 18 swimmers 4 deck passes
- 19 – 40 swimmers 5 deck passes
- 41 or more swimmers 7 deck passes

Timers: Athletes will need to provide timers & counters for the 500/1000 & 1650 (AM swim) and must come from existing credentialed athletes and coaches. Each team entered in the meet will be responsible for providing additional timers. **Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timers will be called for prior to the start of each session.**

Scoring: All events will be scored by age group (10 & under, 11-12, 13-14). The top 16 places will score.

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

Team points will not be awarded for a relay performance that does not meet or better the minimum time standard for that event.

Awards:

Individual Events: Medals 1st - 8th, Ribbons 9th - 16th

Relay Events: Medals 1st - 3rd, Ribbons 4th - 8th

Teams: TAGS Flags will be awarded to teams that finish in 1st through 10th place. The First Place team will receive the Leo Cancellare Award, TAGS traveling trophy.

High Point Award: A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.

Team Age Group Award: A white flag with red printing will be given to the first place girl's and boy's teams in the following age groups using individual and relay events only: 10 & Under, 11-12, and 13-14.

Horizon Award: Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from 2022 Short Course TAGS team rankings.

Team Flags and High Point Trophies will be awarded within one hour of the conclusion of the meet.

Medals and ribbons can be picked up at the Clerk of Course at the conclusion of the meet. Coaches, teams, and athletes failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to MARS within 24 hours of the conclusion of the meet. If the awards are not available within one hour of the conclusion of the meet, the awards will be distributed to the team at the expense of MARS.

Meet Officials: Stephanie Minervini (stephanie.minervini@ntswim.org)

Head Starter: Sam Smith

Stroke & Turn Officials : Henry Chin and Steve Plamondon

Admin Referee: Trey Prinz

Meet Director: Brian Dangelmaier (coachbrian@marswim.org; 817-925-0505)

Head Safety Marshall: Shannon Gillespy

Safe Sport Chair: Shannon Gillespy

Officials: All deck officials must be currently certified (2023) by USA Swimming and have a current background check, Concussion Protocol. Help from visiting officials is always welcome. Officials are asked to submit this [application form](#) so the team can plan accordingly. If anyone has any issues with the form, please contact the Meet Referees directly. All officials must attend a mandatory meeting one hour before each session. The uniform for all sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate. (NO shorts for Finals, please). All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

Officials Qualifying Meet: Application for this meet will be submitted and *subject to approval*, as an Officials Qualifying Meet. Officials who are interested in being mentored and evaluated need to submit their completed application (link referenced above) to the Meet Referee by February 25, 2023.

Special Needs: A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify the LISD Westside Aquatic Center (WAC) at 214-222-6940 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The WAC Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility. 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.

Parking: The lots in and around the WAC are available for parking. The lower level, closest to the pool, is reserved for meet officials and administration, as well as for any those with a physical disability. **RV parking and any overnight parking by any vehicle must be approved in advance by the WAC Facility Director, Shannon Gillespy.** Please email her gillespys@lisd.net

Results: No paper results will be posted. Results can be found on Meet Mobile or on the MARS and NTS websites.

Deck Changing: Deck changes are prohibited.

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.

Warm-Up Schedule:

	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
7:00 to 7:30	Group 1	Group 2	Group 3	Group 1
7:30 to 8:00	Group 2	Group 3	Group 1	Group 2
8:00 to 8:30	Group 3	Group 1	Group 2	Group 3
8:30 to 8:50	Dive/Sprint Pace for all athletes			

A 10 & under warm up area will be designated in the diving well.

** Group assignments are TBA and will be emailed out to teams & posted on the MARS website no later than Tuesday, February 28. Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups.

Admission:

Spectator admission for the meet is \$5 per session or \$25 for an All-Session pass. All-Session passes will be available to pre-sale online on Feb 15, 2023. Pre-Sale information will be posted on the MARS TAGS website. Single session and All-Session passes may be purchased on-site with cash or credit card.

Concessions:

Concessions will be available for spectators throughout the meet.

2023 Short Course TAGS Order of Events

Thursday, March 2, 2023

Timed Finals: Meet Starts 4:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
1	13/14 1000 FR*	2
3	10 & Under 500 FR*	4
5	11-12 500 FR*	6
7	13/14 800 Free Relay**	8

*The 1000 FR and 500 FR requires positive check-in. The event will alternate girls and boys, fastest slowest. Swimmers must provide their own counters from meet credentialed athletes or coaches.

** 800 FR Relay alternates Girls/Boys.

Friday, March 3, 2023

Prelims: Meet Starts 9:10 AM

Finals: Meet Starts 4:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
9	11-12 200 FL	10
11	13-14 100 FL	12

13	10 & Under 100 BR	14
15	11-12 100 BR	16
17	13-14 100 BR	18
19	10 & Under 200 FR	20
21	11-12 200 FR	22
23	13-14 200 FR	24
25	10 & Under 50 BK	26
27	11-12 50 BK	28
29	13-14 100 BK	30
31	10 & Under 100 IM	32
33	11-12 100IM	34
35	13-14 400IM	36
37	10 & Under 400 FR Relay*	38
39	11-12 400 FR Relay*	40
41	13-14 400 FR Relay*	42

*The fastest heat that elect to swim in finals of boys and girls in each age group (10 & Under, 11-12 and 13-14) will swim in finals, subject to no less than 3 teams in any one heat

Saturday, March 4, 2023

Prelims: Meet Starts 9:00 AM

Finals: Meet Starts 4:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
43	13-14 200 Medley Relay	44
45	11-12 200 Medley Relay	46
47	10 & Under 100 FL	48
49	13-14 200 FL	50
51	11-12 100 BK	52
53	10 & Under 200 IM	54
55	11-12 200 IM	56
57	13-14 50 FR	58
59	10 & Under 50 FR	60
61	11-12 50 FR	62
63	13-14 200 BR	64
65	10 & Under 50 BR	66

67	11-12 200 BR	68
69	13-14 500 FR	70
71	11-12 100 FL	72
73	10 & Under 200 FR Relay*	74
75	13-14 200 FR Relay*	76
77	11-12 200 FR Relay*	78

*The fastest heat that elect to swim in finals of boys and girls in each age group (10 & Under, 11-12 and 13-14) will swim in finals, subject to no less than 3 teams in any one heat.

Sunday, March 5, 2023

Prelims: Meet Starts 9:00 AM

Finals: Meet Starts 4:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
79	11-12 50 BR	80
81	13-14 1650 FR**	82
83	10 & Under 100 BK	84
85	11-12 200 BK	86
87	13-14 200 BK	88
89	10 & Under 100 FR	90
91	11-12 100 FR	92
93	13-14 100 FR	94
95	10 & Under 50 FL	96
97	13-14 200 IM	98
99	11-12 50 FL	100
101	10 & Under 200 Medley Relay*	102
103	13-14 400 Medley Relay*	104
105	11-12 400 Medley Relay*	106

*The fastest heat that elect to swim in finals of boys and girls in each age group (10 & Under, 11-12 and 13-14) will swim in finals, subject to no less than 3 teams in any one heat.

** The 1650 Free requires positive check-in. The fastest 8 boys and girls electing to swim in finals will swim at night. During prelims the 1650 will swim fast to slow, alternating heats of girls and boys after the 200 Medley Relay and a 10 minute break.

TAGS DAILY MEET SCHEDULE

Thursday, March 2

2:00 to 7:30 p.m.	Pool opens for warm-up.
3:00 p.m.	1000 Free positive check-in deadline
3:00 p.m.	Relay cards due to Clerk of Course for today's session
3:00 to 3:45 p.m.	Warm-up for 1000 Free and 500 Free only
4:30 p.m.	Meet Start
10 min. after end of session	General Meeting – in hospitality
10 min. after General Mtg.	Relay cards due for Friday's relay events
10 min. after General Mtg.	Scratch deadline for Friday's prelim events

Friday, March 3

7:00 to 7:30 a.m.	Group 1 Warm up
7:30 to 8:00 a.m.	Group 2 Warm up
8:00 to 8:30 a.m.	Group 3 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
8:50 a.m.	Recognition of athletes (followed by a 10 minute break)
9:10 a.m.	Preliminaries start
3:15 to 4:20 p.m.	Finalist Warm up
4:30 p.m.	Finals start for today's events
6:00 p.m.	Scratch deadline for Saturday's prelim events.
6:00 p.m.	Relay cards due to Clerk of Course - Saturday relays, Declare AM/PM

Saturday, March 4

7:00 to 7:30 a.m.	Group 2 Warm up
7:30 to 8:00 a.m.	Group 3 Warm up
8:00 to 8:30 a.m.	Group 1 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start
3:15 to 4:20 p.m.	Finalist Warm up
4:30 p.m.	Finals start for today's events
6:00 p.m.	Scratch deadline for Sunday's prelim events
6:00 p.m.	1650 Free positive check-in, Declare AM/PM
6:00 p.m.	Relay cards due to Clerk of Course for Sunday relays, Declare AM/PM

Sunday, March 5

7:00 to 7:30 a.m.	Group 3 Warm up
7:30 to 8:00 a.m.	Group 1 Warm up
8:00 to 8:30 a.m.	Group 2 Warm up
8:30 to 8:50 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Preliminaries start
3:15 to 4:20 p.m.	Finalist Warm up
4:30 p.m.	Finals start for today's events

**There will be a minimum three-hour break between the end of the Preliminary Session and the start of the Final Session. The Finals Session will start no earlier than 4:30 PM but may start later, based on the end of the Preliminary Session.

** TAGS Committee meeting will be held at the end of prelims on Friday in hospitality

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.